



Make a responsible decision

Analyze and assess the consequences of behaviors,
in order to make responsible decisions.

Do you have important decisions to make today?

Stop

Breathe for 3 minutes

Think

What problems do I have to solve?
What choices do I have?
Assess the pros and cons of each of the choices

Act

Make the most suitable choice

Reflect

Evaluate your decision

Seek help

Seek help from others or
the community if necessary

Community resources
and Helplines

