

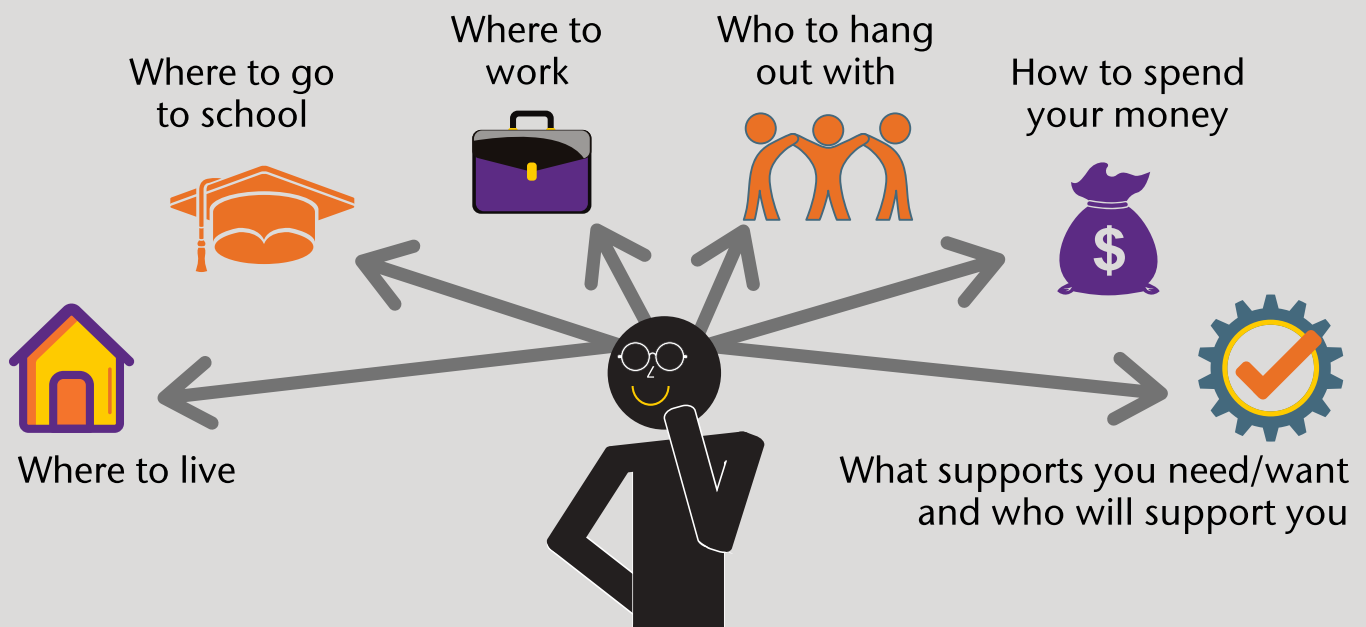
Congratulations!

You are now an adult!

Now that you are 18 years old you have the right to make choices about your life, including who you want to help you make those choices.



You can now choose . . .



You also can . . .



Vote in elections



Practice the religion you want




Enter into contracts



Consent to medical treatment



Make mistakes and learn from them!

Making choices can be hard and everyone needs help. It's a normal part of life to ask people you trust for help in making decisions. Look on the other side of this page to learn more! 

Asking for Help

It's a good idea for anyone to ask for help when they have to make a big decision in their life. Even when you ask for help, the final decision is yours.



There are many ways to get help ...



Ask a trusted member of your family.



Ask a trusted friend about their experience with a similar choice.



Visit or talk to a trusted professional, such as a doctor, case manager, or teacher.



Watch a video about the choice you are making.



Do research on the internet.

This is called **Supported Decision Making**.

Who 
do you want to help you?

What 
do you want help with?

When 
do you want help?

You get to decide!

It's Your Decision. It's Your Life.