

YOUTH TOOL 02

Decision Pause

Create a little space between pressure and your next move.

You do not have to make every decision immediately. A decision pause gives you time to notice what is happening, consider consequences, and choose a next step you can live with.

Pause

- Take a breath. Slow down your body before you decide.
- Ask yourself: “Do I have to decide this right now?”
- If you feel unsafe, focus first on getting to a safer place and contacting support.

Think ahead

- What could happen next if I say yes? What could happen if I say no?
- How might this affect school, family, health, relationships, or my future goals?
- What choice would I feel okay explaining to someone I respect?

Choose the next right step

- Pick the action that protects your safety, values, and future.
- Ask a trusted person for perspective if you are unsure.
- Afterward, reflect on what helped you make the choice.

GROW reminder: A thoughtful choice can protect your safety, your relationships, and your future.

Make it yours

Reflection and action page

Use this page to write down what stands out and choose a next step. Honest answers are useful answers.

What situation do I want to handle differently?

What choice would support my safety and my future?

Who can I contact if I need help?

My commitment: When I need a decision pause, I will:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.