

Whose choice is it?

Sometimes we can make decisions quickly and clearly. At other times we might think for longer and seek advice, particularly in a new or confusing situation. It can be difficult to know when to be confident about your own opinion when other people have different ideas! This exercise will help you to understand your approach to making decisions.

1. Think about what kind of ‘decision maker’ you are.

When you have to make a decision, what is most important to you?

- a. Making sure I look at all sides of the argument.
- b. Getting it over and done with as quickly as possible.
- c. Keeping other people happy.

2. When it comes to making decisions, which one of these types of character is most like you?

Mr or Miss Independent

I tend to know my own mind. I’m pretty confident and clear about what I think. I sometimes need to make sure I listen to other people and take their views on board – but I know my own limits and how to stand up for myself.



In the Mix

I can dither a bit and worry about making a decision. I know it’s good to spend time weighing up the pros and cons. I need to listen to myself and trust my own inner voice.



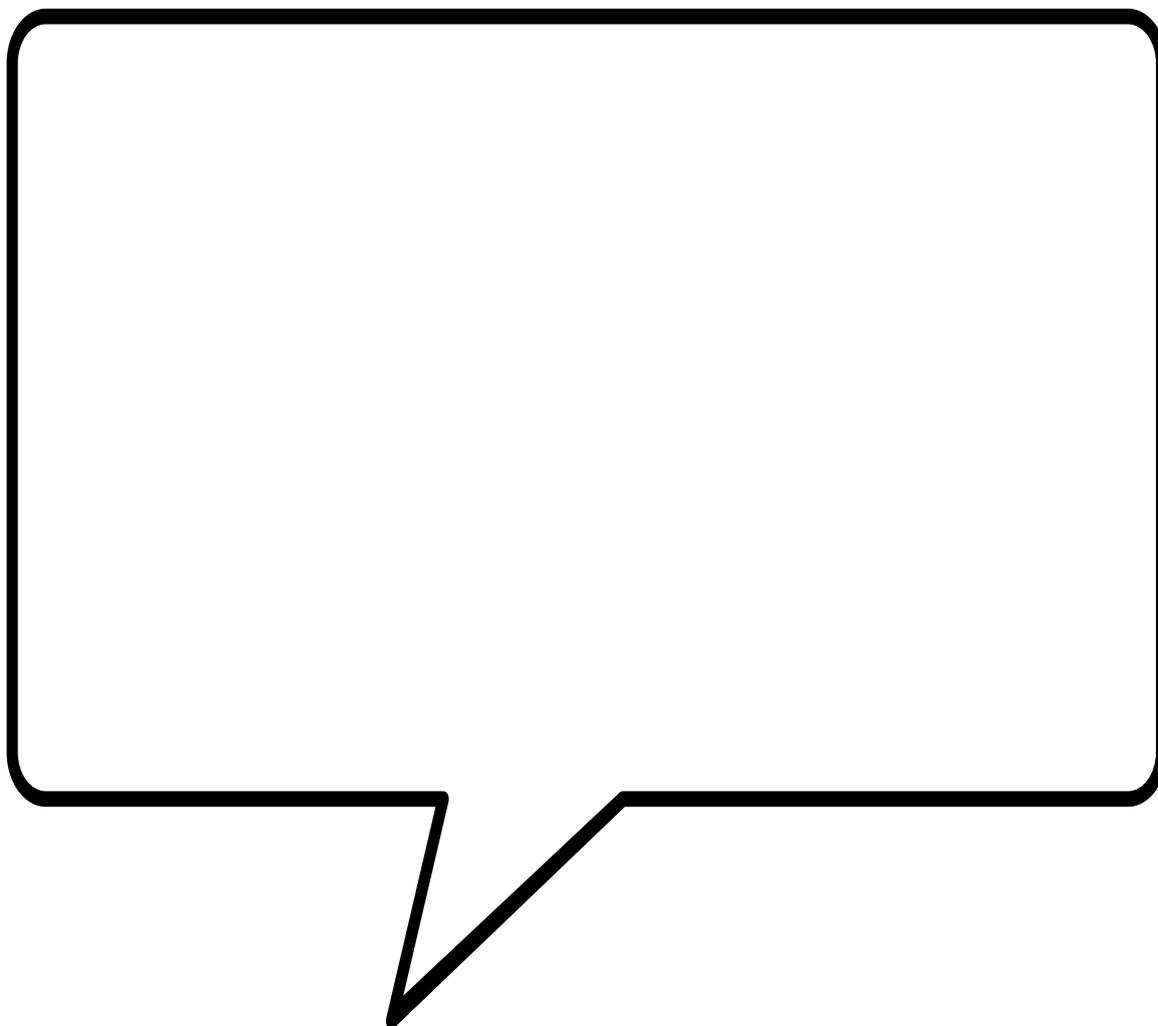
The Butterfly

I’m enthusiastic and fun to be around. I like to go along with the crowd – but it can sometimes get me into trouble. Sometimes I should slow down a bit, and think before I take the plunge.



4. What advice would you give to a friend who was being pressured into playing by the railway when they didn't want to?

Write down in the speech bubble what you would say to persuade your friend to stay safe and not take a risk.



RAILWAY ELECTRICITY IS 100 TIMES MORE POWERFUL THAN ELECTRICITY IN THE HOME.

It is very dangerous so remember the **Rail Life 'Safety Top 3'**:

- **STAY CLEAR OF THE TRACKS.** Is it worth putting your life on the line?
 - electricity can jump up to three metres.
 - don't play with kites or balloons near overhead power lines.
- **USE THE LEVEL CROSSING.** Shortcuts across the railway can kill.
- **KNOW THE SIGNS.** Be alert to railway signs, they could save your life.

