

DECISION-MAKING MAP

Use this guided map when you feel unsure, pressured, or uncomfortable

1

Identify

What is happening?

- Someone is pressuring me
- I feel uncomfortable or unsafe
- Someone wants me to keep a secret
- I feel sad or disrespected often in this relationship
- I don't know this person well
- Other: _____

2

Options

What choices do I have?

- Say no
- Walk away
- Ignore
- Block or report
- Get help from a trusted adult
- Other: _____

3

Consequences

What could happen?

Pros



Cons



4

Choice

What will I do?

- Protect my safety
- Respect my values
- Ask for help
- Other: _____