It’s Your Choice
What is making a choice?

- **Making a choice** means picking the things you like best.

- **Making a choice** means deciding for yourself what your life will be like.
You make choices every day, like:

- Should I stay in bed for 10 more minutes?
- What clothes should I wear?
- What should I eat?
- Should I drink coffee or tea?
- What should I watch on TV?
Some choices are bigger, like:

- What job do I want?
- Where do I want to live?
- How should I spend my money?
- Should I get married?
- What will I do when I get older?
Choice is your right!

- In California, there is a law that says you have:
  - The right to vote
  - The right to say whatever you want to say
  - The right to make your own choices
People with developmental disabilities say this about choice:

- I choose my own friends
- I do what I want on weekends
- I spend my own money
- I cook whenever I want
- I eat out
- I decide how to spend my own free time
- I live in my own place
- I make my own decisions
- I have the freedom to work when I want
- I work where I want to work
- I can go to college
Sometimes you may choose the wrong thing.

- It’s not always easy to know what you will like.
- You may choose something new to eat that does not taste good.
- You may choose to see a movie and not like it.
- You may choose to live with someone and things do not go well.
Making the wrong choice can be okay.

- You can learn from a wrong choice.
- You can learn more about what you like.
- You can make a better choice next time.
Sometimes, your choices can hurt you.

- A **risk** is the chance something bad might happen.

- Some choices have lots of risk.
  - If you choose not to look both ways when you cross the street, you might get hit by a car.
  - If you choose to smoke, you might get sick.
Know the risks before you make a choice!

- When you take a shower, you could slip and hit your head.
- If you eat a piece of hard candy, you might break a tooth.
- If you choose to pet a dog, it could bite you.
If you are not sure about a choice:

- Ask yourself or someone else about your choice:
  - Could it hurt me or someone else?
  - Can I do something to keep everyone safe?
  - What is the best thing that can happen?

- Think about it and then decide what to do.

- If you are still not sure, you do not have to make the choice at all.
Making choices makes you stronger.

- Making choices helps you to know what you want.
- When you make your own choices, other people don’t make them for you.
More Information About Making Choices

- You can find lots of things at the Consumer Corner.
  - **Making My Own Choices** helps people choose things that are important to them in their life.
  - **Community Conversations with People with Developmental Disabilities** is about what choices people make in their life and what choices they would like to make.

- Just follow this link:
  - [http://www.dds.ca.gov/ConsumerCorner/Home.cfm](http://www.dds.ca.gov/ConsumerCorner/Home.cfm)