

# Niblet's Pause, Think, Choose

I can make my own choice.



## Niblet's little reminder

Friends can give us ideas, but we don't have to copy everything. When you're unsure, try three small steps before you decide.

### 1 PAUSE

Stop for one little moment.  
What are the others doing?

### 2 THINK

Is it kind? Is it safe?  
Is it something I want to do?

### 3 CHOOSE

Join in, choose differently,  
or ask a trusted grown-up.

### My own choice

Draw or write one thing you could do if everyone else was doing something you weren't sure about.

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**“Pause. Think. Choose. Be you.”**

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