Take responsibility for yourself

'Take responsibility!' can sound like an adult's favourite nag, at home or school, but actually…

Taking responsibility for yourself is a great way to have **more control over your life** and the stuff you can control.

It can help you recognise your own abilities and make your own choices.

BTW

Taking responsibility doesn't meant you have to go it alone. It's always OK to ask for help if you need it. Other people have a responsibility to you, too.

For example…

- Self care - e.g. Making sure you have a daily shower, and brush your teeth twice a day.
- Remembering to care for **your** pets.
- Keeping your room clean and tidy, without being asked
- Being on time
- Doing things you said you would do