

# GROWING UP

When you are getting ready to finish school, you start to make more choices about your life. You are becoming more independent.

Your friends and activities become more important to you.

You might start thinking about getting a job.

You might start thinking about moving out of home when you are older.

You might start visiting the doctor by yourself.

It is good to try new things like going out with your friends to the movies or a new day program or job.

Some things like smoking, taking drugs and drinking too much alcohol are bad and can make you sick.

It is ok to say no if you don't want to try things or you know that they are wrong.

You might make new friends that you have special feelings for. You may want to have a boyfriend or a girlfriend.



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## Where can you find out more

### **NSW Council for Intellectual Disability**

Fact Sheets

Easy English fact sheets on a range of health topics



9211 1611 or  
1800 424 065  
(calls outside Sydney)



[www.nswcid.org.au](http://www.nswcid.org.au)

**Other fact sheets in this series you may want to read**

**ASKING QUESTIONS ABOUT YOU**

**HAVING YOUR PERIODS**

**PUBERTY**

**CLOSE RELATIONSHIPS AND SEX**