Quiz

You can now test your understanding of supported decision-making by completing this short true or false quiz.

1. If a woman finds making a decision difficult, it is usually kinder and safer for professionals or family members to make decisions on her behalf.

> **False:** Most women can make decisions with the right support. Taking decisions away can reduce confidence and risks repeating patterns of control that many gender-based violence survivors have already experienced.

2. Supported decision-making means helping someone to understand their options, not steering them toward what professionals think is best.

> **True:** Good support involves explaining choices clearly, giving time, and respecting the woman's right to decide – even when her decision feels uncomfortable or risky to others.

3. The level and type of support a woman needs to make decisions may change depending on stress, trauma or what is happening in her life at that moment.

> **True:** Decision-making is not 'fixed' for any of us. Services need to be flexible and responsive, willing to offer more support at some times and less at others.