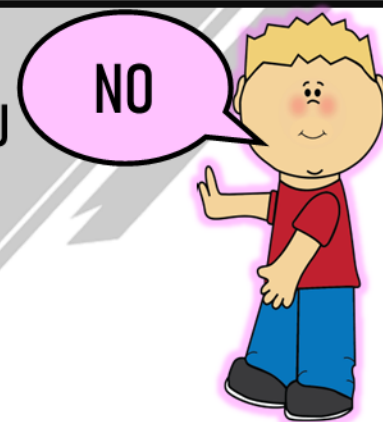


# PEER PRESSURE

PEER PRESSURE IS WHEN SOMEONE OUR OWN AGE OR SOMEONE IN OUR SOCIAL GROUP TRIES TO INFLUENCE THE WAY WE ACT, THINK, OR SPEAK.

SOMETIMES YOU MAY FEEL LIKE YOU HAVE TO DO SOMETHING YOU DON'T WANT TO, BUT IF YOU FEEL UNCOMFORTABLE YOU SHOULD ALWAYS SAY 'NO'.



SOME PEOPLE FIND IT DIFFICULT TO SAY 'NO' BECAUSE THEY DON'T WANT TO SEEM CHILDISH OR THEY DON'T WANT TO BE MADE FUN OF.

SOME PEOPLE FIND IT DIFFICULT TO SAY 'NO' BECAUSE THEY DON'T WANT TO UPSET ANYONE.



SEEING OTHERS DOING SOMETHING CAN PUT PRESSURE ON YOU TO JOIN IN.



PEOPLE MIGHT TELL YOU REASONS WHY YOU SHOULD DO A CERTAIN THING.

PEOPLE MIGHT EVEN SAY YOU CAN'T BE FRIENDS WITH THEM IF YOU DON'T DO WHAT THEY WANT.

ALWAYS STAY TRUE TO YOURSELF, AND ONLY DO WHAT YOU FEEL IS RIGHT.

IF YOU ARE EXPERIENCING PEER PRESSURE, YOU SHOULD WALK AWAY FROM THE SITUATION. TALK TO SOMEONE YOU CAN TRUST ABOUT WHAT IS HAPPENING, AND TRY TO FIND OTHER FRIENDS WHO DON'T MAKE YOU UNCOMFORTABLE.

