



Trying To Fit In?

The need to want to fit in is only part of human nature and is especially strong when you're still a teenager. You want to be accepted by your peers. You start to pay more attention to your looks and occasionally even feel insecure about them. You wonder why some of your peers are more popular than the others and aspire to be like them. You want to be in the clique too.

However, the desire to impress your friends should not instigate you to take dangerous risks. This could apply to deciding whether to try cigarettes or worse, drugs. Your choices shouldn't be based on who you want to impress. Be your own person and impress others with your positive individuality. Think twice before making a decision when it comes to impressing your peers. It's always worth a second thought.

When you already know what the risks are, what's the next step? How will you turn your peers down? This is where you get creative in saying "NO"!

REFUSAL TIPS

WHAT ARE SOME WAYS TO SAY "NO" FIRMLY?



Make a joke

"My allowance isn't even enough for recess!"



Give an excuse

"I have too much homework!"



Be bold and say NO

"No way! Taking drugs is stupid"



Suggest an alternative activity

"Let's watch a movie instead?"



Leave the situation

"I need to go home, my mom cooked my fav dish"

If your peers are abusing drugs and forcing you to join them, or if they pressure you to join in their activities, it's time to speak to your parent or teacher about the situation. Do the right thing. Friends that are not concerned about your well-being are not true to you. Rely on friends who genuinely care about you and steer clear of those who pressure you to harm yourself.



WHEN YOU FEEL PRESSURED, REMIND YOURSELF OF WHAT YOU STAND TO LOSE IF YOU TAKE DRUGS.