

REAL
FRIENDS
RESPECT
YOUR
CHOICES!
♥

The PEER PRESSURE MONSTER

If I want
friends, I have
to do it too.

They might
not like me if
I say no.

Everyone
is doing it.

I don't want
to be left out.

It's easier
to just go
along.

What if they
make fun of me?

I have to
prove I belong.

I can't say
no.

I just want
to fit in.

Maybe I'll do
it this time.

MAKE GOOD CHOICES

REAL FRIENDS RESPECT YOU

IT'S OKAY TO SAY NO

THINK FOR YOURSELF

YOU MATTER

The Peer Pressure
Monster wants
your
**PERSONAL
POWER!**

Take Back Your Personal Power:

- 1 **Notice the peer pressure.**
I can recognize when the Peer Pressure Monster is whispering.
- 2 **Pause and think.**
I can take a deep breath and give myself time to choose.
- 3 **Know your values.**
I can remember what is important to me.
- 4 **Choose what's right.**
I can make a choice that feels safe and true to who I am.
- 5 **Find real friends.**
I can surround myself with people who respect my choices.

**PERSONAL POWER GROWS
WHEN YOU CHOOSE WHAT'S RIGHT FOR YOU!**

Search Mike Canfield on Amazon for his Personal Power coloring books!