

# The PEER PRESSURE MONSTER

REAL FRIENDS RESPECT YOUR CHOICES!

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!