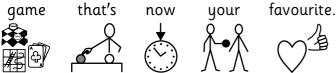
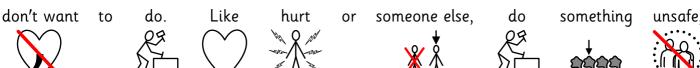


decisions, even if you it.

this can be a good thing. Maybe a friend suggested a Sometimes









Peer pressure means feeling like you must do













something because people around you want to or











expect you to. It might be to make someone else













It's

happy or to fit in with a new group.













okay to say no, to stand up for ourselves and stay





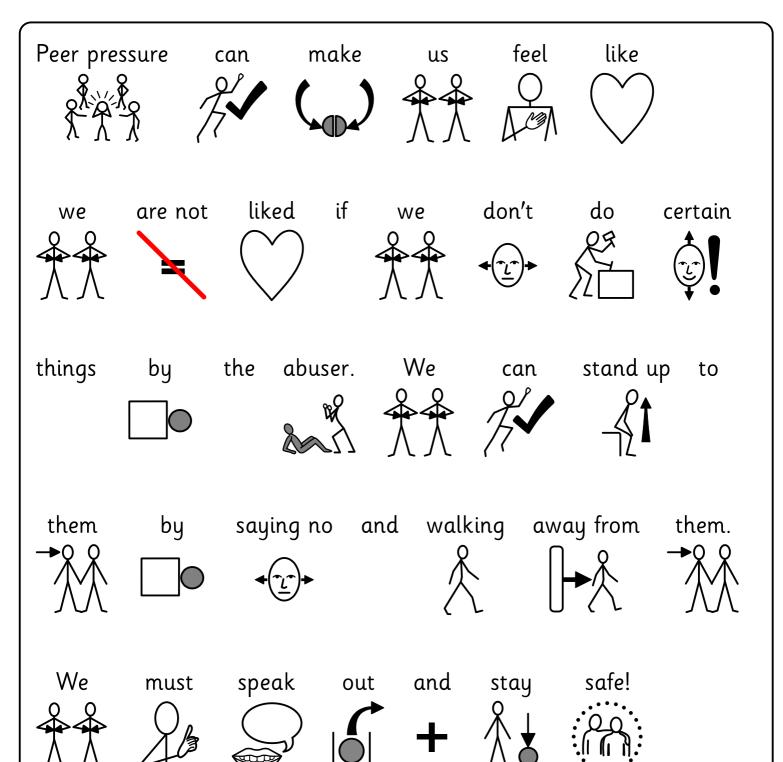






safe.

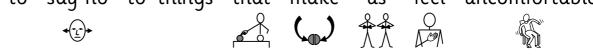




we all need to remember Things



1. It's ok to say no to things that make us feel uncomfortable



have the right to make our own decisions We all

- 2. It's ok to stand up for ourselves **A**
- 3. We will be heard by a trusted adult and they will

always listen to us $\widehat{\mathcal{D}}$))

- 4. It's ok to tell your worries to a trusted adult
- Speak out and stay safe

