

LEARN....  
to be your own  
best friend

**SELF ESTEEM**  
is how you feel about yourself.

Good self-esteem is most important for you to resist pressure from your peers to do things that you really do not want to do.

Self-esteem does not depend on you being good at sport, smart, good-looking, nice or popular. It accepts that you are valuable as a person.

**KNOW...**  
your values

**SET...**  
realistic goals  
for your life

**TAKE...**  
pride in yourself



It's okay to say  
"No".

Sometimes you go along with the rest of the group because you imagine that if you don't, they'll think you're stupid or scared. When you think like this, you are thinking like a loser — joining in only because you are scared of what your friends will say.

Act like a winner — be confident about what you want to do. You may end up leading the group in a different direction! Often when you say what you think, there are others in the group who agree with you but aren't game to say so.

If you practise being straightforward with your friends when they pressure you, it will become easier after a while. Most friends value someone who is honest with them, and you will feel better if you resist being pushed into things you don't want.

**REMEMBER...**

It is your right to make your own decisions rather than have them made for you by someone else.

It's your life, your choice.

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It's your life,  
your choice.

The choices we make while we are teenagers will affect the rest of our lives. It is important to make wise decisions that will allow us to be the best we can be. Sometimes we make choices we regret later on because of pressure from our friends —

**PEER PRESSURE**

Here are some ideas about  
how to handle peer pressure.

# USE THIS 4-STEP TECHNIQUE IN "PRESSURE SITUATIONS"

## 1 FIND OUT.... what's really going on

**CONSIDER** the situation.

If you feel nervous or uncomfortable it could be your body's warning.

**TRUST** your senses.

Then ask yourself "Will I be pressured to do something I don't want to do?"



## 3 MAKE.... your own decision

**DECIDE**

what is right for you based on:

- The possible consequences. Don't assume that nothing will happen to you.
- The effect on your self-esteem. How will you feel about yourself?



## 2 THINK ABOUT... the consequences

Will you feel good about your decision tomorrow?

Could you get into trouble?

Could you be harming your health?

Will people who care about you be disappointed?

Will any resulting problems be worth it?



## 4 TELL OTHERS... your decision

THIS CAN BE DIFFICULT BUT:

- Look and act confident.
- Be polite and firm — don't put them or yourself down.

YOU CAN SAY:

- No thanks • I'm not interested
- I've got a better idea

If you continue to be pressured: Leave. Find new friends. A person who does not respect your decision isn't a real friend.

