

## It's OK 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!



## HOW TO SAY NO

- Act confident even if you don't feel confident.
- Keep it simple and tell them straight.
- Be polite and firm. Don't put them or yourself down.
- You may need to repeat what you say if they keep trying to push you.
- If they keep pressuring you, walk away. True friends will respect your decision.

## It's your life, your choice.

It is your right to make your own decisions rather than have them made for you. By standing up for yourself and your decisions you gain self-respect and respect from others.

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# Stand Up for Yourself

Bullying, cyber bullying, taking things that don't belong to you, name calling, drinking alcohol, and smoking are some of the things that you can be pressured to do.

But you can stand up for yourself... by saying No!



## You are important It's OK to say 'No'

Don't be scared. It can be really cool to say what you think and others may agree with you.

Friends like being together and doing things as a group. Sometimes though, you feel as if you have to go along with something they're doing when you would rather not. The feeling that you should join in comes from "peer pressure".

"Peer" means equal—so peer pressure comes from your equals—those in the same grade at school and in the same age group.



Sometimes you want to say 'No' and don't know how...

