

**You don’t have to face it alone**

Professional Consulting

**Most people in the world today often deal with the stress of peer pressure.**

 People deal with peer pressure because of many reasons. One example is trying to fit in. Sometimes people get tessed because they don’t have what everyone Elsa have, so this strikes hurt and pain in that person so there desire turns into determination to get what everyone elsa has

Another example is being pressured. You might see a person smoking or drinking or maybe even hanging in a gang and you turn away from it, but one day somebody walks up to with a drink or some thing to smoke and you turn it down but they say everybody Elsa is doing it. Then you start to second guess yourself and start to think well maybe if I take one sip or one puff it will be all over but it don’t be over it just be the beginning of a bad habit.

Peer pressure is a scary thing and no one likes going through it but you don’t have to face it alone. You can get a friend to stay by your side and help you when things get to ruff for you to handle. You can also tell an adult and they can help you with any situation or any problem that you might be having. You can also tell your parents and they can speak up for you about the situation. So what ever you’re going through you don’t have to face it alone there’s others around you that’s willing to help you solve your problems.

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Stand up straight

Make eye contact

Say how you feel

Don’t make excuses

Stick up for yourself

Don’t back down after you have made your point

**Its okay to be different and its okay to express yourself in any way you can no mater what others might think of you because being yourself is what make you unique and you should never lose your identity because of someone’s judgment**

**Quick tips on peer pressure**