It's natural to want to fit in with your friends and peers. But sometimes people try to get you to do things that are harmful to yourself or others. Thinking for yourself means standing up for what you believe is right. What do you do when the right thing means disagreeing with a friend? What do you say?

**DID YOU HEAR WHAT CAITLIN DID TO JESSICA?**

**LET'S TALK ABOUT SOMETHING ELSE—WHAT ARE YOU DOING THIS WEEKEND?**

**IT'S NOT COOL TO TALK ABOUT PEOPLE BEHIND THEIR BACKS.**

**WRITE WHAT YOU WOULD SAY:**

**NO WAY! ALCOHOL KILLS BRAIN CELLS, AND I NEED ALL THE ONES I HAVE.**

**GROSS! LET'S GO SHOOT SOME HOOPS INSTEAD.**

**MY PARENTS WON'T BE HOME FOR HOURS—LET'S GET A DRINK!**

**WRITE WHAT YOU WOULD SAY:**

**I'M SO FAT! LET'S GO ON THAT NEW CRASH DIET TOGETHER.**

**I THINK YOU LOOK GREAT, AND I'M HAPPY WITH HOW I AM, TOO.**

**ARE YOU KIDDING? THOSE DIETS AREN'T HEALTHY. THEY CAN EVEN BE DANGEROUS.**

**WRITE WHAT YOU WOULD SAY:**