

Questioning or disagreeing

Without being hostile, you could disagree with a statement or question what your friend is doing:

___ "I don't know, she looks fine to me."

___ "Dude, you're crazy. Why you gotta worry so much about him? Let him live his own life."

___ "Oh, come on, those clothes aren't that bad. And who cares about his clothes anyway? Stop being so petty."

___ "Oh, no, more gossip. Blah, blah, blah. Who cares?"

___ "C'mon, man, you're not perfect either. Let's get out of here."

___ Or you might share a different opinion: "I actually like that color" or "Some people like that look; everyone has their own taste."

It can be especially hard to go against our friends, but it's also one of the most important things you can do. Friends are the people you can influence the most. Which means that if one of your friends is bullying or teasing someone else, you have the most power to stop it.

Also remember this: Just like you don't want to upset your friends, they don't really want to upset you, either. So if you resist what they're doing or show your disapproval in respectful ways, it can make them rethink their behavior.

1. Rank the above responses on a scale of 1 to 6, 1 being your most favorite & 6 being least favorite. Write the number in the boxes above.

