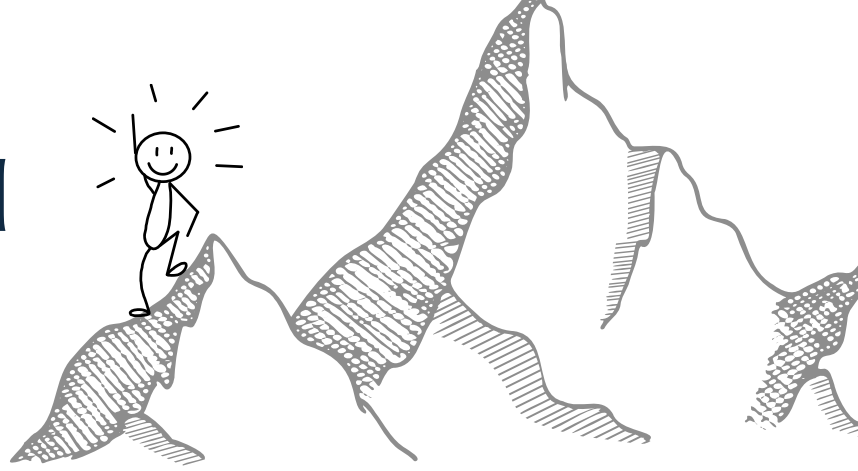


WAYS I CAN STAND MY GROUND



when the Pressure Rises

The Direct No

IN MY
OWN
WORDS:

ex: "No, I'm not doing that."

The Explainer

IN MY
OWN
WORDS:

ex: "That's not for me. I want to do well in this class."

The Humor Deflection

IN MY
OWN
WORDS:

ex: "Hard pass, I'd rather stay out of trouble."

The Ally Move

IN MY
OWN
WORDS:

ex: "Come with me. Let's do something else."

The Outside Excuse

IN MY
OWN
WORDS:

ex: "My mother said I need to be home for family dinner."

The Simple Exit

IN MY
OWN
WORDS:

ex: "I'm heading out. See you later."