SAY NO TO INAPPROPRIATE OFFERS

I had these friends ... I say friends, but that might be a stretch. Anyway, they tried to get me to go down to the old mine. To make things worse, I knew they were going down there to smoke cigarettes. I wanted nothing to do with that garbage. But I didn't want them to think I wasn't cool, so I nearly went. It can be tough to deal with situations like that. Here are some tips that might help.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Have your parents or family take turns trying to talk you into a situation that would be against your convictions. Practice resolutely, shutting those offers down. Your parents will certainly have some good tips of their own.

- If you know that it is wrong and you don't want to go, be firm. In other words, know that you know that you know that you don't want to do it and that settles it.
- Remember that the person of character is not the person that goes along with something they don't want to do. It is the person that stands by their convictions.

• If your "no" sounds wishy washy, "Well, I'm not sure. I don't think I ought to." You are opening it up for them to try to convince you otherwise and put pressure on you to yield.

If you simply say "no," it will go a long way to shut things down. You don't owe them an explanation.

• If you are asked or pressured into doing something that you believe is plain wrong or immoral, seek a trusted grown up to confide in, preferably your parents.

• If someone approaches you in an inappropriate way, they are in the wrong. You are not. They



