

CHOICE SHIELD

MY PLAN FOR PRESSURE

I NOTICE



What might pressure look or sound like? *Example: Everyone is doing it*



I CAN SAY

What could I say? *Example: No thanks*

I CAN DO

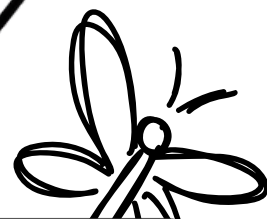
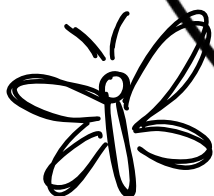


How could I move away or change the moment? *Example: stand with a friend*



I CAN ASK

Who could help me? *Example: I could go and find a leader*



MY REASON TO SAY NO