Name _____

Self-Confidence: Your Shield Against Peer Pressure

Short Answer

1. Provide an example of how self-confidence can help you resist peer pressure.

2. How can understanding your values contribute to building self-confidence?

3. Explain why embracing mistakes is important in developing self-confidence.

4. Describe how setting boundaries with your friends can protect you from negative peer pressure.

5. Who can you seek support from when working on building self-confidence, and why is their support valuable?

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