

Social pressures

Bloom

For young people's mental health

Can you recall a time when you or a friend have been negatively affected by the actions and words of your peers, or been in a situation with your peers that made you feel unhappy or uncomfortable? Maybe you're experiencing a time like this right now?



Briefly describe a scenario

Next, complete the three sentences below using the 3 Ds – **Distract**, **Distance** and **Dispute**, to help you handle these situations confidently in the future.



Distract

The constructive or fun thing I will focus my attention on instead is.....

The kind and positive person I will choose to speak to is.....



Distance

The thing I have been thinking that isn't true is.....

The thing that other people have been saying that isn't true is.....



Dispute

The unhelpful thought I have that doesn't have any evidence to back it up

A connection I have made that doesn't exist is

There is no use in me thinking that.....