

B	I	N	G	O
Wanting to fit in	A friend asking you to help them cheat	Being very image-conscious	Saving money for a big purchase like a car and encouraging friends to do the same	Getting an after-school job and convincing friends to get a job too
Be honest about how you truly feel.	Trying out new hair or clothing styles	Making social comparisons	A friend begging you to join a sports team with them	Pushing a friend to study harder so they can get better grades
Trouble sleeping	drinking at a party because everyone else is	FREE	Ask for help	Discouraging illegal or risky behavior like under-age drinking or smoking
Faking who you are to fit in	Skipping school	Find friends who support health and wellbeing.	Disapproving of gossiping	Low moods
Changes in behavior	Avoiding school or other social situations	Practice saying no.	lying to your friends to look cool	Being forced to do something you don't want to do

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drinking at a party because everyone else is	A friend begging you to join a sports team with them	Saving money for a big purchase like a car and encouraging friends to do the same	Be honest about how you truly feel.	Making social comparisons
Being very image-conscious	lying to your friends to look cool	Getting an after-school job and convincing friends to get a job too	Avoiding school or other social situations	Pushing a friend to study harder so they can get better grades
Faking who you are to fit in	Ask for help	FREE	Discouraging illegal or risky behavior like under-age drinking or smoking	A friend asking you to help them cheat
Disapproving of gossiping	Practice saying no.	Wanting to fit in	Being forced to do something you don't want to do	Skipping school
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drinking at a party because everyone else is	Pushing a friend to study harder so they can get better grades	Saving money for a big purchase like a car and encouraging friends to do the same	lying to your friends to look cool	Being very image-conscious
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