

Todovino: Can Your Rival Be Your Friend?

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Friends will show their true colors... so don't cling to them or make them your center, because friends will turn on you... principals should be your center you will make more friends, if you do so



survival tips

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- 1) choose steady friends
- 2) make as many friends as possible
- 3) stop trying to be popular, be your self
- 4) tired of being a Alpha/Beta girl be a gamma girl
- 5) forgive your friends and they will forgive you
- 6) confront a bully or find a way to live above it
- 7) friends should be win-win not competition
- 8) friends may change but that is okay

popularity

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- ! positive side- popular people are nice to everyone
- ! negative side- people are only popular to themselves, they think they are better than everybody else

Alpha - popular queen bees, protectors of their clique
beta- queens bee learners for Gamma - not popular, smart, popularity is overstated, picked-on, self confident



a good friend Thecasesolutions.com

- 1) be slow to judge- dont judge friends to quick, keep your words soft and sweet, dont be shy
- 2) make an effort- try to make friends dont wait for them to come to you
- 3) build your RFA- trust in a relationship, bank account
- 4) money is a tall account
- 4) make yourself more likable - you cany make people like you
- 5) be inclusive - struggling to make friends, people ignore them if they arent in the group, never make anyone feel left out
- 6) treat unkindness with kindness- if you are being treated unkindly treat the same people with kindness
- 7) list others when a friends lets go help them get back to be ing on hold of things

get popular Thecasesolutions.com



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get yours

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we have you covered! everything you need to know to be the most popular & confident girl in your school. Download your free copy today! Thecasesolutions.com



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Centers

Friends will show their true colors , so don't cling to them or make them your center, because friends will turn on you...principals should be your center you will make more friends, if you do so



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popularity

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- (+ plus side- popular people are nice to everyone
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alpha - popular, queen bees, protectors of their clique

beta- queen bee wanna be

Gamma- not popular, smart, popularity is overrated,
picked-on, self confident

true friend

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takes someone as they are, knows
when to listen and when to talk , will
stick up for you , wont put you down



True Friends

They don't care about your looks event if the whole world is laughing

a good friend

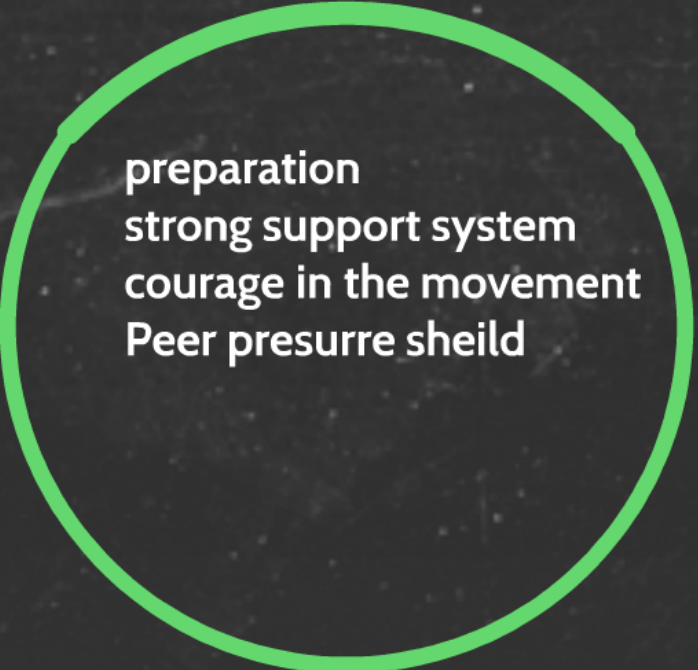
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peer pressure

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makes you do stupid things, thinking clearly is better. Peer pressure is when you are pressured into doing something you don't want to do EX:: Drugs, skipping school , etc...



preparation
strong support system
courage in the moment
Peer pressure shield

when you need a new group
of friends

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- 1) you change clothes
- 2) you don't feel good about your self
- 3) your being used
- 4) your life feels out of control

High Road- choose friends that build you up, be a true friend, stand up to peer pressure

Low Road- choose friends that bring you down , be a fickle friend, give into peer pressure