

# MASK<sup>®</sup> Prep Notes

## ASK MASK?



**Q:** I have been friends with a group of girls since 1st grade, but lately they have not been including me or inviting me to hang out anymore. I'm sad about this and I don't know what to do?

— Claire, 7th grade, Lansing, Michigan

**A:** Have you talked with them one-on-one about it? Sometimes when we make assumptions they are incorrect. Try inviting them to hang out or choose to start hanging out with your other friends.

**Q:** I'm a lot shorter than most of my friends. They tease me about it and even though I don't think they are trying to be mean, I want them to stop. How can I get them to stop without making a big deal out of it?

— Matthew, 8th grade, San Diego, California

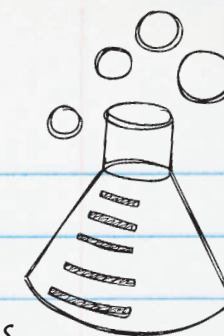
**A:** Teasing is never cool, and sometimes friends get into habits that can be hurtful. If they are your true friends, just share with them that you would like them to stop. Be firm but respectful and ask them how they would feel if they were being teased. Remember, it is healthy to take a stand for yourself.

**Q:** I have a friend who is fine with me some days and mean to me the next day for no reason. She even tries to get our mutual friends to not like me. I try to just be nice and go

with it but it is really hard. Any help would be great.

— Kendall, 8th grade, Glendale, Arizona

**A:** "Frenemies" are never easy to deal with. Sometimes the person is trying to be the leader of the group and if you are seen as competition, that can sometimes cause this behavior you are noticing. The question to ask yourself is: "Does this person add value to my life or cause more grief?" Depending on the answer sometimes distancing yourself from situations like this (while being respectful) and focusing on those friendships that add value to you is the way to go. If these friends do add value try having a one-on-one conversation about why they are going back and forth with you.



## MASK<sup>®</sup> Prep Notes



Are you a student? Do you have a question on your mind about making safe, healthy choices?

**ASK MASK!** Submit your questions to [bit.ly/ASKMASK](https://bit.ly/ASKMASK)

We want to be able to answer your questions and let other students know they are not alone.

For more Q&As, visit  
[maskmatters.org/ask-mask](https://maskmatters.org/ask-mask)



# MASK<sup>®</sup>+Life Hacks #1

## MASK<sup>®</sup>+Take a MASK Minute

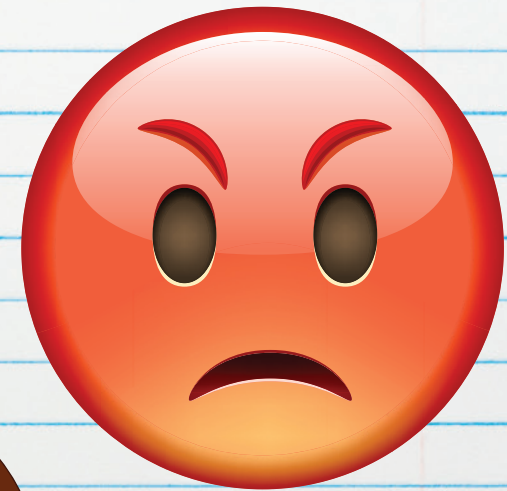


★ Take a minute to chill before reacting.



# MASK<sup>®</sup> Life Hacks #2

## FEEL AND DEAL



★ The first step is to identify what you are feeling.



# MASK<sup>®</sup> + Life Hacks #3

4 UR SELFIE



BUILD YOUR SUPPORT SYSTEM

School Counselor  
Safe Family Friend  
Parent  
Teacher  
Coach

WHO'S YOURS?

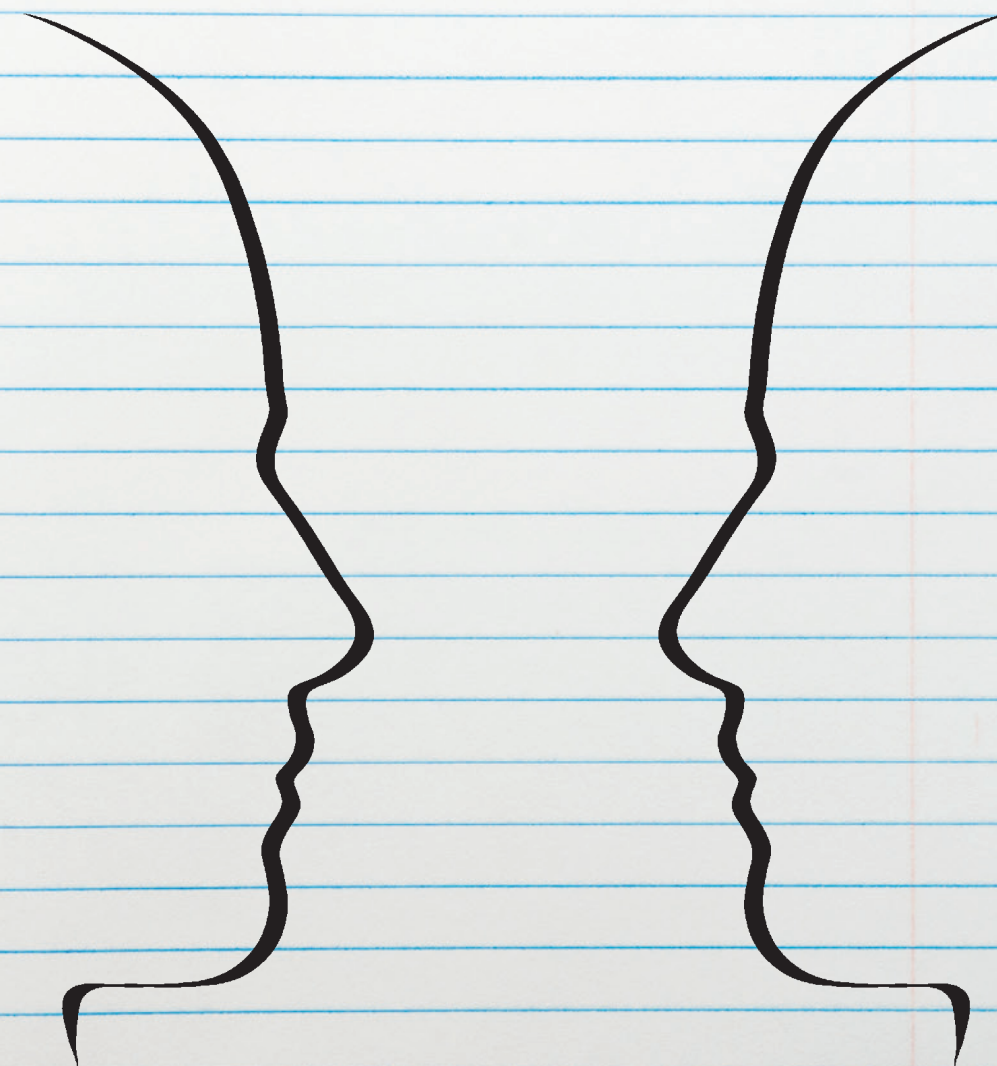




# MASK<sup>®</sup> Life Hacks #4

## FACE TIME

- ★ Who is part of your support system?
- ★ Find someone who will listen.
- ★ Use I statements.



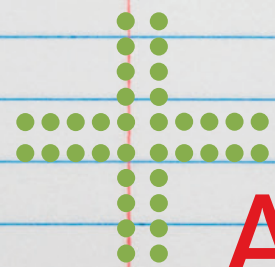


# MASK<sup>®</sup> + Resources

TEEN LIFELINE - 1-800-248-8336

CHILDHELP - 1-800-422-4453

ROSEWOOD - 1-844-334-7879



ASK MASK?

Visit [maskmatters.org](https://maskmatters.org)



# MASK<sup>®</sup> + Life Hacks #5

## MASK<sup>®</sup> + Reset



★ Remember it's never too late to make things right.