

# 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 and respectful. Remember, it is healthy to take a stand for yourself.

**Q:** I have a friend who is nice to 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

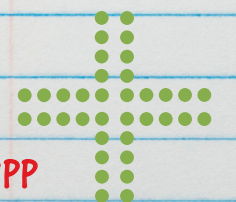
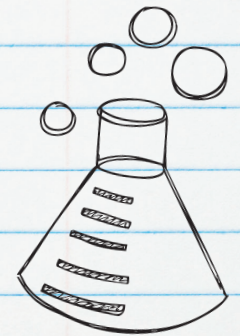
**A:** "Frenemies" are never easy to deal with. Sometimes the person is trying to be the leader of the group and if you are seen as competition, that can sometimes cause this behavior you are noticing. The question to ask yourself is: "Does this person add value to my life or cause more grief?" Depending 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?

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

For more Q&As, download the **MASKmatters** app to ASK MASK







# empower

MASK<sup>®</sup> Life Hacks #1

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





# empower

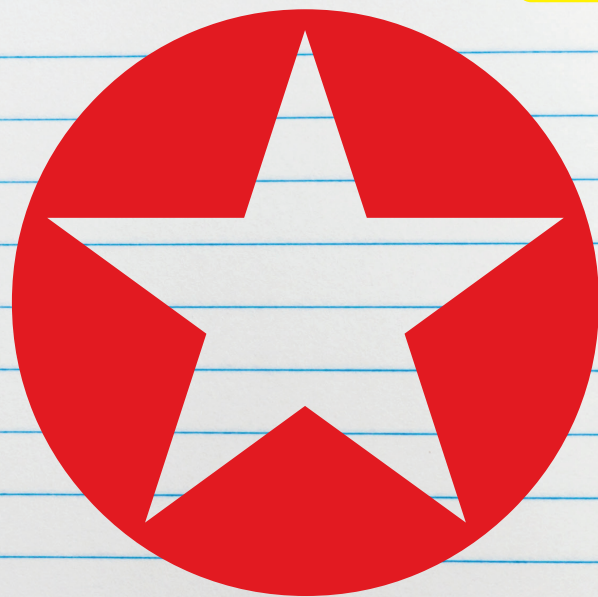
MASK<sup>+</sup> Life Hacks #2

## FEEL AND DEAL





## 4 UR SELFIE



TRUSTED  
ADULT

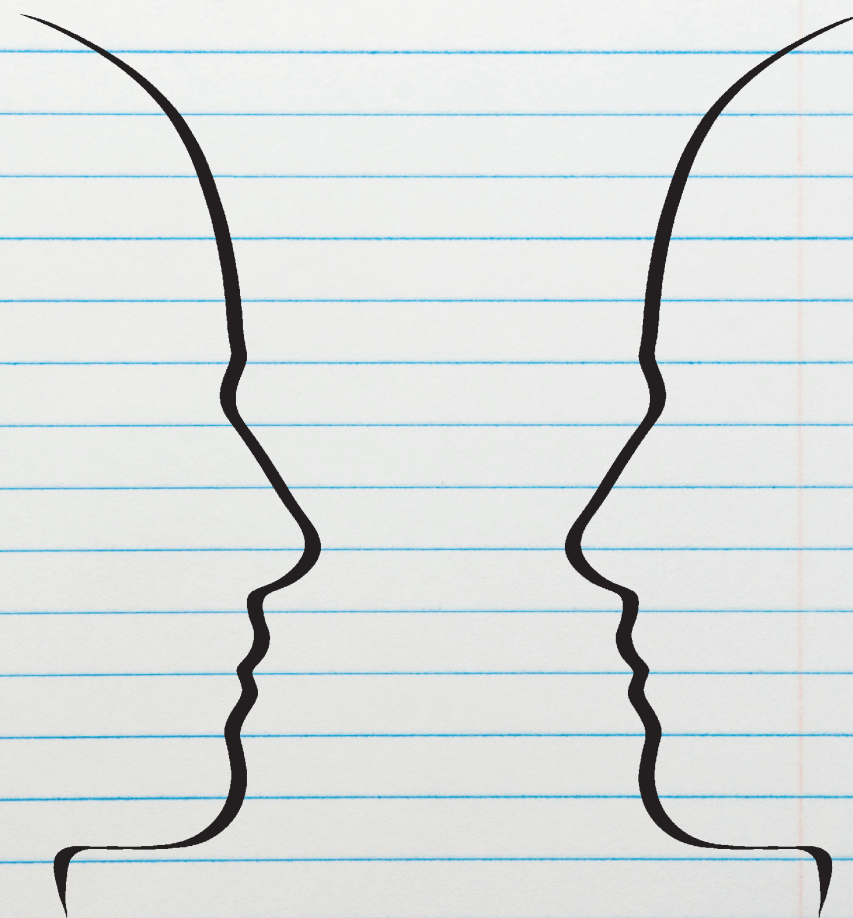
- ★ School Counselor
- ★ Safe Family Friend
- ★ Parent
- ★ Teacher
- ★ Coach





## FACE TIME

- ★ Find someone you trust.
- ★ Face-to-face.
- ★ Use I statements.
- ★ Be there for others.





MASK<sup>®</sup>  
Prep

empower

MASK<sup>®</sup> Life Hacks #5

MASK<sup>®</sup> Reset

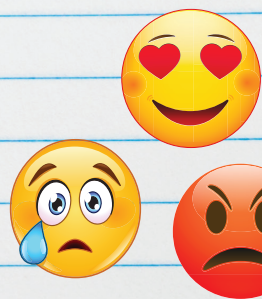




# empower

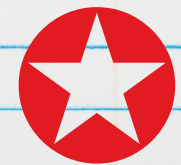
MASK<sup>®</sup> Life Hacks

Take a MASK Minute



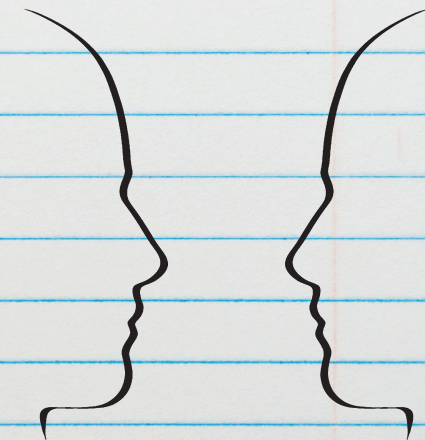
Identify your Feelings

Build a support System for 4 UR Selfie



Facttime with your supports

Say sorry when Sorry is Due





# MASK<sup>®</sup> + Resources

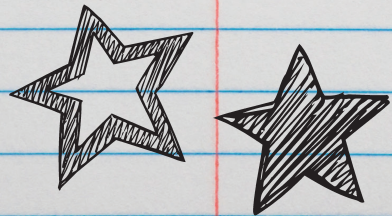


TEEN LIFELINE: 1-800-248-8336

TEXT OR CALL 911 FOR EMERGENCIES

NATIONAL EATING DISORDERS  
ASSOCIATION: 1-800-931-2237

CRISIS TEXT: TEXT 741741 TO TEXT WITH A TRAINED COUNSEOR



DOWNLOAD THE MASKMATTERS APP TO ASK MASK

