

## Peer Pressure



Sometimes your friends may ask you to do things you do not want to do



Most of the time, this is not a problem as it may just show you like different films, foods or hobbies



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However, your friends may also ask you to do something dangerous like drink too much alcohol, take drugs or commit a crime



Friends should not try to force you to do something you do not want to do



If your friends are trying to force you to do something you do not want to do, you could stand up to them by saying 'no'



You could also stop spending as much time with these friends and focus on making new friends



To make new friends you could join a sports club.

You could also start a new hobby.

Your friends should make you happy not scared!

You can get support from your GP or local drug and alcohol team. They will be able to give you advice on how to safely stop using cannabis.

You can phone or email your local drug and alcohol service using the following details:

If you live in Middlesbrough:

Phone: 01642726800

Email: [accessingchangetogether@middlesbrough.gov.uk](mailto:accessingchangetogether@middlesbrough.gov.uk).

If you live in Stockton:

Phone: 01642673888

Email: [Stockton.recovery@cgl.org.uk](mailto:Stockton.recovery@cgl.org.uk)

If you live in Hartlepool:

Phone: 01429285000

Email: [substancemisuse@hartlepool.gov.uk](mailto:substancemisuse@hartlepool.gov.uk)

If you live in Redcar and Cleveland:

Phone: 03003033781