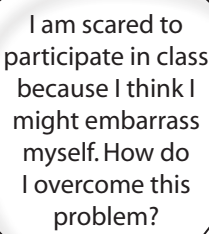


REAL TALK


Real Answers to Real Questions from Real Teens



I am scared to participate in class because I think I might embarrass myself. How do I overcome this problem?

➤ Study hard! Knowing the material will boost your confidence when your teacher asks questions.

This will make it easier to speak up. If you want to speak but you aren't always certain, there's no harm or shame in taking a stab at it.



By merely hearing yourself speak up you'll gain confidence.

Even if you are not always correct, the real risk is NOT participating in class. Teachers in general favor those who participate in class discussions over those don't. So speak up!

To get more information about how to successfully cope with issues today's teens face, please contact:

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