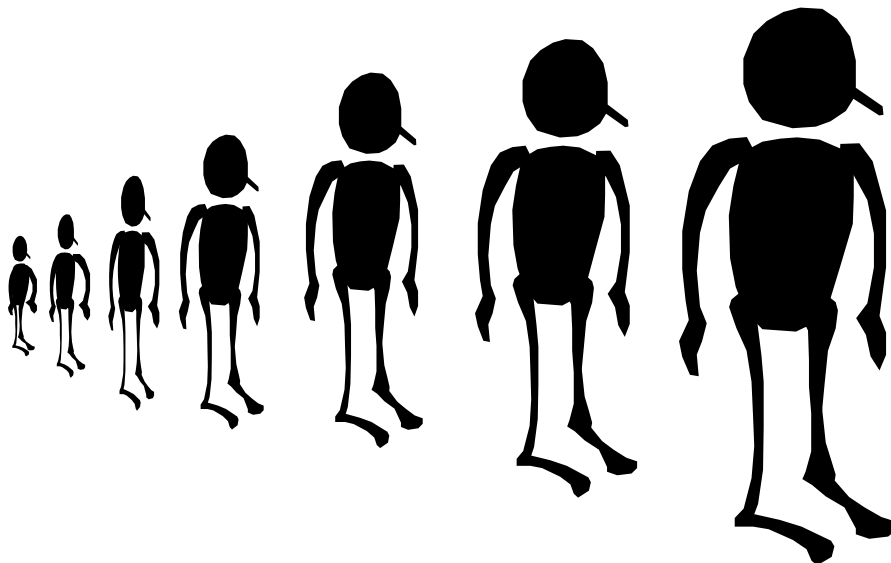


## What Clique Will You Pick?



Conformity is defined as the process by which people's beliefs or behaviors are influenced by others. In other words, trying to fit in to a certain group by changing thinking and behavior to be accepted.

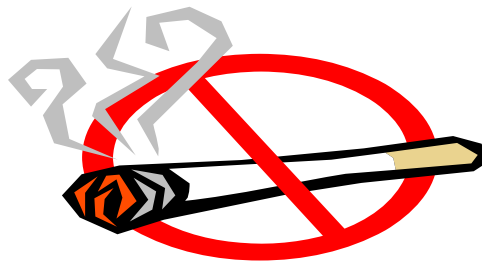
- No matter what "group" you choose to hang with in high school, you will most likely try to fit in
- Think about the jocks, hippies, goths, etc. Doesn't each group have their own way of dressing? Chances are they listen to the same music, hang out at the same places, and feed off of each other to find what is "cool"
- Take the "emo" kid for example. He says, "I'm an individual." How much of an individual is he when you can't tell him apart from all of the other "emo" kids?



There are two kinds of social influences that almost every teen will come across in their lives, and one problem that we all face.

- Normative- doing things especially to be accepted by the group
- Informative- doing things that you have learned from the group
- Cognitive Dissonance- doing something to fit in even when you think it's a bad idea (for example, smoking to look cool even when you hate cigarette smoke)

This ties in almost exactly with peer pressure. Most people want to be accepted, it's just normal. But doing things just to be cool...really isn't cool.



Just like any freshman coming into the high school, I did not know what to expect. How should I dress? Do my hair? Who should I walk to class with? Or sit at lunch with? All of these questions and many more overwhelmed me. After 4 years of being part of tons of different cliques and going through countless friends, I have learned how to beat this high school system. Here are some of my helpful tips:

- Try something different. Don't just wear name brands that you see everyone else wearing because you want that group to like you. You can show confidence in being different.

- Self-expression is the best way to go. Wear what you like, what's comfortable, and in a way that you can make it your own. You'll feel good about yourself!
- Stick to your morals, and if you don't have many, make some for yourself. Don't let people sway you to do things that you stand against, speak up for what you believe in.
- Choose your friends wisely. You will find true friends who you know like you for your *personality*, and there's nothing better than finding real people.

When asked the question, "What clique will you pick," the answer that upcoming freshman should think of is "none of them." The answer is simple and that is to **BE YOURSELF** and your high school experience should be a great one!

