

2D Lam Valerie

Dear Pressured By Peers,

Thank you for writing honestly and thoughtfully about your problem. I'm sorry to hear that your friends started doing drugs and you feel lonely without friends. I completely understand that you are going through a difficult time thinking about whether you should hang out with them. Don't worry! I am here to offer you suggestions.

First of all, if I were you, I would urge your friends to stop doing drugs and drinking alcohol as they are detrimental to their health. For example, you may let them know the harmful effects of drug abuse, which can lead to intoxication, panic attacks and hallucinations.

If they refuse to listen, I suggest you not hang out with them on Saturday because staying out late at parties is treacherous! You may be followed by strangers or robbed late at night, and your parents will worry about your safety. It would be best if you ended this toxic friendship, and I believe you will be able to find true friends in such a big world.

You may wonder how to expand your social circle. I recommend you join school activities to meet new people. I used to struggle with making friends, but I learned from failure, and now, I have some incredible companions who are supportive and empathetic.

Furthermore, I understand the loneliness you are experiencing. I had no friends at school and was an introvert who never talked to people I was unfamiliar with. However, I stepped out of my comfort zone and took the initiative to start a conversation with new friends. Now, I am confident about meeting new people, especially those with common interests! It is important to talk to people who share similar interests with you. Having something in common with someone won't

automatically make you both become best friends, but people tend to open up about things they are passionate about. Don't be afraid to approach new people!

If you know your friends are doing something wrong, you should warn them about the consequences they have to bear. Don't hesitate to ask me if you need any further help!

Best wishes,

Agony Aunt