

### Part 3: The Type Of Person You Want To Be

#### Real Popularity Versus Fake Popularity

Scientists who study popularity have found out something fascinating: Not all popularity is the same. In fact, they've found that there are two very different types of popularity.

First there is genuine popularity. These are people who are well-liked and well-regarded. They're nice and friendly people, and are a joy to be around. Others like them because they make everyone around them feel good inside.

A second type of popularity is more of a fake popularity. These people are popular because others think they're cool, NOT because they're actually liked. People find them fascinating, or beautiful, or intriguing, or powerful. They may put on a show or act overly confident. But others don't so much like them as a person as they do admire their popularity, talents, or beauty.

People like to associate themselves with people who appear cool. Think about how awesome it might be to have Arnold Schwarzenegger and Barack Obama and Aaron Rodgers living next door. Just being around them might make you feel more awesome about yourself. But this type of popularity isn't the same as being liked because you're a good person. In fact, people with this type of popularity are often mean, selfish, or just plain stuck up. They may not make very good friends. Others may pretend to like them because they're pretty, witty, or talented. They may even enjoy doing certain activities together. But behind their back, they often think very poorly of who they are as a person.

So the question every kid must ask themselves is this: Which type of popularity do you want? The kind where people *pretend* to like you because of your looks or your talents, or maybe because they find your behavior fascinating? Or the kind who people truly do like because you're a kind and caring person who is a joy to be around?



