Unfortunately, people judge others, and it makes people insecure or anxious, sometimes seriously impacting their mental health. In order to avoid being judged, people change their opinions and their ideas to fit in with groups. People who stand out from a group are often not treated well and will do anything to avoid it. In fact, according to "Herd Behavior" and "The Party," people can impact others in a negative way. To begin, the article "Herd Behavior" illustrates how people can affect others in a negative way. The article explains the way that animals and humans often follow others because they don't want to feel left out. It includes an explanation about the words "herd behavior". " The term [herd behavior] also applies to human behavior and usually describes large numbers of people acting the same way at the same time. It often has a connotation of irrationality. (Comma Lit 1). Human Behavior affects people by changing their perspective when the larger group has the more popular opinion. People will do whatever everyone else is doing, even if it makes no sense. Herd behavior affects people and animals by influencing them to choose the more popular option. When people follow the group, it shows that more people can impact others in a negative way because it can convince them to believe something that's not true

In addition, the short story "The party" illustrates how people can affect others in a negative way. The short story [the party] is about a girl who doesn't get invited to a party and tries to make up reasons why it's her fault that she wasn't invited. "Maybe she didn't invite me because of my hair. It's so long and stringy. Maybe it's my coat. It is pretty ugly compared to some of the other girls' coats. I should have bought another color. But what does it really matter? None of my clothes match. I'm way too tall but there isn't anything I can do about that…"(Munoz Ryan 3). The narrator talks about how the girl feels bad about her clothes and how she looks bad just because she didn't get invited to a party. The quote states that the narrator in the story feels she didn't get invited because of her looks or the way she is built. Her doubting herself gives back to the idea of the way the short story illustrates that people can impact others in a negative way. Consequently, people should not let other people dictate how they feel or what they do. People's actions can impact people's mental health and opinions about themself. Imagine if no one judged each other. People can impact others in a

negative way and change the way they think.