

## Instructions

Read the questions carefully and answer each one thoughtfully. Use complete sentences to express your ideas.

### 1. Understanding Peer Influence

Explain what peer influence means in your own words. How do friends affect your choices when it comes to health and lifestyle?

### 2. Positive Influence

Think about a time when a friend encouraged you to make a healthy choice (like exercising, eating healthy, etc.). Describe the situation and how it made you feel.

### 3. Negative Influence

Reflect on a situation where a peer may have influenced you to make an unhealthy decision (like skipping meals, not exercising, smoking, etc.). What happened, and what did you learn from it?

### 4. Recognizing Pressures

What are some pressures you face from peers regarding health? List at least two and explain how they influence your choices.

### 5. Making Choices

How can you ensure that you make healthy choices when faced with peer pressure? List at least three strategies.

## 6. Influencing Others

Describe how you can be a positive influence on your friends. What healthy behaviors can you encourage in them?