

Name \_\_\_\_\_

## Navigating Peer Influence: Healthy Choices vs. Negative Pressure

### Multiple Choice Questions

1. What is a characteristic of healthy peer influence?
  - a) Coercion and manipulation
  - b) Encouragement to engage in risky behaviors
  - c) Supportive and respectful behavior
  - d) Isolation from other friends
  
2. How can you differentiate between healthy and negative peer influence?
  - a) By disregarding your values and beliefs
  - b) By evaluating the potential consequences of a decision
  - c) By isolating yourself from all friends
  - d) By never communicating with your friends
  
3. What is a sign of negative peer pressure?
  - a) Celebrating your successes
  - b) Encouraging you to achieve your goals
  - c) Using guilt and threats to make you do something you don't want to do
  - d) Respecting your boundaries
  
4. How can reflecting on your values help in differentiating between healthy and negative peer influence?
  - a) It has no impact on the differentiation process.
  - b) It helps you understand your friends better.
  - c) Healthy influence aligns with your values, while negative pressure undermines them.
  - d) Reflecting on your values makes you more susceptible to peer pressure.
  
5. What should you do if you suspect you are facing negative peer pressure?
  - a) Give in to it to avoid conflict with your friends.
  - b) Seek advice from trusted adults and assess the situation.
  - c) Isolate yourself from everyone, including your family.
  - d) Ignore your feelings and instincts.

