

Name \_\_\_\_\_

## Being a Positive Influence: Helping Friends Make Healthy Choices

### Multiple Choice Questions

1. What is peer influence?
  - a) The control friends have over each other's decisions
  - b) The impact that friends and peers have on each other's thoughts, feelings, and behaviors
  - c) The ability to force friends to make healthy choices
  - d) The act of telling friends what to do
  
2. How can you lead by example and be a positive influence on your friends?
  - a) By making unhealthy choices to fit in
  - b) By setting a good example and making healthy choices in your own life
  - c) By pressuring your friends to follow your lead
  - d) By ignoring your friends' choices
  
3. What should you do if your friends make decisions that differ from yours?
  - a) Pressure them to change their decisions
  - b) Respect their choices and offer support without judgment
  - c) Cut ties with them
  - d) Ignore their choices and do what you think is best for them
  
4. What is one way to help your friends build positive self-esteem?
  - a) Criticize their weaknesses
  - b) Encourage them to believe in themselves and compliment their strengths
  - c) Tell them to be more like you
  - d) Ignore their self-esteem issues
  
5. How should you respond if your friends engage in negative behaviors due to peer pressure?
  - a) Encourage them to continue those behaviors
  - b) Gently express your concerns and offer alternatives
  - c) Join them in engaging in negative behaviors
  - d) Ignore their behavior and hope it gets better on its own

