

Name _____

Being a Positive Influence: Helping Friends Make Healthy Choices

Short Answer

1. Explain the concept of peer influence and why it is a natural part of being part of a social circle.
2. Provide an example of how you can lead by example and set a positive influence for your friends in making healthy choices.
3. Why is it important to respect your friends' choices even when they differ from yours, and how can you offer support without pressure?
4. Discuss the significance of celebrating your friends' achievements when they make healthy choices or achieve their goals.
5. Share a personal experience or hypothetical scenario where open communication with your friends helped them make healthier choices.

