

Name _____

Being a Positive Influence: Helping Friends Make Healthy Choices

Open-Ended Response Questions

1. Reflect on the qualities and behaviors that make someone a positive influence on their friends and explain why these qualities are important.
2. Imagine a situation where a friend is struggling with making healthy choices, and they feel pressured by negative peer influences. Offer advice on how you would support them and help them make better decisions.
3. Discuss the role of patience and understanding in helping friends make healthy choices. How can these qualities contribute to the success of your support?
4. In your opinion, what are some additional ways to help friends make healthy choices and be positive influences on each other's lives? Share your thoughts and suggestions.

