

Name _____

Being a Positive Influence: Helping Friends Make Healthy Choices

Short Answer Key

1. Peer influence is the impact that friends and peers have on each other's thoughts, feelings, and behaviors. It is a natural part of being part of a social circle because individuals naturally influence and are influenced by their peers. Friends often share experiences, values, and interests, which can lead to similarities in behavior and choices.
2. [Student's example of leading by example]
3. It is important to respect your friends' choices because everyone has the right to make their own decisions. Offering support without pressure is essential to maintain a healthy and respectful friendship. You can do this by listening, offering guidance, and being there for them without forcing your opinions on them.
4. Celebrating your friends' achievements when they make healthy choices or achieve their goals reinforces their positive behavior and provides motivation. Positive reinforcement encourages them to continue making healthy choices and boosts their self-esteem.
5. [Student's personal experience or hypothetical scenario]

