

Name _____

Being a Positive Influence: Helping Friends Make Healthy Choices

Open-Ended Response Answer Key

1. Being a positive influence on friends involves qualities and behaviors such as empathy, active listening, offering guidance, leading by example, and celebrating achievements. These qualities are important because they create a supportive and respectful environment where friends can feel understood, encouraged, and motivated to make healthy choices.
2. [Student's advice to help a struggling friend make healthier choices]
3. Patience and understanding are essential in helping friends make healthy choices because changing habits and behaviors can take time. Being patient allows your friends to progress at their own pace, while understanding their challenges shows that you care and are willing to support them through their journey.
4. Additional ways to help friends make healthy choices include educating them about the benefits of those choices, involving them in activities that promote health, and offering assistance in finding resources or support when needed. Sharing positive experiences and reinforcing healthy behaviors can also be effective.

