

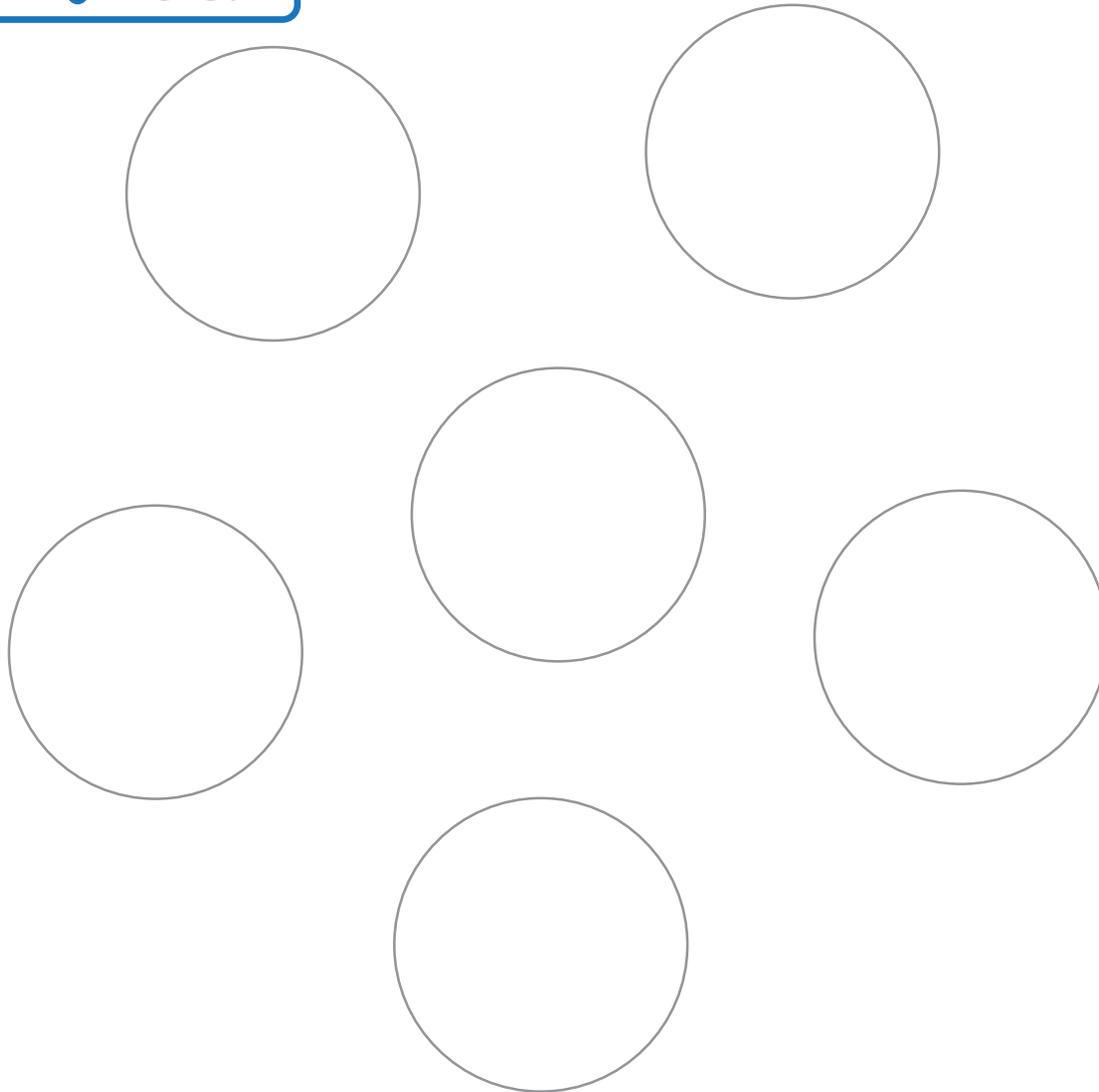


6-8 Worksheets
Web of Influences - Lesson 2

Name:

Directions: This activity offers an opportunity for you to think about what (or who) influences you and how you are influenced.

1. In the center, circle write a health behavior of your choice (e.g., not smoking, being physically active, not eating fast food, etc.).
2. In the surrounding circles, write all the people or things that influence your behavior (the influences can be positive or negative).
3. Add a “+” or “-” sign if the influence is positive or negative. Some influences can be both.
4. Draw lines from the behavior to the influences. Use a system of your choice to indicate the strength of each influence on the behavior (different colors, types of lines, symbols). For example, a double line means a stronger influence than a single line while a dotted line is the least influential.
5. After you have drawn all the lines, write a message that you receive from your strongest influences about this behavior. Keep in mind that the message may not always be easy to recognize and might not be something that is told directly to you.
6. Looking at the web you have created, make any other connections that you think exist between influences. For example, is there a connection between the influence of media and your peers? Represent these connections between the influences with lines.





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When finished, respond to the following:

How has reflecting on personal influences helped you learn more about yourself (or not, if you don't feel that it did)?

How can influences affect decisions in relationships?



6-8 Worksheets

My Values and Beliefs - Lesson 3

Name:

Directions: For this activity, you will think about your values and your beliefs. Then you will think about how these values and beliefs might influence your health and health behaviors.

My Values

List your top five values and explain how you think these values can influence your health and health behaviors.

My Values	Impact on My Health

My Beliefs

Think about beliefs that you have about yourself, your health, the world, and so on. It can be difficult to think about what you believe, but it can be a powerful influence on your behaviors. Try to think of at least two beliefs that you hold that might influence your health and health behaviors. Use the sentence stems to help.

I believe

I think this could affect my health behaviors because

I believe

I think this could affect my health behaviors because