**Name:**

**Date:**

**School:**

**Facilitator:**

1.02 Influences

Total points: 44

**Answer the following questions using what you learned in the lesson.**

1. Name one positive and one negative influence peers may have on your health beliefs or behaviors. Analyze how each one could impact your personal health. Use complete sentences to explain.

1. Positive influence:       Impact:
2. Negative influence:       Impact:

2. Use complete sentences to explain how social media might lead to depression among some teenagers.

3. Use complete sentences to explain how social media can interfere with the social development of teenagers.

4. Name 2 government regulations or public policies implemented to promote our health or safety. Give your opinion on whether or not you think these regulations are making a difference in our health and safety behaviors

1. **Policy 1:**       Opinion:
2. **Policy 2:**       Opinion:

5. Name one positive and one negative way the use of technology impact the personal health of you, your family, or your community health.

1. Positive influence:
2. Negative influence:

6. Name one positive and one negative way families impact your personal health beliefs and behaviors.

1. Positive influence:
2. Negative influence:

**7. I**n the space below use your own words to describe what “perception of norms” means and how it influences health behaviors.

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**8.** In the space below, describe how your own personal values and beliefs help you make good decisions for your health.

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