

2.01 Influences Discussion

Total points: 35

Many external forces, such as family, friends, and the media, influence choices we make that affect our health.

In the **2.01 Influences Discussion** you will discuss both positive and negative influences on your health choices.

Give an example of each of the following:

- One way influences help you make positive health choices **10 points**
- One way influences make it difficult to make positive health choices **10 points**

If this influence is a person you know personally, do not use their name but try to be more specific than 'friends' or 'family.' Instead you can describe how this person is in your life. For example you might say, my uncle or my best friend in the fourth grade.

If this influence from another source, it is fine to name the product or celebrity. After you have posted your examples, respond to at least one classmate about one their examples. Your response should include the following:

- Whether you agree or disagree **5 points**
- Why you agree or disagree **5 points**
- How the influence may have affected you **5 points**