# Skill-Building Challenge Worksheet: Analyzing Influences

Name: Blank Class: Blank Date: Blank

Reflect on yourself and your own circumstances. Think about your risk for engaging in bullying or cyberbullying and your risk of being a victim of bullying or cyberbullying. Write down as many positive and negative influences that you can think of that relate to your risk. Then identify which category each influence represents: individual, peer, family, media, technology, societal. Positive influences protect you from becoming a bully or a bully victim. Negative influences make you more likely of becoming a bully or bully victim. Label each positive influence with a plus sign and each negative influence with a minus sign to determine which risk is higher for you.

|  |  |
| --- | --- |
| **Positive Influences** | **Negative Influences** |
|  |  |