# Skill-Building Challenge Worksheet: Who Influences Me?

Name: Blank Class: Blank Date: Blank

Based on the information in lesson 11.2, think about who and what influences the decisions you may make about drinking. List three to five names of people or concepts like the media that may influence your decision.

**STEP 1:** List three to five people or concepts of influence:

**STEP 2:** In the following chart, place the names or concepts from step 1 in the appropriate column.

|  |  |
| --- | --- |
| Positive influence; encourages you not to drink | Negative influence; encourages you to drink |
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|  |  |
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**STEP 3:** Examine the people and concepts you listed in step 2: Are you making good choices about who your friends are and what you are paying attention to? If you answer “no,” think about how you could encourage your friends to change their way of thinking. Would you consider finding new friends? How can you make better choices overall? Explain why you are or why you aren’t making good choices.