# Skill-Building Challenge Worksheet: Analyzing Influences

Name: Blank Class: Blank Date: Blank

Think about who influences your decision on whether or not to wear protective gear like helmets, mouth guards, face masks, reflective gear, and different protective pads. List four influences. Mark a star for positive influences that encourage you to wear protective gear and an X for negative influences that discourage or belittle you for wearing protective gear. Explain briefly how each influence affects you using the Analyzing Influences Skill Cues. Then determine whether or not you will wear the appropriate protective gear for your activity.

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| **Influences**  *Mark positive influences with a star and negative influences with an X.* | **Explain briefly how each of the influences affects you.** |
| 1. |  |
| 2. |  |
| 3. |  |

|  |  |
| --- | --- |
| 4. |  |

2. Will you wear the appropriate protective gear for your activity? Why or why not?