

Influences Worksheet

Below is a list of the influences that can affect your behaviour. Rank them from one (1) to ten (10) so that one is the factor that influences you the most and ten influences you the least.

Influences:

- Parents
- Grandparents
- Brothers and sisters
- Teachers
- Friends and peers
- Role models (athletes, pop stars)
- Media (TV, radio, magazine, books)
- Music
- Coaches, scout/guide leaders, youth club leaders
- Religious leaders
- Legal consequences (laws)
- Costs

1. List your influences:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

2. Explain why you chose the top three influences (1 to 3).

3. Explain why you have chosen the last three influences (8 to 10).

Adapted from *Educating Students about Drug Use and Abuse: Ready-To-Use Lesson Plans for Drug Education in Your Classroom*

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