

Activity

Enrichment Activity

Lesson: You Are a Decision Maker!

Below is a list of influences that can affect the decisions that you make about your health behavior. Rank them from 1 to 10, such that 1 represents the factor that most influences your decisions and 10 represents the factor that least influences you. Ask your parent or another trusted adult to rank the influences he or she experienced at your age.

- Parents
- Grandparents/other relatives
- Brothers and sisters
- Teachers
- Friends and peers
- Celebrities (athlete, pop star)
- Media (TV, radio, magazines)
- Music (CDs, cassettes)
- Coaches, scoutmasters, youth club leaders
- Spiritual leaders (priest, rabbi, minister)

Influences on my behavior at age _____

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

Compare your list with the adult's list. Which influences are the same? Which are different? Why?