**How to Analyze Influences on Health**

1. **Identify people and things that might influence you.** Friends, family, famous people, media, advertisements, commercials, technology, and culture.
2. **Evaluate how the influence might affect your health behavior and decisions.** How do you react to each of the influences in your life? If you answer “yes” to the questions, then a particular influence has a positive effect on you. If you answer “no” to one of more of the questions, then that particular influence has a negative influence on you. For example, think about the person who influences you the most. Think of three behaviors this person practices and ask yourself the questions in the guidelines. Then you will know whether or not to imitate this person’s behavior. **Questions:** Does this influence promote healthful behaviors? Does this influence promote safe behaviors? Does this influence promote legal behavior? Does this influence promote behavior that shows respect for myself and others? Does this influence promote behavior that follows the guidelines of responsible adults? Does this influence promote behavior that demonstrates good character?
3. **Choose positive influences on health.**
4. **Protect yourself from negative influences on health.** Lyrics to a song that suggest using violence.