

How Do I Change?

What sort of things might you say about the following situations to the people listed below? An example has been done for you.

Situation	Parent/ Guardian	With a group of classmates	With a close friend
I have a problem with....	<i>Maths – it's just too hard!</i>	<i>My parents – they never let me go out!</i>	<i>My self-esteem. I don't feel like I look nice...</i>
Discussing drinking alcohol at your age			
The scariest thing that ever happened to me was...			
A kind thing I did once was...			
I get nervous when...			
My favourite possession is...			
I really want to...			
The best thing about school is...			
You get in trouble. How do you describe how you felt?			
They know that you fancy someone. What do you say?			

Who influences me most?

Write 'yes' or 'no' in the boxes to answer which people/things influence the following choices you make.

WHAT INFLUENCES...	Parents	Friends	Teachers	TV/media	Celebrities	Religion	Other (fill in)
What you wear?							
What you do after school?							
Who you meet in the evenings?							
How hard you work in school?							
What videos/DVD's you watch?							
How you spend your pocket money?							
What time you go to bed?							
Whether you drink alcohol or not?							
Whether you smoke cigarettes or not?							
What magazines or books you read?							