

Resource 1 (Activity 1)

What Influences Me Most

What influences...	External Influences				Internal Influences		
	parents	friends	teachers	TV / media celebrities	how I feel	my values	religion/God
What you wear?							
What you do after school?							
The friends you hang out with?							
How hard you work in school?							
What videos / DVDs you watch?							
What you eat for lunch?							
What time you go to bed?							
Whether to lie about doing your homework?							
Whether you smoke cigarettes or not?							
What music you listen to?							

Resource 2 (Activity 1) Smarties Game Cards

Do not eat your smartie,
and try to persuade other
people not to eat theirs.

Eat your smartie, only if you
can persuade someone else
to eat theirs at the same time.

Try to get the other person
to give you their smartie.

Try to convince the other
person that smarties
make you feel great.

Find people with the same
colour smartie as you and
exclude those of a different
colour.