

Influence Reflections Answer Key

Sample Ideas for Teachers

1. Saying no to copying homework; remembered it was unfair.
2. A kind and honest friend who supports others.
3. Wanted to fit in at lunch; stayed true to myself instead.
4. Offer to listen and remind them of safe choices.
5. Take a breath and think about consequences.
6. "You don't have to do something just to fit in."
7. Family, teacher, and teammate who encourage honesty.
8. Speak clearly, make eye contact, and stay polite.
9. Feels peaceful and rewarding to do what's right.
10. Think before acting and trust my own values.

Teacher's Guide

Skill Focus: Builds self-reflection, emotional awareness, and resilience when facing social pressure.

Differentiation Tips:

- Offer verbal discussion before writing for students who need help expressing ideas.
- Provide word banks with feeling words (proud, nervous, calm) for additional language support.

Engagement Ideas:

- Create a "Courage Journal" section where students can add drawings or affirmations.
- Have volunteers share one response anonymously to highlight positive thinking.

Extension Activities:

- Encourage students to write a short letter to their future selves about how to handle tough choices.
- Combine with role-play sessions where students practice saying no respectfully.