Pebble

Friends, Peers & Influence

Direct Work Worksheet

This worksheet can help us talk about friendships, influence and the people around you.

1 People who are important to me

2 People I feel good around

3 People or situations where I feel pressure

4 How influence shows up

Tick all that apply, or add your own.

- [ ] Encouragement
- [ ] Pressure
- [ ] Feeling left out
- [ ] Being asked to do things
- [ ] Online influence
- [ ] Not sure

5 What helps me stay safe

6 Who I can talk to