

Name .....

## You Be the Judge

When people are trying to influence you, you can stay in control. Take a look at what's really going on.

### 1. Peers

Think of a time when someone tried to influence you.

Why do you think the person wanted you to do something his or her way instead of your own?

\_\_\_\_\_

Who would benefit most—you or the person? \_\_\_\_\_

How did the person try to persuade you? \_\_\_\_\_

\_\_\_\_\_

### 2. Advertisers

Think of an ad that has particularly impressed you.

What did the advertisers want you to do? \_\_\_\_\_

Why? \_\_\_\_\_

How did they try to persuade you? \_\_\_\_\_

\_\_\_\_\_

### 3. Television and Movies

Think of a sitcom or movie you've seen recently.

What positive value did you pick up? \_\_\_\_\_

What negative value? \_\_\_\_\_

If you wrote a TV or movie story, what value would you try to teach within the script?

\_\_\_\_\_

\_\_\_\_\_

Why? \_\_\_\_\_

Name .....

## Your New Image

As your body matures and changes, it takes time to get used to your new image. Don't panic—you'll still be you. You can handle the changes in your own particular style. Take a minute to check out your feelings.

### 1. Relationships

In what way do you think that relationships with your friends are getting more difficult?

---

---

What old rules about friendship still work?

---

---

### 2. Responsibilities

How do you feel about the new responsibilities you're taking on as you mature?

---

---

What strategy could you use when you're facing a responsibility you can't quite deal with?

---

---

### 3. Poise

"Poised" means feeling reasonably graceful and at home in your body. (Think how you can build on the times when you feel most comfortable with your body.)

When do you feel most poised?

---

When do you feel least poised?

---

Name .....

## Role Models from Your Faith Family

No one can be exactly like another person. But you can try on the best qualities of people you respect. Write down the qualities you most admire in each of these people from your Faith Family.

### Jesus

Imagine the qualities it took to leave home and a secure life to tell people about a new way of life. Jesus had unconventional friends, and gave His best to everyone. He risked persecution of His beliefs.

Qualities I admire in Jesus:

---

---

### Saint Teresa of Avila

Teresa was devoted to God, but her life was not all silence and solemnity. She led her nuns in observing strict rules of poverty and obedience, but also led them in dancing with castanets on feast days.

Qualities I admire in Saint Teresa:

---

---

### Saint Don Bosco

"Singing, shouting, scabrous slum boys" is what people called the tough kids Don Bosco took in. "Bosco is mad," said others. But Saint Don Bosco turned the boys' lives around with his love and respect.

Qualities I admire in Saint Don Bosco:

---

---

1. Choose a role model from your present-day Faith Family, and name two qualities you most admire in him or her.
2. Of all the qualities you've named above, circle those that you would most like to make part of your own life.