



# Educator guide: Analyzing influences lesson

## **Recommended for grades:**

7<sup>th</sup> grade

## **Time:**

5 minutes

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 2: Analyze influences that affect health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning objectives:**

After completing this lesson, students will be able to:

1. Define the skill of analyzing influences.
2. Summarize the steps of the analyzing influences skill.

## **Lesson description:**

In this lesson, students will learn about the analyzing influences skill and why it's important. They will learn about the four steps required to analyze influences so they can develop strategies to choose positive influences instead of negative ones. Students will practice putting the steps of the analyzing influences skill in the correct order to reinforce the process they should use to analyze influences in their own lives.



## Pre and post-test questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool etc.). You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. What is the best description of the analyzing influences skill?
  - a. Analyzing influences will help you to access valid information online.
  - b. Learning how to think critically will make sure you stay out of trouble.
  - c. Analyzing influences is about how to choose your friends.
  - d. Learning how to analyze influences will help you to identify things that impact your behavior.**
2. Which of the following statements is true about the impact of external influences on health behaviors?
  - a. They are part of who you are.
  - b. They can affect your feelings, beliefs, actions and behaviors.**
  - c. External influences are your attitudes, values and beliefs.
  - d. They don't really impact your behavior.
3. What is the correct order of steps for the analyzing influences skill?
  - a. Identify influences on health behavior. Make a list of positive and negative influences. Think about how influences interact. Do what you feel like doing.
  - b. Think about how influences interact. Make a list of positive and negative influences. Find ways to choose positive influences instead of negative ones. Ask your friends what they would do.
  - c. Identify influences on health behavior. Examine influences on health behaviors. Think about how influences interact. Find ways to choose positive influences instead of negative ones.**

**Vocabulary:**

Use the following list of vocabulary as a reference for yourself or your students as you complete the Analyzing influences lesson. You may choose to use this list in any way that fits your needs.

- Analyzing influences – a skill that involves identifying things inside and outside of yourself that impact behavior
- External influences – things outside of yourself that affect your feelings, actions, behaviors and beliefs
- Health behaviors – actions that individuals take that affect their health
- Influence – anything that has an effect on feelings, actions, behaviors and beliefs
- Internal influences – are a part of who you are, which includes your attitudes, values, beliefs, motivations, and needs
- Negative influences – those that may encourage unhealthy behaviors
- Positive influences – those that will help you stay healthy or become healthier

# The steps of analyzing influences worksheet

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Instructions:** Complete this worksheet as you go through the Analyzing influences lesson. This activity outlines the four steps of analyzing influences, and you will fill in how to complete that step and why this step is important.

## **Step 1: Identify influences on health behaviors.**

How do you complete this step?

Why is this step important?

## **Step 2: Examine influences on health behaviors.**

How do you complete this step?

Why is this step important?

**Step 3: Think about how influences interact.**

How do you complete this step?

Why is this step important?

**Step 4: Find ways to choose positive influences over negative ones.**

How do you complete this step?

Why is this step important?

# The steps of analyzing influences answer key

Please note that answers will vary by student, but the answers below can help you guide students if they are having trouble answering the questions.

## **Step 1: Identify influences on health behaviors.**

How do you complete this step?

Make a list of internal influences as well as people and things in your life that influence your health behavior.

Why is this step important?

It's important so that you know what could be impacting your behaviors and decisions.

## **Step 2: Examine influences on health behaviors.**

How do you complete this step?

Think about what these influences mean to you, how you react to the list of influences from step 1 and how influences impact health behavior.

Why is this step important?

Knowing how influences can impact your behavior can help you figure out if an influence is positive or negative.

## **Step 3: Think about how influences interact.**

How do you complete this step?

Think critically about how influences can affect each other and what effect that might be having on your thinking and behavior choices.

Why is this step important?

When you make a decision, more than one influence probably had an impact. It's important to figure out how influences work together or against each other to impact behavior.



#### **Step 4: Find ways to choose positive influences over negative ones.**

How do you complete this step?

It's up to you to choose influences that are positive instead of influences that are negative. This doesn't look the same for everyone, so it's important that you find something that works for you.

Why is this step important?

Choosing positive influences instead of negative ones will help you make decisions that are better for you and protect you from negative influences on your health.



# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.





# Influences

## What is an influence?

Influence is the power to have an effect on someone or something. It can affect:

- Feelings
- Actions
- Behaviors
- Beliefs

Many influences can impact children as they grow. Influences can change over time.

## Types of influences

Positive influences can help you get or stay healthy.

Negative influences may promote behavior that is not healthy.

Internal influences are part of who you are. They include:

- Attitudes
- Values
- Beliefs
- Reasons for doing something
- Needs

External influences are things outside of yourself. They can affect feelings, actions, behaviors and beliefs. They include:

- Other people
- Culture
- Media, like TV, websites and social media
- Policies and laws
- Life events, like moving to a new school or home or making a new friend

Some influences can be both internal and external, like religion or faith.

## Your role in being a positive influence

Parents and caregivers play a big role in showing healthy behavior. Kids watch what you do and listen to what you say. Try to be aware of this, because you set an example for your child.



# Transcript

## Slide 1

Taylor: After completing this lesson, you will be able to summarize the steps of the analyzing influences skill.

In this lesson, we will review the importance of analyzing influences, present the steps, and model the skill.

First, make sure you open the worksheet for this lesson. Either print it out or save it, and complete it as you move through this lesson.

## Slide 2

Taylor: An influence is anything that has an effect on feelings, actions, behaviors, and beliefs. Learning how to analyze influences will help you to identify things inside and outside of yourself that impact your behavior. Then, you can decide if the influence is positive or negative, you can think about how that influence impacts your decision making, and you can remove some influences that may be having a negative impact.

## Slide 3

Taylor: There are different types of influences, including positive or negative and internal or external. Click on each of the influences to learn more about them.

A positive influence is one that will help you to stay healthy or become healthier.

A negative influence is one that may encourage unhealthy behavior.

Internal influences are a part of who you are, which include your attitudes, values, beliefs, motivations, and needs. They can change over time as you grow and are shaped by different things.

External influences are the things outside of yourself that affect your feelings, actions, behaviors, and beliefs. External influences include other people, culture, media, technology, policies and laws, as well as life events or situations.

Analyzing influences is a complicated skill that is important to develop and improve. It's also important that you learn to think about what influences you.



#### Slide 4

Risa: When you're thinking about what influences you, there are four things you should do.

First, identify influences on your health behavior. Second, examine influences on your health behavior. Next, think about how influences interact. Finally, find ways to choose positive influences instead of negative ones.

#### Slide 5

Risa: The first step to analyzing influences is identifying influences on health behavior.

Some influences include personal values, family, peers, community, media, religion, and policies. It's important to know that some influences might affect someone else in a different way than they impact you, and some influences may be more important than others.

#### Slide 6

The second step to analyzing influences is examining influences on health behavior.

Once you are aware of the influences in your life, you can start to think about what these influences mean to you. As you grow up, these influences can change. For example, when you're young, the influence of family plays a large role, but as you grow up, peers and friends will probably have more influence on the choices you make.

#### Slide 7

The third step to analyzing influences is thinking about how influences interact.

More than one influence may affect the decision you make. Take a minute to think about a good decision you've made in the last week. What influences do you think had an impact on that decision?

## Slide 8

The fourth step to analyzing influences is finding ways to choose positive influences instead of negative ones.

It's important to figure out how the influences in your life affect how you decide to act. Some influences are positive and some are negative, and it's up to you to try to choose more positive than negative ones.

## Slide 9

Taylor: Now, you're going to hear about a time Anton had to analyze influences when deciding whether or not to try vaping.

Anton: One day, I went into the bathroom at school, and there were some guys vaping. They asked me if I wanted to try it.

I already knew that vaping at school is against the rules, and I could get kicked off the baseball team. I've also learned that vaping can be dangerous and addictive. It was tough, but I decided the best choice was to tell them I didn't want to try it. I washed my hands and left the bathroom.

Taylor: Anton identified and examined the influences that are important to him and thought about how vaping could negatively influence his life. He chose to avoid a negative influence.

Next, you're going to do a puzzle activity to put the steps of analyzing influences in the correct order.

## Slide 10

Risa: Put the steps of analyzing influences in the correct order by dragging and dropping the step into the right order.

Correct order: That's right! You know the steps of analyzing influences.

Incorrect order: Actually, this is the correct order.



Slide 11

Risa: Great job, you've completed this lesson!



# Acknowledgements

The Alcohol and other drug-use prevention 7<sup>th</sup> grade lessons and activities were created in partnership with Kohl's ®.

Children's Wisconsin would like to acknowledge the following individuals for serving as subject matter experts during the development of the Alcohol and other drug-use prevention 7<sup>th</sup> grade lessons and activities:

Dr. Charlene Gaebler-Uhing, MD, MHPE, Children's Wisconsin

Dakota Berg, Milwaukee Public Schools

Kirsten Margitan, Three Lakes School District





Contact us:

**Children's Wisconsin  
E-Learning Center**

(866) 228-5670

[healthykids@childrenswi.org](mailto:healthykids@childrenswi.org)

