

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.

