



Educator guide: Identifying types of influences and vaping lesson

Recommended for grades:

7th grade

Time:

8 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- 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.

Learning objectives:

After completing this lesson students will be able to:

1. Understand health risks associated with substance use.
2. Determine reasons why people choose to use or not use alcohol, tobacco and other drugs.
3. Analyze how influences of peers affect behavior.

Lesson description:

In this lesson students will learn about internal influences, external influences and influences that could be both. They will learn about vaping and the impact it can have on health and they will complete a scenario activity to determine what influenced a decision to vape or not.



Pre and post-test question:

Use the following question 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. The correct answer choice is bolded.

1. How do values and beliefs influence practices and behaviors?
 - a. Values and beliefs do not have any influence.
 - b. Values and beliefs never change and your family decides what they are.
 - c. Values and beliefs are part of who you are.**
 - d. Values and beliefs don't matter until you're an adult.

Vocabulary:

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

- External influences – things outside of yourself that affect your feelings, actions, behaviors and beliefs
- 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

Supplemental activity: Values and beliefs

Objectives:

After completing this activity, students will be able to:

- Explain how personal values and beliefs influence behavior.

Materials needed:

- Values and beliefs worksheet (on the next page)

Time required:

10 minutes

Instructions:

Review with students that values are things that they feel are important in their lives. Each person has their own values, and they can include things like:

- Religion or faith
- Trying to do what is right
- Listening to others
- Respect

Using the values and beliefs worksheet, have students identify up to five of their values, and have them describe how those values might impact health behavior.

Next, review with students that beliefs are things that they think are true about themselves, health or the world. Beliefs could include things such as:

- My family wants what's best for me.
- It's up to me to make good choices.
- Trying to be healthy is important.

Using the worksheet, have students fill in two beliefs that they hold, and have them complete the statements about how each of the beliefs can influence their health behavior.

Values and beliefs worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet after finishing the Identifying types of influences and vaping lesson.

This activity focuses on your values, or things you feel are important in life, and your beliefs, which are the opinions you have about something or someone that you think is true.

Values

List your top five values, and describe how you think these values can influence your health behavior.

Value	How does this value influence your health behavior?

Beliefs

Now, think about two beliefs you have and how they might influence your health behavior. Complete the following statements.

One thing that I believe about myself, health or the world is:

This belief can influence my health behavior because:

One thing that I believe about myself, health or the world is:

This belief can influence my health behavior because:

Source: Benes, S., & Alperin, H. (2019). *Lesson planning for skills-based health education: Meeting secondary-level national standards*. Human Kinetics.

Handouts

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



Resources and services: Alcohol and other drug-use prevention

- American Lung Association Lung Help Line, 1-800-LUNG-USA (800-586-4872)
- Children's Wisconsin, www.childrenswi.org
- KidsHealth, www.kidshealth.org
- LifeStance Health, www.lifestance.com
- National Institute on Drug Abuse (NIDA), www.drugabuse.gov
- Partnership to End Addiction, www.drugfree.org
- Rogers Behavioral Health, www.rogersbh.org
- The Tobacco Control Resource Center for Wisconsin, www.tobwis.org
- United States Government-Drug Enforcement Administration (DEA), www.getsmartaboutdrugs.gov
- Wisconsin Tobacco Quitline, 1-800-QUIT-NOW

Transcript

Slide 1

Risa: After completing this lesson, you will be able to explain how personal values and beliefs influence behaviors. You will also be able to analyze how influences of peers affect behaviors.

In this lesson, you will learn more about internal and external influences, influences that can be both, and you will complete a Venn diagram activity. You'll also learn about vaping and complete a scenario activity to show what you've learned.

Slide 2

Risa: Remember that internal influences are part of who you are and external influences are things outside of yourself that affect your feelings, actions, behaviors, and beliefs.

There are some influences that could be both internal and external.

Slide 3

Anton: Internal influences such as attitudes, values, beliefs, motivations, and needs can change over time but will always be a part of who you are. They can be impacted by external influences, and they can also have an impact on the external influences in your life. It is important to be aware of how your internal influences affect your behaviors.

Slide 4

Anton: External influences are things outside of yourself that can impact your feelings, beliefs, actions, and behaviors. Click on the icons below to learn about different external influences.

People (Risa): People include peers, family, classmates, friends, or other influential people you may know. The opinions and actions of other people can have an impact on how we behave.

Culture (Anton): Culture includes the customs, ways of thinking, beliefs, and behaviors among a group of people. Cultures can include groups of people that come together over a shared identity or common purpose. Different racial groups, religions, or gender identities can form their own cultures. Even people who like the same music can form their own culture. A person can belong to more than one culture, and those cultures may have different norms.

Media and technology (Risa): Media and technology are complex influences that people consume in different ways. Media includes all print, digital, and electronic forms of communication, such as social media. Technology is what helps to create media. It's important to know that media may have an influence on you, and how you engage with media can affect you later in life.

Laws, policies, and regulations (Anton): Laws, policies, and regulations are the rules in place to help keep you safe. For example, in school, these external influences help promote a healthy learning environment. Not following laws, policies, and regulations can have serious consequences.

Life circumstances (Risa): Life circumstances include things that happen in our daily life that don't fit into the other external influence groups. They include things like family illness, getting a new pet, moving to a new town, or being cut from a team or activity.

Slide 5

Risa: Some influences, such as religion or culture, can be both an internal and an external influence. While they are typically thought of as external influences, how you feel and what you believe about them can impact how you act.

Slide 6

Anton: Next, you're going to do a Venn diagram activity. While you complete this activity, take a moment to think about each of the influences and decide if it's an internal influence, external influence, or if it's both. Not all influences are the same to everyone, so there isn't a right or wrong answer.

Click on each influence and drag it to the left circle if it's an internal influence, the right circle if it's an external influence, or put it in the middle overlapping section if you think it's both.

Organize them in a way that makes the most sense to you.

After activity is completed: Good job identifying different types of influences.

Slide 7

Risa: Influences can impact all types of alcohol, tobacco and other drug use decisions, but we're going to focus on vaping. When it comes to vaping, a number of things can influence your decision to vape or not. What you see in the media, what you see your peers doing, and things like school policies can influence the choice you make. Misinformation, like vaping isn't harmful to your health, can also impact your decision.

Research has shown that companies are targeting teens on different types of media, especially social media, with vaping content using memes, cartoons, celebrity images, and appealing flavors. It's really important that you're aware of these efforts and the influence they can have on your decision to vape or not.

Slide 8

Anton: Vaping hasn't been around long enough to know what all of the long-term health impacts are, but that doesn't mean vaping is safe or healthy. Most vapes do have nicotine in them, which is addictive, and the few that don't have other harmful chemicals.

Vaping can lead to changes in the brain and how it develops, lung irritation, use of other tobacco products, and even addiction. Someone can become addicted even if they don't vape every day, and quitting vaping can be difficult.

Long term lung damage and even death have been linked to vaping.

Slide 9

Risa: In this next activity, you'll hear a scenario about vaping. Choose the best answer for what you think influenced the decision.

Slide 10

Taylor: I've heard that vaping is expensive, and I'd rather save my allowance for a new video game. What influenced my decision?

Correct answer (values): Values is the right choice. I value spending money on things other than vaping.

Incorrect answer: The right answer is values. I value spending money on things that are important to me instead of vaping.

Slide 11

Risa: Some of my friends vape because they think it's not bad for you.... They say it's just water! What influenced their decision?

Correct answer (beliefs): Beliefs is the right choice. My friends don't believe it's bad, even though vapes aren't just water.

Incorrect answer: That's not quite right. The belief that vaping isn't bad for them had the most influence. But vape products contain chemicals and nicotine, so they can have a negative effect on your health.

Slide 12

Kade: I've heard the flavors make it fun... so I think I'll try it. What two influences could have impacted my decision?

Correct answer (media or peers): Either media or peers could be the right answer, depending on how I heard about the flavors. Media companies target young people by making flavors appealing and some teens who have tried vaping say flavors make it more fun.

Incorrect answer: Not quite, either media or peers could be the right answer, depending on how I heard about the flavors. Media companies target young people by making flavors appealing and some teens who have tried vaping say flavors make it more fun.

Slide 13

Anton: My brother told me there's nicotine in vapes, so I think vaping can't be good for you. I've decided not to vape. What two influences could have impacted my decision?

Correct answer (family or beliefs): Either family or beliefs could be the right answer! I believe what my brother told me about vaping and that it's bad for your health.

Incorrect answer: No, either family or beliefs would be the right answer. I believe what my brother told me about vaping and that it's bad for your health.

Slide 14

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

Acknowledgements

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