

Educator guide: The power of influence game

Recommended for grades:

7th grade

Time:

15 minutes

Prerequisite:

In order for students to be successful in the game, they would benefit from participating in the Analyzing influences lesson.

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 activity students will be able to:

1. Analyze the impact of external influences on health behavior.
2. Analyze how influences of peers affect behaviors.
3. Analyze how media advertisements influence behavior.

Activity description:

In this game students will help four characters try to meet their goal of winning the top prize at the photo booth of their town's Fall Fun Fest. Each of the characters will be put in a few different scenarios where they have some choices to make. For each scenario, students will answer a question about influences, make a choice for the character and then determine what influenced their decision. The choices made help determine whether or not a character earns enough points to make it to the Fall Fun Fest and the photo booth with their friends.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Power of influence game. 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
- Negative influences – those that may encourage unhealthy behaviors
- Positive influences – those that will help you stay healthy or become healthier

Transcript

Introduction

Narrator: Welcome to the Power of influence game. Risa, Kade, Taylor and Anton are really looking forward to going to the upcoming Fall Fun Fest in their town. They're pretty pumped because there's going to be a photo booth and the local newspaper is sponsoring a photo contest with a top prize of \$200! The group has been talking about it for days... and they've decided they really want to win the contest and split the \$200 prize.

To help them get to the Fall Fun Fest and enter the photo booth contest, you'll need to help each of them make the best choices in three different situations. For each situation, you'll also be asked questions about different influences. They each need to get 25 points to make it to the Fun Fest and photo booth, and all four need to qualify to enter the photo booth contest.

Anton

Scene 1

Narrator: Anton is hanging out at the baseball field practicing his base running skills with his brother and a few of his brother's friends the week before the Fall Fun Fest. One of his brother's friends says that his parents aren't home, and there's beer in the fridge. He suggests that they all head to his house.

Thought balloon: Is this an external influence or an internal influence?

Thought balloon answer: His brother's friend is an external influence.

Choice option 1: Anton thinks his brother's friends are cool and is happy to have been included, so he decides to go with them. He figures no one will find out anyway, and it's just beer, right? Anton goes with his brother and friends and decides to drink a couple beers. Unfortunately, one of the friends posted to social media and they all got caught.

Thought balloon: Did Anton make his decision based on an internal or external influence?

Thought balloon answer: His decision to go along was actually based on both because wanting to be included was an internal influence and his brother's cool friends were an external influence.



Choice option 2: He wants to fit in with his brother's friends, so he goes with them, but when he gets there he decides it's too risky and he goes home.

Thought balloon: Was Anton's decision to go home based on an internal or external influence?

Thought balloon answer: His decision to go home was based on internal influence because he didn't feel comfortable staying.

Choice option 3: Anton doesn't feel comfortable hanging out with older kids drinking beer because he could get caught and he wants to go to the Fall Fun Fest, so he decides to go home.

Thought balloon: Did Anton make his decision based on an internal or external influence?

Thought balloon answer: His decision to go home was actually based on both because wanting to go the Fall Fun Fest is an internal influence and the consequences of his parents not letting him go is an external influence.

Scene 2

Narrator: Anton is feeling stressed about a test this week. His friend at school notices that he seems a little stressed out and suggests Anton tries vaping. He tells Anton that it helps him relax. Anton knows that if he gets caught he won't be allowed to go to the Fall Fun Fest, but he really needs to find a way to relax so he can focus on studying.

Thought balloon: Is this an internal or external influence?

Thought balloon answer: Anton's friend is an external influence.

Choice option 1: Anton decides that he needs to calm down, so he tells his friend he'll try it just this once. He ends up getting caught.

Thought balloon: Was Anton's friend a positive or negative influence?

Thought balloon answer: Anton's friend is a negative influence since vaping is unhealthy, potentially dangerous, and against the rules.

Choice option 2: Anton thinks there's probably a better way for him to calm down and focus on studying, so he tells his friend no thanks

Thought balloon: Was Anton's friend a positive or negative influence?

Thought balloon answer: Anton's friend is a negative influence since vaping is unhealthy, potentially dangerous, and against the rules.

Choice option 3: Anton remembers that his older brother's friend started vaping and ended up dropping out of sports because he became addicted and needed to vape all the time. Anton chooses not to vape.

Thought balloon: Was Anton's friend a positive or negative influence?

Thought balloon answer: Anton's friend is a negative influence since vaping is unhealthy, potentially dangerous, and against the rules.

Scene 3

Narrator: It's the night before Anton's test, and he feels prepared. After dinner, he gets invited to a concert and to stay overnight at a friend's after. He knows they will be up all night and not get any sleep.

Thought balloon: Is this an internal or external influence?

Thought balloon answer: His friend's invite is an external influence.

Choice option 1: Anton chooses to go to the concert and stay over at his friend's house. He gets to class, but is so tired from being up all night and he doesn't do well on the test.

Thought balloon: What type of external influence is Anton's friend? People, culture, or media?

Thought balloon answer: The answer is people - friends are included in the people category.

Choice option 2: Anton says that he'll attend the concert but not stay over. The concert ends up being really fun and Anton does okay on the test, but not as good as he had hoped.

Thought balloon: What type of external influence is Anton's friend? People, culture, or media?

Thought balloon answer: The answer is people - friends are included in the people category.

Choice option 3: Anton tells his friend that he has a test tomorrow, so he can't go tonight, but maybe he can make the next concert. He ends up doing really well on the test

Thought balloon: What type of external influence is Anton's friend? People, culture, or media?

Thought balloon answer: The answer is people - friends are included in the people category.

Anton gets at least 25 points: Great job! You helped Anton make some good choices and make it to the Fall Fun Fest and the photo booth. Remember, you will need to help all four characters make the best choices in different situations.

Anton doesn't get 25 points: Unfortunately, Anton didn't make the best choices and won't make it to the Fall Fun Fest with this score. Try again and see if you can improve Anton's score.

Kade

Scene 1

Narrator: On their walk to school, one of Kade's friends shows them a pack a cigarettes they found and tells Kade they should try smoking them after school.

Thought balloon: Is Kade's friend a positive or negative influence?

Thought balloon answer: Kade's friend is a negative influence since smoking cigarettes is unhealthy and against the law for 7th graders.



Choice option 1: Kade is curious about what cigarettes are like, so Kade tells their friend they'll try it, but just this once.

Thought balloon: Is Kade's curiosity an internal or external influence?

Thought balloon answer: Kade's curiosity is an internal influence because it's a feeling.

Choice option 2: Kade knows that smoking cigarettes isn't healthy, so they tell their friend that they don't want to try smoking.

Thought balloon: Is Kade valuing their health an external or internal influence?

Thought balloon answer: Kade's personal value of their health is an internal influence.

Choice option 3: Kade lets their friend know that they aren't interested because smoking is unhealthy, and adds that they should really throw the cigarettes away instead of trying them.

Thought balloon: Is this an example of an internal influence, an external influence, or both?

Thought balloon answer: It's actually both! Kade values their health, which is an internal influence, and they're trying to influence their friend to make a healthy decision. That makes Kade an external influence!

Scene 2

Narrator: While hanging out after school, Kade and their friend see an ad with a celebrity promoting their new tequila brand. Kade's friend says their sister could get them a bottle to try before they go to the Fall Fun Fest.

Thought balloon: Is Kade's friend a positive or negative influence?

Thought balloon answer: The friend is a negative influence because drinking is unhealthy and illegal for 7th graders.

Choice option 1: Kade tells their friend they think that celebrity is really cool, and they'd like to try it.

Thought balloon: Is the ad with the celebrity an internal influence or an external influence?

Thought balloon answer: The ad with the celebrity is an external influence.

Choice option 2: Kade decides to tell their friend that drinking isn't worth getting caught and not being able to go to the Fall Fun Fest.

Thought balloon: Is Kade's wanting to go to the Fall Fun Fest an internal or external influence?

Thought balloon answer: Kade wanting to go to the Fall Fun Fest is an internal influence.

Choice option 3: Kade remembers a story about a family friend being pretty hung-over after a night of drinking. That doesn't sound fun, so they tell their friend no thanks.

Thought balloon: Is Kade remembering the story and not wanting to get sick an internal or external influence?

Thought balloon answer: Kade's remembering the story and not wanting to get sick is an internal influence.

Scene 3

Narrator: Kade walks into the bathroom at school, and there are some kids passing around a whipped cream canister and doing whippets. They offer the canister to Kade

Thought balloon: Are these kids a positive or negative influence?

Thought balloon answer: The kids passing the canister of whipped cream are a negative influence because whippets are a type of inhalant that can lead to negative health consequences.

Choice option 1: Kade knows that inhalants aren't good for you, so Kade says, "No" and leaves.

Thought balloon: Is Kade's decision based on an internal or external influence?

Thought balloon answer: Kade's decision is based on an internal influence because they don't want to negatively impact their health.

Choice option 2: Kade tells them no because it's against school rules, and then goes back to class.

Thought balloon: Is Kade's decision based on an internal or external influence?

Thought balloon answer: Kade's decision is based on an external influence because school rules are an example of an external influence.

Choice option 3: Kade says that if they get caught, their parents won't let them go to the Fall Fun Fest. So, Kade says, "No thanks" and leaves the bathroom.

Thought balloon: Is Kade's decision based on an internal or external influence?

Thought balloon answer: Kade's decision is based on an external influence because their parents' expectations are an example of an external influence.

Kade gets at least 25 points: Great job! You helped Kade make some good choices and make it to the Fall Fun Fest and the photo booth. Remember, you will need to help all four characters make the best choices in different situations.

Kade doesn't get 25 points: Unfortunately, Kade didn't make the best choices and won't make it to the Fall Fun Fest with this score. Try again and see if you can improve Kade's score.



Risa

Scene 1

Narrator: Risa is at Grace's house for a Friday night sleepover. Grace's parents are having some wine with dinner, and they ask the girls if they'd like to try some.

Thought balloon: Are Grace's parents a positive or negative influence?

Thought balloon answer: They're a negative influence because Grace and Risa are under the legal drinking age.

Choice option 1: Risa asks Grace's parents what the wine tastes like. After they tell her, she decides to try a small taste.

Thought balloon: Are Grace's parents an internal or external influence?

Thought balloon answer: Grace's parents are an external influence. People such as friends, parents, and peers are examples of an external influence.

Choice option 2: Risa says no thanks to the wine because she knows drinking at her age isn't healthy or legal. She has water instead and talks to her mom about it the next day.

Thought balloon: Is Risa's decision based on an external influence, internal influence, or both?

Thought balloon answer: Risa's decision is an example of both. Valuing health is an internal influence and the law is an external influence.

Choice option 3: Risa shares that she's never tried wine before and she'd rather not have any. If her mom finds out, she might not be able to go to the Fall Fun Fest

Thought balloon: Is Risa's decision based on an internal or external influence?

Thought balloon answer: Risa's decision is based on an external influence because her mom's expectations are an example of an external influence.



Scene 2

Narrator: There's an art show the next day at school, and Risa really needs to finish her entry. She gets a text from her friend begging her to go to the movies later that day.

Thought balloon: Is Risa wanting to participate in the art show an internal or external influence?

Thought balloon answer: Risa's wanting to participate in the art show is an internal influence.

Choice option 1: Risa says "sure", stays up too late, and doesn't finish her entry in time.

Thought balloon: Is Risa's choice to go to the movies based on an internal or external influence?

Thought balloon answer: Risa choosing to go to the movies is based on an external influence, because a friend is an example of an external influence.

Choice option 2: Risa asks her friend if they could go see a movie after the art show instead. She really needs to get her entry done.

Thought balloon: Is Risa's suggestion to go after the art show based on an internal or external influence?

Thought balloon answer: It is based on an internal influence, because she really wants to participate in the art show.

Choice option 3: Risa texts her friend "not this time", because she really needs to get her entry done, and she suggests another friend who might be able to go.

Thought balloon: Is Risa's decision not go to the movies based on an internal or external influence?

Thought balloon answer: Risa's decision is based on an internal influence, because she really wants to participate in the art show.

Scene 3

Narrator: Risa is with some new friends after school, and they're talking about their plans for the Fall Fun Fest. Someone starts passing around a joint, and asks Risa if she wants to try it.

Thought balloon: Is the friend offering Risa the joint a positive or negative influence?

Thought balloon answer: The friend offering Risa a joint is a negative influence because smoking marijuana can be bad for your health and it's illegal for kids their age.

Choice option 1: Risa says, "No thanks", she doesn't want to risk getting caught and not being able to go to the Fall Fun Fest.

Thought balloon: Is Risa's decision to say "no" based on an internal or external influence?

Thought balloon answer: Risa's decision is based on an internal influence because she really wants to go to the Fall Fun Fest.

Choice option 2: Risa tells them it's not for her because she knows it's not healthy, and she leaves to head home.

Thought balloon: Is her decision to say no based on an internal or external influence?

Thought balloon answer: Risa's decision is based on an internal influence because she values her health.

Choice option 3: Risa likes hanging out with these friends, and she wants to fit in, so she decides to try it.

Thought balloon: Is Risa's wanting to fit in an internal or external influence?

Thought balloon answer: Risa's wanting to fit in is an internal influence.

Risa gets at least 25 points: Great job! You helped Risa make some good choices and make it to the Fall Fun Fest and the photo booth. Remember, you will need to help all four characters make the best choices in different situations.



Risa doesn't get 25 points: Unfortunately, Risa didn't make the best choices and won't make it to the Fall Fun Fest with this score. Try again and see if you can improve Risa's score.

Taylor

Scene 1

Narrator: Taylor and his friend have plans to play video games over the weekend. When Taylor's friend gets to his house, he has Adderall with him and tells Taylor they should take it so they can stay up all night to play video games.

Thought balloon: Is Taylor's friend suggesting they take Adderall, a stimulant, without a prescription, a positive or negative influence?

Thought balloon answer: Taylor's friend suggesting they take Adderall is a negative influence because taking a drug without a doctor's prescription can be dangerous.

Choice option 1: Taylor really wants to beat a new game he just got, so he tells his friend they can try it.

Thought balloon: Is Taylor's decision based on an internal or external influence?

Thought balloon answer: Taylor's decision is based on an internal influence because he wants to beat the game, and he thinks the Adderall might help.

Choice option 2: Taylor knows that you shouldn't take a prescription drug without a prescription because it could be harmful, so he says, "No, let's not. We should order a pizza though!"

Thought balloon: Is Taylor's decision based on an internal or external influence?

Thought balloon answer: Taylor's decision is based on an internal influence, because he knows prescription drugs can be harmful and he values his health.



Choice option 3: Taylor feels really uncomfortable and who knows if that's actually Adderall. He tells his friend he's not interested.

Thought balloon: Is Taylor's decision based on an internal or external influence?

Thought balloon answer: Taylor's decision is based on an internal influence because being uncomfortable is a feeling, which is an example of an internal influence.

Scene 2

Narrator: Taylor is feeling sad that his grandfather died. His friend suggests he tries having a beer or two – it might help him feel better!

Thought balloon: Taylor's grandfather dying is what type of external influence – people, life circumstance, or laws, policies, and regulations?

Thought balloon answer: Taylor's grandfather dying is an example of a life circumstance.

Choice option 1: Taylor knows drinking isn't good for you, so he tells his friend that he'll try to find a different way to feel better

Thought balloon: Is Taylor's decision based on an internal or external influence?

Thought balloon answer: Taylor's decision is based on an internal influence because he values his health.

Choice option 2: Taylor's been looking forward to the Fall Fun Fest, and he knows if he gets caught drinking beer his parents won't let him go. So, he tells his friend "No thanks – I don't want to risk missing the Fall Fun Fest".

Thought balloon: Is Taylor's decision based on an internal or external influence?

Thought balloon answer: Taylor's decision is based on an external influence because his parents' expectations are an external influence.



Choice option 3: Taylor asks his friend if they could go to the comic book store instead. Drinking can be dangerous, but comics usually help him feel better.

Thought balloon: Is Taylor's decision based on an internal or external influence?

Thought balloon answer: Taylor's decision is based on an internal influence because he believes that drinking can be dangerous.

Scene 3

Narrator: Taylor is hanging out at his friend Logan's house, and Logan's older brother has some friends over. They have some pot brownies and try to convince Taylor and Logan to try them.

Thought balloon: Are peers and peer pressure examples of external or internal influences?

Thought balloon answer: Peers and peer pressure are examples of external influences.

Choice option 1: Taylor wants to go to the Fall Fun Fest, and if his parents find out he tried pot brownies, they won't let him go. So Taylor says, "No thanks" and leaves the room.

Thought balloon: Is this an example of an internal influence, an external influence, or both?

Thought balloon answer: This could be both. Taylor wants to go to the Fall Fun Fest, which is an internal influence, and his parents' expectations are an external influence.

Choice option 2: Taylor isn't sure how he'd react to the pot brownies, and he doesn't want to embarrass himself. So he says, "No" and heads home.

Thought balloon: Is this an example of an internal or external influence?

Thought balloon answer: Taylor not wanting to embarrass himself is an internal influence.

Choice option 3: Taylor's curious about pot brownies and they keep saying it's no big deal, so he agrees to try them. When he gets home, his parents find out and Taylor gets grounded.

Thought balloon: Is this an example of an internal influence, external influence, or both?

Thought balloon answer: This could be both. Taylor feeling curious is an internal influence, and peer pressure is an external influence.

Taylor gets at least 25 points: Great job! You helped Taylor make some good choices and make it to the Fall Fun Fest and the photo booth. Remember, you will need to help all four characters make the best choices in different situations.

Taylor doesn't get 25 points: Unfortunately, Taylor didn't make the best choices and won't make it to the Fall Fun Fest with this score. Try again and see if you can improve Taylor's score.

Game completed with all characters

Way to go! You've helped Risa, Kade, Taylor, and Anton figure out what was influencing them and then make the best choices to get them to the Fall Fun Fest and the photo booth! They actually took first place and won the \$200 prize!

Try again

It looks like the group didn't always make the best choices once they were influenced, and they didn't make it to the photo booth. Play again to help them get to the photo booth and try to win first prize.



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