

Analyzing Influences

Skill Cues ■ Grades 6-12

STANDARD 2

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.



Identify the influence.

Analyze the influence.

- How do I know it is influencing me?
- What messages am I receiving from this influence?
- Is this a positive or a negative influence?
- How much is this influencing my thoughts, values, beliefs, or actions?

Examine factors and impact.

- How are other factors interacting with this influence?
- How might these factors affect my thoughts, values, beliefs, and behavior choices?

Consider an action plan.

- Do I need to do anything about this influence?
- What is the best plan of action for handling this influence in my life?



HUMAN KINETICS

From S. Benes and H. Alperin, 2019, *Lesson planning for skills-based health education* (Champaign, IL: Human Kinetics). Reprinted, by permission, from S. Benes and H. Alperin, 2016, *The essentials of teaching health education* (Champaign, IL: Human Kinetics).