



# Educator Guide: Influences Definition and Examples Lesson

## **Recommended for Grades:**

6<sup>th</sup>

## **Time:**

2 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.

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

## **Lesson Description:**

In this lesson students will learn what an influence is, and they will be given examples of possible influences on their lives.

## **Vocabulary:**

Use the following list of vocabulary as a reference for yourself and/or your students as you complete the Influences Definition and Examples Lesson. You may choose to use this list in any way that fits your needs.

- Influence – anything that has an effect on your feelings, actions, behaviors and beliefs
- Self-esteem – confidence in your own self-worth or abilities



# Handouts

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



# Mental Health Resources for Families and Educators

988 Suicide & Crisis Lifeline, call 988 or [988lifeline.org](https://988lifeline.org)

Anxiety and Depression Association of America, [adaa.org](https://adaa.org)

Centers for Disease Control and Prevention (CDC), [cdc.gov/childrensmentalhealth/](https://cdc.gov/childrensmentalhealth/)

Children and Adults with Attention-Deficit Hyperactivity Disorder, [chadd.org](https://chadd.org)

Children's Wisconsin, [childrenswi.org](https://childrenswi.org)

Children's Wisconsin Shine Through, <https://shinethrough.childrenswi.org/parents>

The Institute for Child and Family Well-Being,  
<https://uwm.edu/icfw/tools-and-resources-3-2/>

KidsHealth, [kidshealth.org](https://kidshealth.org)

Mental Health America, [mentalhealthamerica.net](https://mentalhealthamerica.net)

National Alliance on Mental Illness (NAMI), [nami.org](https://nami.org)

National Institute of Mental Health (NIMH), [nimh.nih.gov](https://nimh.nih.gov)

Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), [dpi.wi.gov/sspw/mental-health](https://dpi.wi.gov/sspw/mental-health)



# Transcript

## Slide 1

An influence is anything that has an effect on your feelings, actions, behaviors and beliefs. Let's look at some examples of influences on your mental health.

## Slide 2

Your home environment

## Slide 3

Your family

## Slide 4

Your friends

## Slide 5

Your values

## Slide 6

Technology

## Slide 7

Social media

## Slide 8

Self-esteem

Slide 9

Confidence

Slide 10

Your attitudes

Slide 11

Your beliefs

Slide 12

Laws

Slide 13

Your culture

Slide 14

Life events

Slide 15

These are all things that can influence your mental and emotional health. Check out the Internal vs External Influences and Cyberbullying videos to learn more about influences.

# Acknowledgements

Children's Wisconsin would like to acknowledge the following individuals for serving as subject matter experts during the development of the 6<sup>th</sup> grade Mental and Emotional Health lessons, videos, activities and games:

Olivia Floyd, LCSW, Children's Wisconsin

Megan Johnson, Mukwonago Area School District

Tim Riffel, MS, LPC, Children's Wisconsin

Nicholas Schneider, LPC, Children's Wisconsin

A special thank you to New Berlin West Middle/High School for allowing us to film at their amazing school.





Contact us:

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

(866) 228-5670

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

