

Activity: 3-4.6.2

Key Messages

- Families have different values and these will affect how we think and feel about ourselves.
- Sometimes our own values will be different to our family's values and this might feel challenging.
- Our peers also influence our identity and values and this might be difficult sometimes, as their values may be different to our own.

Activity Details

Victorian Curriculum

Health & PE Investigate how emotional responses vary in family situations and in friendship groups VCHPEP093

Capabilities VICCCB006

Time 30 minutes

Levels 3 & 4

Equipment

- whiteboard and markers
- Under the influence worksheet (class set)

Under the influence

Purpose

To encourage thinking about outside influences on our decisions and behaviour.

Teaching notes

Teachers need to discuss the words 'influence' and 'decision'.

It is important to remember that families have different values and rules about certain things. Remind students of the need to be respectful of the values of others if they are different from their own.

Procedure

1. Ask students to define the word 'influence'. Discuss.
2. Have students think about all of the people and things that influence them. List them on the whiteboard.
3. Hand out the worksheet.
4. Read through the instructions on the worksheet with students.
5. Have students complete the worksheet on their own.
6. Bring them together to discuss their answers.
7. Make some conclusions using the two questions below the table on the worksheet.

Discussion

Pose some questions about the future for further discussion:

- When will your parents become less of an influence? Why?
- Who do you think may influence you the most when you are 20, 40, when you are in a relationship or when you are at work, in terms of what you wear, what you eat and what you watch on TV?
- Are there any benefits from being influenced by others?
- Are there any drawbacks from being influenced by others?

Adapted from Gourlay, P, White, W and Walsh, R 2001, *Growing up and feeling good: strategies for teaching and learning about puberty*, Family Planning Victoria, Box Hill, Vic.

Under the influence

Are you influenced by others when making decisions? Who influences you?
What decisions do they influence?

Tick the boxes below to show who might influence each of the decisions listed. (You can tick more than one in each row).

	Parents/ carers	Brothers Sisters	Best friend	Other friends	Teachers	The media
What you eat						
What clothes you wear						
Your choice in music						
What time you go to bed						
Where you go on the weekend						
The team you barrack for (or support)						
Who you play with at school						
What TV shows you watch						

Who influences you the most in your life currently?

List one interesting thing you noticed after completing this activity.

Adapted from Gourlay, P, White, W and Walsh, R 2001, *Growing up and feeling good: strategies for teaching and learning about puberty*, Family Planning Victoria, Box Hill, Vic.

