



## Activity: 7-8.10.1

### Key Messages

- The decisions we make are influenced by others in a variety of ways.

### Activity Details

#### Victorian Curriculum

**Health & PE** Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing VCHPEP127

**Capabilities** VCICCD015, VCCCTM040

**Time** 40 minutes

**Levels** 7 & 8

**Equipment**

- a class set of *Under the influence* handouts

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

## Purpose

To identify who can influence personal decisions.

To identify how and why this influence occurs.

## Teaching notes

Although this worksheet focuses on a wide range of non-sexual activities, it is important not to underestimate the influence of a partner on a young person. When it comes to unwanted sex, for example, the most common reasons cited for having engaged in unwanted sex were:

- being too drunk (17%)
- pressure from a sexual partner (17.6%).

(*Secondary Students and Sexual Health 2008*, Australian Research Centre in Sex, Health & Society).

To further develop this activity, if your students agree, invite them to collate their responses in small groups, or as a class, to investigate if they can reach any broader conclusions from the collated data.

## Procedure

- Ask the class how young people might be influenced by others. Be sure to include influences such as peers, parent(s)/carer(s) and the media as well as other people or elements the students identify.
- Distribute the worksheet to all students and ask them to fill it in. Explain this is an individual and private activity.
- When the sheets have been completed, ask the students to reflect on what they have learnt from the activity. The students may like to share their learning with the group.

## Discussion

A class discussion could focus on some of the following points:

- How are we influenced?
- Do some people influence us more than others? Why might that be?
- What does being independent mean? Are some people more independent than others?
- Do some people influence us more or less as we get older?
- Are there any similarities in our responses?
- Who influences us the most?



# Under the influence

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

Rank the numbers 1-6 in each row of boxes (below) to indicate how much influence each has on the decisions listed.

1 = most influence      6 = least influence

Who influences?	Parent(s)/ carer(s)	Siblings	Best friend	Other friends	Teachers	Media
What you eat						
What you wear						
Your choice in music						
What time you go to bed						
What you do on the weekend						
Whether you smoke						
Whether you drink alcohol						
What type of mobile phone you get						

Who influences you the most?

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What conclusions can you draw from this activity?

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