



Analyze Influences

Grades 6-8

Language of Health Literacy:

An external influence is ____.
An internal influence is ____.
____ is an important value in my life because ____.
____ influences me to ____ / ____ influences me to not ____.

Step 1

I ____ (action) because of the influence of ____.
____ (influence) influences behavior by ____.
Because of ____ (influence), I/someone ____.
The large/small influence of ____ may impact someone's behavior by ____.
Because of ____, an ____ (internal/external) influence, it is (easier/harder) to ____.

Step 2

If ____ continues to be an influence on ____, it will mean ____.
If ____ continues to be an influence on ____, it will mean ____.
To help me interact with ____ (influence) in a healthy way, I am going to ____.
To improve my relationship with ____ (influence), I will ____.
I want ____ to be a healthy influence. Therefore, I am going to ____.
____ doesn't feel like a healthy influence in my life right now. I am going to ____ to help me be healthier.

Step 3



Step 1: Identify Influences

Sub Skills:

- Define influence
- Identify internal influences
- Identify external influences



Step 2: Connect Influences to Behaviors

Sub Skills:

- Identify current behaviors
- Analyze connection between behaviors and influences
- Analyze impact of influences on others



Step 3: Connect Influences to the Future

Sub Skills:

- Determine importance of influence
- Connect influences to future behaviors
- Use resources to help with influences