

# What influences me?

## **Learning Outcome:**

- To consider, in general terms, some of the influences on our decision making

## **Equipment:**

- An outline of a person drawn on a piece of paper
- You can also use the internet for this – if you want to get analytical

## **Instructions:**

- Discuss what kinds of things influence us when we make a decision about something.

•Using the sheet of paper, write (or draw) as many things as possible that might influence how we decide something. If you think it is an 'internal' influence, write it inside the body outline. If you think it is an 'external' influence, write it outside the body.

•Examples of internal influences might include our character, our emotions or feelings, our own value system. It might also include physical things like whether we are feeling well or sick, hungry or not.

•Examples of external influences might include our parent(s), our society, culture, the media.

•Once they have finished adding everything they can think of, you can look through the ideas and talk about them. For example, how can we identify what kind of influence a friend might have on our decisions. Does it matter? If it does, what, if anything can we do about it, or is it enough just to know that we are influenced?

•(If you wanted to, you could get a bit more analytical – for example, you could look at a favourite YouTuber and try to work out how they might influence you. Or look at a news channel – is there any evidence of influence there? Again, does it matter?)

**National Curriculum:** Contributes towards Secondary: 'Respectful Relationships, including Friendships' and 'Mental Wellbeing'.