**Lesson 4: Be a Positive Influence!**

**Overview:** Students will describe the characteristics of positive and negative influences on healthy choices. The lesson helps students recognize opportunities to be a positive influence that promotes healthy choices. Students will show what they know with a final assessment of knowledge to prevent substance use.

National Health Education Standards

Standard 1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Healthy Behavior Outcomes (HBOs):

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| **Alcohol and other drugs** | HBO 2. Avoid misuse and abuse of over-the-counter and prescription drugs. |
| HBO 3. Avoid the use of alcohol. |
| HBO 4. Avoid the use of illegal drugs. |
| **Tobacco** | HBO 1. Avoid using or experimenting with any form of tobacco. |

Lesson Objectives – Students will be able to:

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| **Objective** | **Assessments** |
| 1. Distinguish between negative and positive influences on substance use. | Attachment 4.1 – Positive or Negative Influence |
| 1. Identify positive influences to help follow the medication safety principles, prevent substance use, and promote healthy choices. | Attachment 4.2 – Show What you Know |
| 1. Apply the medication safety and substance use prevention principles to determine a healthy decision. | Attachment 4.2 – Show What you Know |
| 1. Describe how to be a positive influence on others. | Attachment 4.3 – “Bee” a Positive Influence |

Introduction (Hook): Positive or Negative

* ASK: Consequences are the outcomes that happen after an action or choice. If you stepped into a puddle, what would the consequence be?
* I have two lists. Can you help me label each column? Read all of the words (see slide 2).

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| * Being known as helpful | * Getting sick |
| * Good health | * Becoming dependent on alcohol, tobacco, and other drugs |
| * Being safe | * Smelling bad |
| * Happiness | * Brain damage or harming brain development |
| * Good reputation in the community | * Getting in trouble with school, family, or the law |

* The first column are positive consequences, and the second column are all negative consequences. The second column contains some of the possible negative consequences of using tobacco, alcohol, or other drugs. It’s important to stop and think about the consequences of our choices. We should make choices that have positive consequences. We’ve learned how to make healthy choices and how to use assertive communication to make healthy and safe choices. Today we’ll learn how to be a positive influence and show what we know to prevent substance use.

Teaching Steps:

Activity 1: Positive or Negative Influence

* When you hear the word *influence,* what do you think about?
  + An influence is when something or someone tries to get us to do something. An example might be an advertisement that tries to get us to buy something or a friend who tries to get us to play the game they want to play.
  + Influences can change, alter, or direct a choice.
* Positive – influences healthy choices
* Negative – influences unhealthy choices.
* EXPLAIN: Today we are going to put the words positive, negative, and influences together and talk about positive influences and negative influences.
* Practice: Label the type of influence (Attachment 4.1)
  + Your friend encourages you to join his soccer team.
* Ask: Positive or negative influence? (Positive) Why? (Healthy)
  + Your cousin asks you to run across the road with her before looking both ways.
* Ask: Positive or negative influence? (Negative) Why? (Unhealthy, unsafe)
  + Your friend shares his apple slices with you.
* Ask: Positive or negative influence? (Positive) Why? (Healthy)
  + Your fourth grade neighbor asks you if you want to take some medicine because you have a headache.
* Ask: Positive or negative influence? (Negative) Why? (Unhealthy, Unsafe)
* Debrief: What is the difference between positive and negative?
  + Positive – Influence to make healthy choices
  + Negative – influence to make unhealthy choices.
* Remember that influences try to change or alter a choice.
* What influence would you want to have around you?
  + Positive, but if we have a negative influence trying to influence us to make an unhealthy choice, we ignore or say NO. If needed, seek the help of a trusted adult for help.
* When we say NO, we use assertive communication and refuse to make unhealthy choices.
* Can you think of positive influences in your life?

Activity 2: Scenario Practice and “Bee” a Positive Influence to Prevent Substance Use

* DISCUSS what it means to be a positive influence for others *(e.g., help a friend make a healthy choice; stand up for a friend who is being teased for making a healthy choice).*
* Scenario: Story: Dara and Alfie, middle school students, are hanging out in the neighborhood. Joe, a high school friend of Alfie’s brother, comes over and begins talking to them. They are so excited that someone in high school would want to talk to them. After a few minutes, Joe tells tells them he is going to go off to vape, and asks them to come with him. As they get up to follow him Joe turns to them and says, “Hey, do you guys want to vape too?” Alfie smiles and continues to follow Joe. Dara stops and says, “Hey, Alfie, I do not think this is a good idea. I don’t vape and neither do you! Let’s just go to my house.” Alfie looks at Joe and says, “Dara’s right. We will talk to you another time. Come on, Dara, let’s go.” When they got inside, Alfie hugged Dara and said, “Thanks so much for what you said. I was having a hard time saying, No. Joe is older and I didn’t want to look like a little kid by saying, “No, I don’t smoke. I really appreciated your standing up for what was the healthy choice for me to make.”
* Let’s debrief the situation. We can use Stop, Think, Choose to make a healthy choice.
* STOP – What’s happening?
  + Joe wants you to try vaping. Joe was also being an influence.
  + Was he a negative or positive influence in this story? *(Joe is the negative influence. He asked Alfie to make an unhealthy choice by offering a cigarette)*
  + Who was the positive influence? How? *(Dara was the positive influence because she stood up for Alfie and encouraged her to say NO and walk away.)*
  + Neither Alfie nor Dara is a smoker. Why do you think Alfie just didn’t say NO as soon as Joe offered her a cigarette? *(She did not want to look like a little kid.)*
* THINK – What were the options?
  + Vape or walk away
* CHOOSE
  + Did they make a healthy choice?
* What do you think about Dara speaking up to Joe? *(Dara was brave and a positive influence. She knows that smoking was an unhealthy choice.)*
  + In the story, you saw AN EXAMPLE of positive influences. There was a positive, healthy, safe outcome because a friend had the courage and confidence to be a positive influence. How important is it for us to listen to influences and messages that help us stay healthy and safe? Why? *(It is very important to follow positive influences because they will keep us safe and healthy.)*
* DISCUSS: How can you be a positive influence on your friends, your brothers and sisters, your cousins, etc.? (*Make a list on the board of the examples they share.)*
* Use our Know to NO! tips and Stop, Think, Choose to make healthy choices. Be assertive and a positive influence for making healthy choices.

Activity 3: Show what you know!

* Share Attachment 4.2 with your students so they can show what they know!
  + Scenario: Your cousin Bobby tells you he wants to see what his little sister’s pink medicine tastes like. How could you be a positive influence on Bobby?
* What should I do?
  + Stop, Think and Choose
  + STOP – What is happening?
  + Bobby is breaking the following medicine rules:
    - Rule 1: Know to No! Alcohol, tobacco, and other drugs have harmful consequences to my health.
    - Rule 2: If you do not know what something is:
    - Don’t touch it!
    - Don’t take it!
    - Don’t taste it!
    - Seek the help of a trusted adult!
    - Rule 3: ONLY take medicine with the help of a trusted adult.
    - Rule 4: NEVER take or share medicine.
* THINK – What are my options?
  + Take the medicine.
  + Say NO!
* CHOOSE
  + Say NO!
* Helping a friend make a healthy choice is being a \_\_\_\_\_\_\_\_\_ influence.
  + Positive
  + Negative
* Telling someone to try the medicine is a being a \_\_\_\_\_\_ influence.
  + Positive, healthy
  + Negative, unhealthy
* Who can you ask for help?
  + A trusted adult

Activity 4: “Bee” a positive influence! Create a poster with a positive influence message.

* (See Attachment 4.3) Examples: Know to NO! Say No to unhealthy choices. Tell a trusted adult or ask for help. Change the subject and walk away. Be a positive influence. Encourage friends to join a healthy activity.

Closure:

* Have students share how they are positive influences with a classmate. Post the positive influences in a prominent space so students can see them to help them make a healthy choice.
* Review the Know to NO! tips; Stop, Think, Choose; and refusal skills.

Attachment 4.1: Positive or Negative Influence

* + - 1. Your friend encourages you to join his soccer team.

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| **Positive A red and green circle with a white x and a red arrow  Description automatically generated** | **NegativeA red and green circle with a white x and a red arrow  Description automatically generated** |

* + - 1. Your cousin asks you to run across the road with her before looking both ways.

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| **Positive A red and green circle with a white x and a red arrow  Description automatically generated** | **NegativeA red and green circle with a white x and a red arrow  Description automatically generated** |

* + - 1. Your friend shares his apple slices with you.

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| **Positive A red and green circle with a white x and a red arrow  Description automatically generated** | **NegativeA red and green circle with a white x and a red arrow  Description automatically generated** |

* + - 1. On TV, a 10-year-old takes medicine without the help of a trusted adult.

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| **Positive A red and green circle with a white x and a red arrow  Description automatically generated** | **NegativeA red and green circle with a white x and a red arrow  Description automatically generated** |

* + - 1. Your fourth grade neighbor offers you gummies they found in their parents’ room.

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| **Positive A red and green circle with a white x and a red arrow  Description automatically generated** | **NegativeA red and green circle with a white x and a red arrow  Description automatically generated** |

* + - 1. The school nurse has medicine rules posted on the wall in her office.

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| **Positive A red and green circle with a white x and a red arrow  Description automatically generated** | **NegativeA red and green circle with a white x and a red arrow  Description automatically generated** |

Attachment 4.2: Show What you Know!

Your cousin Bobby tells you he wants to see what his little sister’s pink medicine tastes like.

1. What are the three steps to use to make a decision?
2. What rules would Bobby break if he tried the medicine?
   1. ONLY take medicine with the help of a trusted adult.
   2. Don’t touch it! Don’t take it! Don’t taste it!
   3. NEVER take someone else’s medicine.
   4. All of the above
3. Helping a friend make a healthy choice is being a \_\_\_\_\_\_\_\_\_ influence.
   1. Positive
   2. Negative
4. Telling someone to try the medicine is a being a \_\_\_\_\_\_ influence.
   1. Positive, healthy
   2. Negative, unhealthy
5. Circle the trusted adult in the pictures.



1. List a trusted adult you can you ask for help?
2. I can make healthy choices.

|  |  |  |
| --- | --- | --- |
| Yes | No | Unsure |

1. I can ask for help from a trusted adult.

|  |  |  |
| --- | --- | --- |
| Yes | No | Unsure |

Attachment 4.3: “Bee” a positive influence!

Use pictures or words in the sun to share how you are being a positive influence.

***Examples:*** *Say NO! Tell an adult. Change the subject. Walk away. Join a friend who is doing a healthy activity.*

**A bee and flowers with a circle

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