



Building Health Skills: Analyzing Influences

Model

Your friends and family are two of the many influences that affect the physical side of your health triangle. Other influences include your environment, your culture, the media, and your role models. Personal influences such as what you know, your interests, and your hopes and fears affect your physical health too. As you read about Cassidy, notice the influences that affect her physical health.

Cassidy has enjoyed being physically active since she was very young. She used to play soccer every weekend. Now she is more involved in track and bicycling.

Her best friend, Jacy, is a bicycling fanatic. Cassidy and Jacy often talk about becoming famous athletes. Cassidy knows that even if she never becomes famous, she wants to do something that involves sports.

Cassidy has learned a lot about sports from her family. Her sister is a high school athlete, and her Dad played several sports in college. Around the dinner table, a common topic of conversation is healthful foods and training for competition.

There are many influences on your health....They include the following;

Internal Influences

- Knowledge
- Likes and dislikes
- Values
- Desires
- Curiosity
- Fears

External Influences

- Role models
- Family
- Friends and peers
- Environment
- Culture
- Laws
- Media and technology

Think about your social health. **WHO** are your friends and **WHY** did

you choose them? HOW well do you get along with

members of your family? WHICH family activities do you enjoy? Do

you participate in clubs, extra-curricular activities, or belong to community

groups?

When you answer these questions – you discover some influences that affect your social health. Identifying these influences will help you understand many of the health choices you make.

Read Kenneth's story. What choices does he make? How do his choices affect his physical, mental/emotional and social health?

emotional, and social health...

Kenneth feels like the busiest teen alive! He has baseball practice after school and on weekends, lots of homework, and a little sister to baby-sit. When he is tempted to stay up late, Kenneth remembers that he can't do his best when tired. He makes it a rule to be in bed by 10:00 p.m. Another challenge Kenneth faces is eating on the run. He often grabs anything that is handy as he rushes out the door. Kenneth and his mom have agreed to keep fruit, peanut butter, and other healthy foods on hand.

Kenneth is lucky to live close to his school. He makes the 15-minute walk every morning. The brisk walk gets his heart going and also gives Kenneth a chance to plan his day. Kenneth usually gets a ride home after practice with his friend Karl and Karl's older brother. He always buckles his safety belt when he gets into the car. The ride home gives Kenneth a chance to be with his friend and his brother. They talk about baseball, school, and becoming big league players.



Healthy Behaviors Include.....

Internal Influences

- Taking care of your body
- Protecting yourself from injury and illness
- Liking yourself
- Expressing emotions in positive ways
- Getting along with others
- Giving and receiving support

Use your imagination and help Sofia plan her day. Complete the following sentences with choices that contribute to Sofia's wellness.

1. Its Saturday morning. Sofia has a soccer practice and needs to grab some breakfast before heading out. She decides to make herself....
2. After soccer practice – her friend Susan texts her and says "I'm bored" Let's do something" ... Sofia responds with "Why don't we.....
3. Sofia and her boyfriend ride their bikes to Pronto after supper. Before they head back home, Sofia and her boyfriend should.....