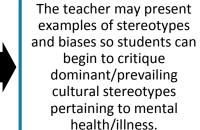
Instructional Unit Title: Who Influences Me?

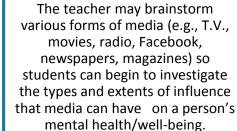
Comprehensive Health 8th Grade

The teacher may have students brainstorm multiple responses to the question "Who and/or what shapes your mental and emotional health?" so students can begin to explore peer influences in their own lives.



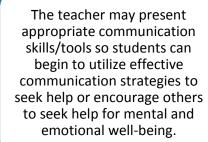
The teacher may provide (appropriate) personal examples of positive and negative external influences so students can make connections to the ways in which peer pressure has shaped and/or influenced their lives.







The teacher may use video clips of individuals demonstrating anxiety, stress, and/or anger related behaviors so students can explore and discuss positive self-management strategies to minimize negative impacts on mental and emotional health.



The teacher may brainstorm various forms of media so students can begin to investigate and identify specific ways that media may create/reinforce stereotypes about mental health/illness.

The teacher may provide examples of support for treatment of mental illnesses so students can begin to analyze the strengths and limitations of the mental health information provided to teenagers.



The teacher may guide students through a sequence of steps to access reliable resources so students can successfully differentiate between credible and non-credible resources (e.g., media, books, journals, school and community resources).



The teacher may provide the critical elements of personal and community action plans so students can begin to understand the ways in which planning can facilitate goal setting and goal attainment.

PERFORMANCE ASSESSMENT: As a group of student school leaders you have been asked by administrators to design and present an action plan for the school community that promotes positive behaviors and suggests ways to alter/diminish negative stereotypes around mental and emotional health and well-being. Your goal is to increase understanding of the ways in which attention to individual mental and emotional health can benefit an entire community. As part of your action plan you will:

- Identify positive & negative behaviors in the school community
- Choose a target behavior within your school that you would like to change or promote
- Outline specific steps that address the selected (negative/positive)behavior
- Promote the community benefits associated mental health and healthy behaviors

This unit was authored by a team of Colorado educators. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students. To see the entire instructional unit sample with possible learning experiences, resources, differentiation, and assessments visit http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples.