

What is an Influence?

Autumn 2022



What Does Influence means.....

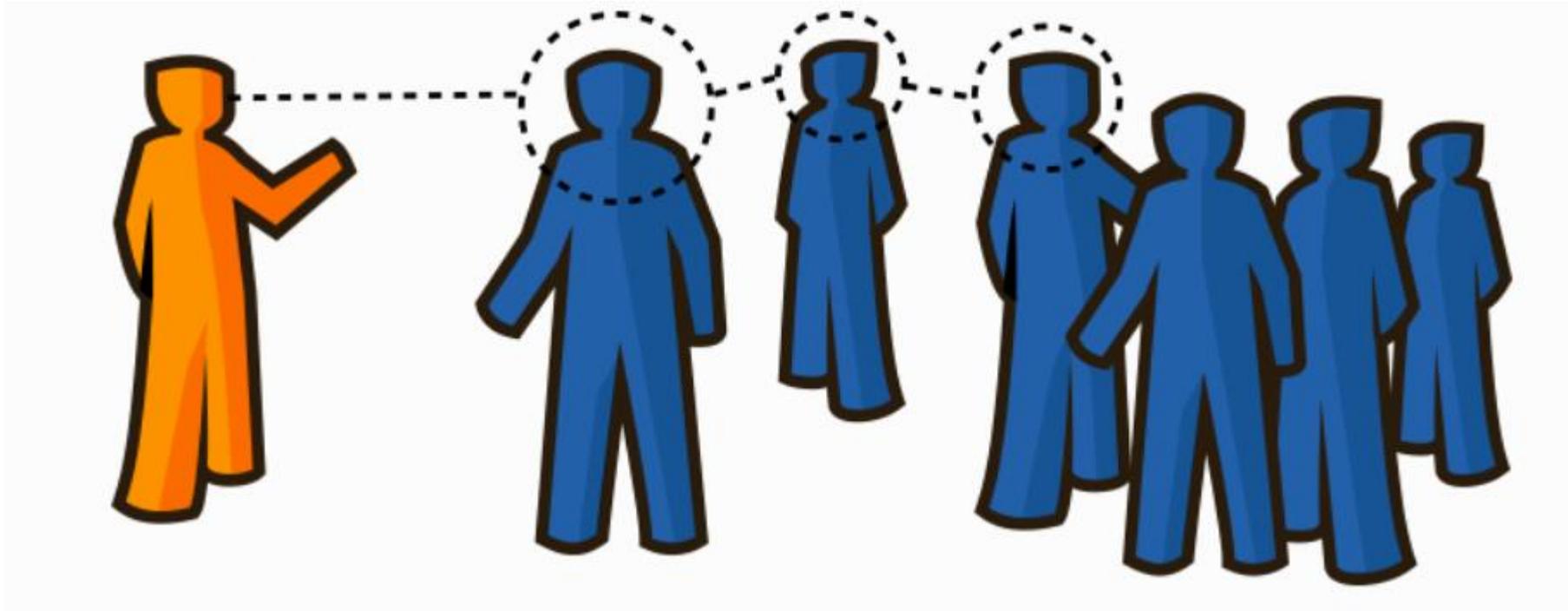
- ▶ The power to make other people agree with your opinions or make them do what you want
- ▶ You can influence others without ever knowing it. People often watch what other people do and then do the same things.

What are the different types of influences?

► There are Three Types of Influence

- Position influence – The power or influence that is tied to a title or position e.g. Teacher
- Domineering influence – Is usually based on frustration, and involves harsh behaviour and threats
- Interpersonal influence – Whenever the actions of one or more individuals influence the behaviour or beliefs of others

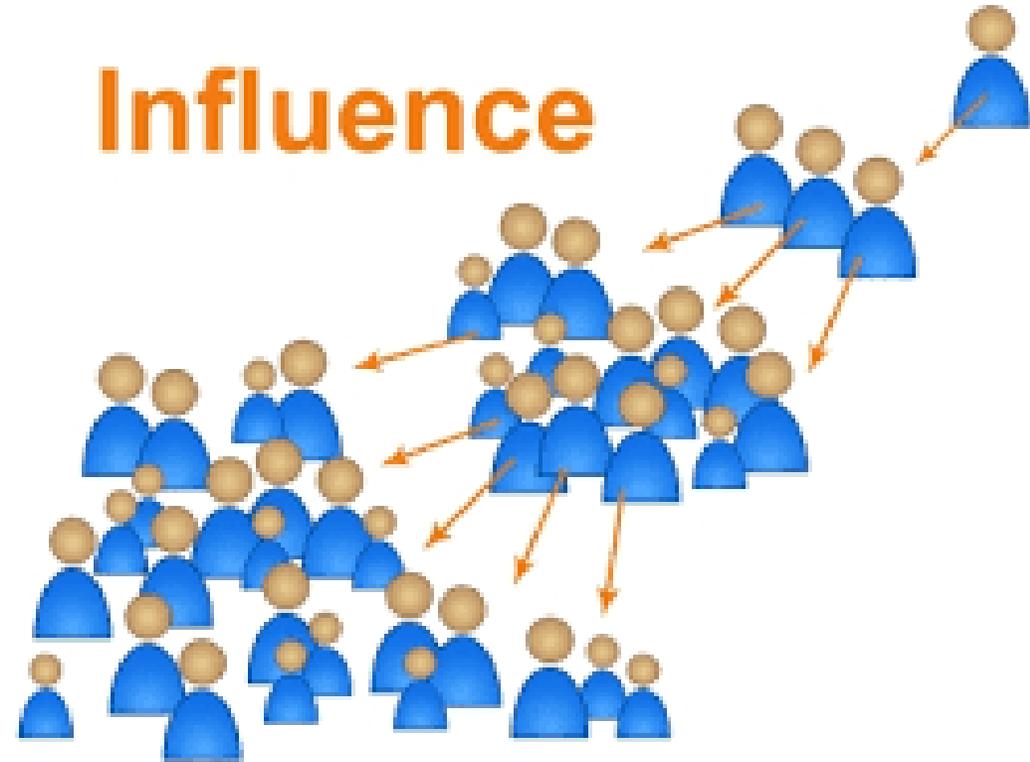
Who or What Influences you?



Who do you think you influence?

- ▶ Have a discussion in your groups and share your thoughts.

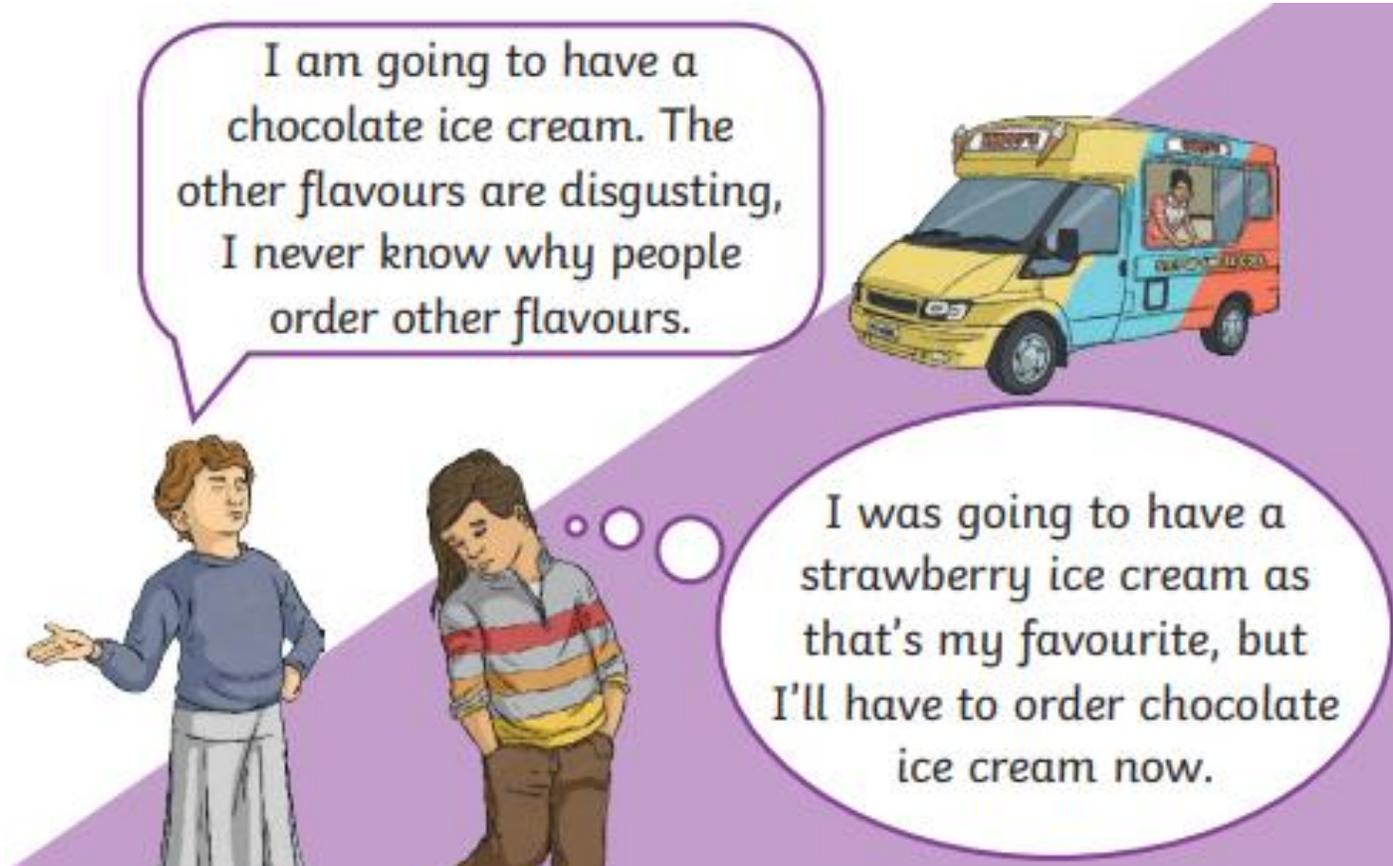
Influence



What is an Influencer?

- ▶ **Online**..... These are people who post content online BUT only show you what they want you to see... These people are commonly known as Influencers
- ▶ Example - The content can make it look normal to eat junk food
- ▶ Have an unrealistic body image e.g. size, shape, hair, make up, and clothes etc.....
- ▶ Take part in “COOL” challenges and even.....
- ▶ Make you do things that you would not normally think of doing
- ▶ Inspirational speeches and pod casts which can motivate you to do good things
- ▶ Gives you tips and suggestions on how to do things well

Examples of influences





I can't believe people still play football games on their computer. Those games are so unrealistic.

I love playing football games. I guess I had better stop playing them now.

Negative Effects of Social Media Influences.....

Distraction

Disrupting sleep

Exposure to bullying

Rumour spreading

Unrealistic views of other people's lives

Peer pressure