

TEACHER INFORMATION

- **Safeguarding & Inclusion Notes**
- Avoid naming real influencers in detail to prevent endorsement.
- Reinforce:
 - Everyone is influenced differently.
 - Students can change who they follow and what they engage with.
- Signpost support if discussions raise self-esteem or online-pressure concerns.

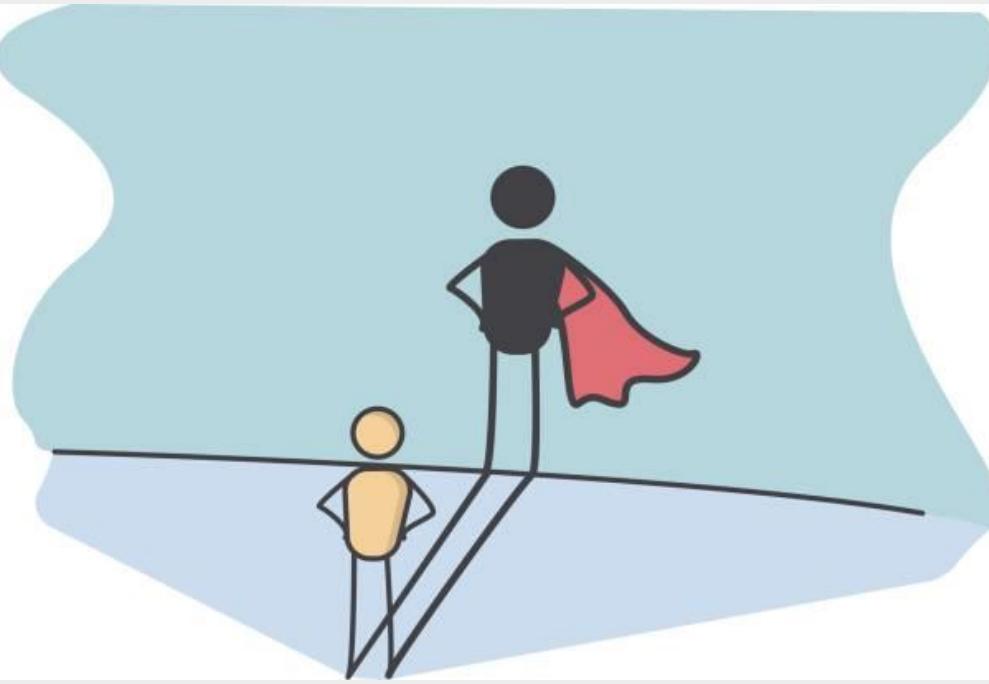
TITLE – POSITIVE ROLE MODELS

DATE:



By the end of the lesson,
students will be able to

- **Explain** what a positive role model is and why role models matter.
- **Identify** qualities of positive role models (e.g. respect, resilience, honesty, responsibility).
- **Recognise** positive and negative influences in my life and in the media (including online influencers).
- **Reflect** on role models I admire and identify values or behaviours I want to develop myself.



3 Minutes

TODAY'S
BIG
QUESTION

Who influences the way you think, behave or make choices – even in small ways?

What is a role model?

- A **role model** is someone whose behaviour, values or actions influence others.
- Role models can be:
 - People we **know** (family, carers, teachers, coaches, friends)
 - People we **see** (athletes, activists, celebrities, influencers)
- Role models influence:
 - Attitudes
 - Behaviour
 - Self-belief
 - Decisions (online and offline)

It's important to remember:

Role models don't have to be perfect – they're human.



What Makes a Positive Role Model?

- Respect
- Honesty
- Responsibility
- Resilience
- Kindness
- Confidence
- Courage
- Fairness

In pairs:

- Choose **3 qualities** that matter most in a positive role model.
- Explain *why* those qualities are important.
- Give an example of how that quality could be shown in real life.

Stretch challenge: Which qualities are harder to show? Why?

IMPORTANCE OF ROLE MODELS



Influence & Media

- We are influenced even when we don't realise it.
- Online influencers may:
 - Promote **positive messages** (confidence, wellbeing, creativity)
 - Promote **harmful messages** (unrealistic bodies, risky behaviour, extreme opinions)
- Important questions to ask:
 - *What values are being promoted?*
 - *Is this realistic or edited?*
 - *Are they trying to sell something or gain attention?*
 - *Does this make me feel better or worse about myself?*

It is important to remember:

- Not all popular content is healthy, trustworthy or real life.
- Being critical is a **skill**, not being negative.

Positive or Negative Influence?

- Working in pairs, look through the different scenarios on page 48
- **Students decide:**
 - Positive influence
 - Negative influence
 - Mixed influence
- EXAMPLES – There are more in your booklets
 - A YouTuber who promotes kindness and talks honestly about mental health.
 - An influencer who encourages extreme dieting or dangerous challenges.

Justify why you think that

Personal Reflection: Who Shapes Me?

Students complete sentence starters:

- One role model I admire is _____ because _____.
- A quality I respect in them is _____.
- One behaviour or value I want to develop myself is _____.
- One influence I want to be more careful about is _____.





Complete your EXIT
TICKET questions on
page

These link to the key
knowledge you need
to know for this block
of work