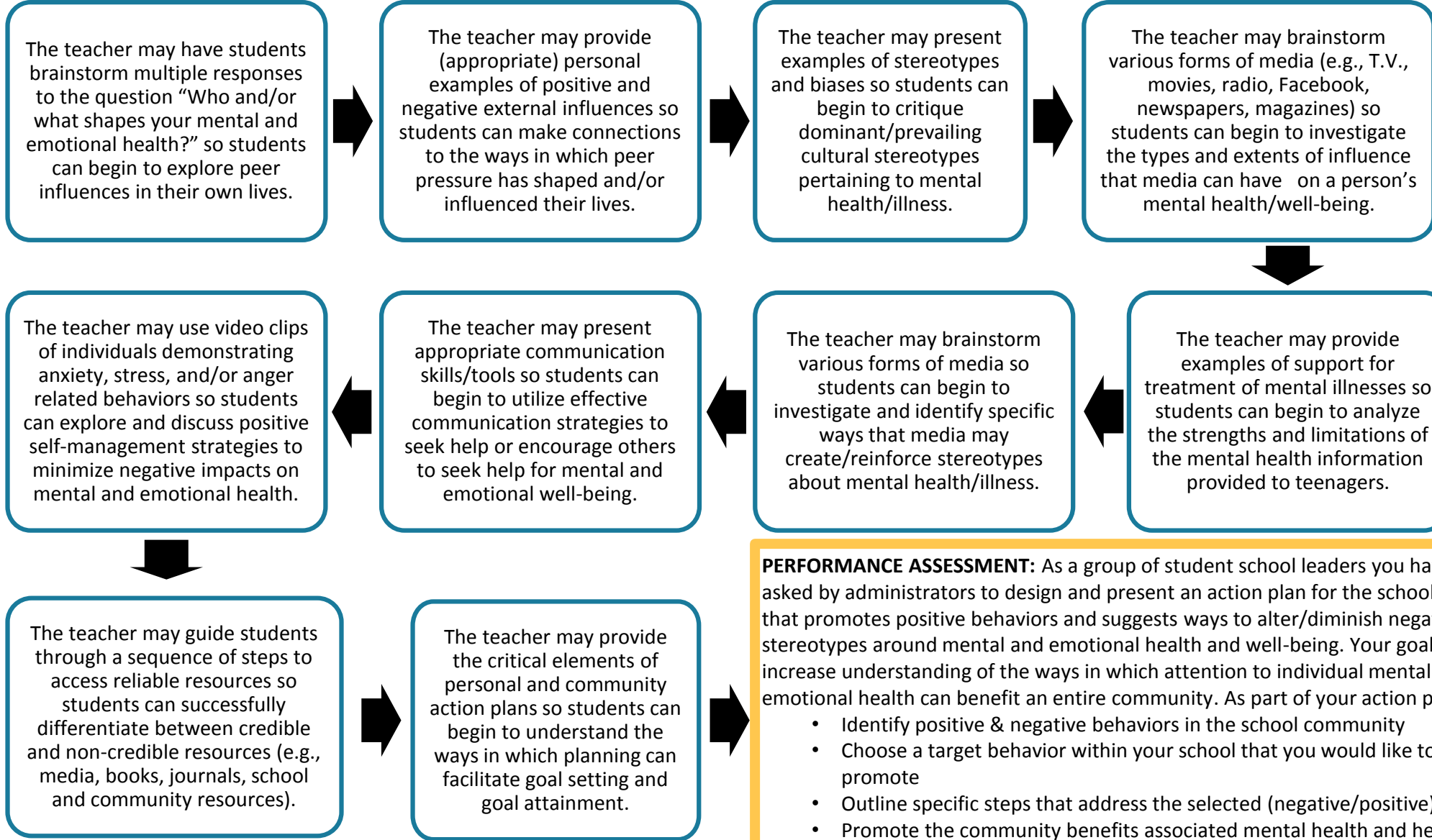


## Instructional Unit Title: Who Influences Me?



**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>.*