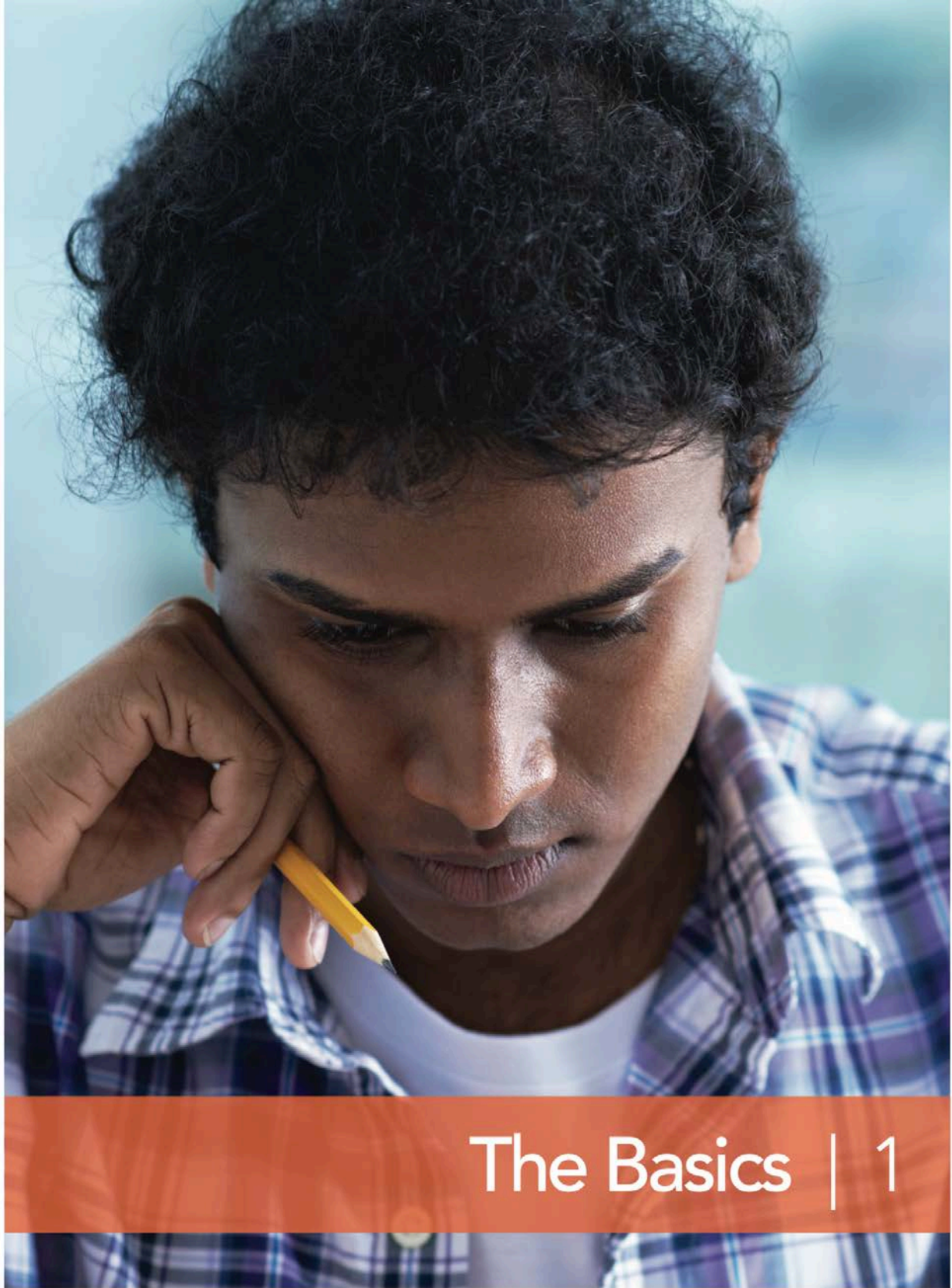




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# The Basics | 1

## WHO AM I?

Who am I? This is one of the most puzzling questions for teenagers to answer. The teenage years represent some of the most difficult times in a young person's life. It is the time when they are transforming from who they are, to who they will become. No longer children, teens struggle to find their identity as they develop into adults. These are confusing times.

Knowing who you are is one of the greatest pieces to the puzzle of life. It creates the road map that governs your direction, purpose, and your fulfillment in life's endeavors. Like a key, your identity unlocks your future.

As mentioned before, your journey begins with a question. Through the pages of this book, you will find the answer that defines who you are and why you should love yourself. In so doing, you will be able to access the great doors of opportunity that await you.



## Character Traits

There are 20 character traits that are believed to promote not only success, but also your own happiness in life as well. Utilizing the traits on the next page, answer the questions below.

1. Analyze the character traits and select those that you feel best depict who you are. Then explain why.

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2. Which traits do you desire to have that you currently lack?

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3. What are you willing to do to cultivate the traits that you are lacking?

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## Positive Character Traits

- 1. Integrity:** Having strong moral, principles and values to do right; regardless of whether anyone knows it or not. Keeping your word, remaining true to what you say
- 2. Honest:** Upholding truth in your conversation and in your actions.
- 3. Loyal:** Faithfulness and commitment. You don't walk away from other people or commitments
- 4. Respectful:** To treat others with kindness, courtesy, and civility.
- 5. Humility:** You are modest about your opinion of yourself yet confident.
- 6. Compassionate:** You consider and feel the suffering and misfortune of others, and have a desire to help others.
- 7. Fair:** Doing the right thing for everyone, without taking advantage or treating others wrong.
- 8. Responsible:** You accept obligations even when it isn't easy to do so. You can always be relied upon to do what you are supposed to.
- 9. Forgiveness:** To let go of offenses; to pardon someone of their offenses towards you. This allows you to move forward.
- 10. Authentic:** Being your real self, without pretense, or insincerity.
- 11. Courageous:** doing what needs to be done despite being afraid
- 12. Generous:** You like giving your time, money and other efforts to others without expecting something in return.
- 13. Perseverance:** Being persistent on a course of action without giving up before reaching the goal
- 14. Politeness:** Practicing good manners, common courtesies, and etiquette.
- 15. Kind:** An attitude of being considerate and helpful to others.
- 16. Loving:** Being open and thoughtful towards others. It may include being affectionate with those feelings.
- 17. Optimistic:** You are generally hopeful and confident. You have a positive mentality and attitude.
- 18. Reliable:** You are dependable and consistent in your ability to come through because you do what you say you will do
- 19. Conscientious:** You desire to be your best and to also do things well. You are thorough, and vigilant in your efforts.
- 20. Self-discipline:** Having strong discipline or will power to adhere to the work, steps or actions necessary to advance.



## The issues | 2

## ISSUES

When it is said of anyone that they have issues, it generally means that they are difficult and hard to deal with. Let's get to work understanding your issues and dealing with them now so no one can ever say, "you've got issues".

### Issues Activity

There's always a root cause or center point for each of our issues. It is often some traumatic experience that we are not well suited to address because we lack the maturity or coping skills. It is our inability to address the situation appropriately that causes us to act improperly.

**Teacher Prompt:** This activity requires you to initiate openers by transparent sharing. As you take the first step of opening up, the students will feel safe enough to do the same.

1. Take a moment and think of a difficult situation where you may have reacted improperly to it. Then describe the situation and your improper reaction in the space below.

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2. Why do you feel your response was improper?

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3. What made you aware that your response was not what it could have been?

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## Issues

Emotions can cause difficult issues in life if you don't understand them or are able to control them. As we develop from children into adults, it is important that we begin to understand what we are feeling and why. This will better enable us to make healthier decisions and take appropriate actions.

Often, we are confused about what to do because we are not clear on just what it is we are feeling. Are we upset, angry, or sad? As you become angrier about feelings toward an issue or become sensitive to your emotions, you also tend to become more sensitive and empathic to the feelings of others.

### Activity

1. Can you tell the difference between anger and sadness? \_\_\_\_\_

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2. List the emotions that you struggle with the most and explain why they are difficult for you to control.

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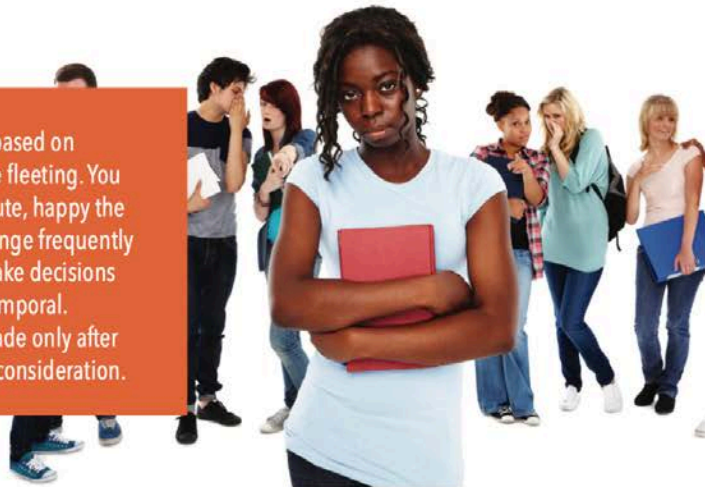
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### Wisdom Key

Never make decisions based on emotions. Emotions are fleeting. You could be mad one minute, happy the next. Our emotions change frequently so you should never make decisions based on something temporal. Decisions should be made only after thorough thought and consideration.





## Feelings Word List Titled

Happy	Sad	Mad	Surprise	Disgust	Scared
Joyful	Blue	Angry	Delighted	Sick	Fearful
Glad	Gloomy	Furious	Curious	Ugly	Helpless
Cheerful	Miserable	Used	Impressed	Inferior	Nervous
Warm	Lonely	Outraged	Playful	Stupid	Puzzled
Thankful	Heartbroken	Aggravated	Enchanted	Exposed	Reserved
Terrific	Depressed	Insulted	Shocked	Guilty	Cautious
Merry	Threaten	Rebellious	Inquisitive	Inadequate	Tearful
Helpful	Disappointed	Frustrated	Stunned	Shamed	Afraid
Ecstatic	Hopeless	Scorned	Exhilarated	Inept	Horrified
Appreciated	Melancholy	Violated	Mystified	Insignificant	Anxious
Pleased	Let Down	Resentful	Splendid	Embarrassed	Frightened
Tender	Alone	Spiteful	Astonished		
Uplifted	Burdened	Bitter			

1. Which emotions have you felt today? Explain why these emotions emerged.

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## Resolutions | 3

## CONFLICT RESOLUTION

### Introduction

As you go through life, you will encounter challenges. When you were a tot riding your tricycle, everything was great. You had the Tooth Fairy to leave dollars under your pillow, and you could count on Santa Claus to make the end of every year feel magical. But as you mature into a young adult, you realize that there is no Tooth Fairy, and Santa Claus will only bring the gifts that your parents can afford to buy. As the teen years emerge, so do problems. You realize that the path to happiness is not as smooth as you once thought. As you face every new obstacle, it is not always easy to figure out what you need to do to overcome it.

This chapter is designed to help you deal with the conflicts that arise in life. As you learned in the last chapter, proclaiming your morals and values is the easy part; putting them to the test is a whole other story. Have you asked yourself why it is so difficult to put your beliefs into practice when challenges arise? There are several reasons it could be hard to make choices that align with your belief systems when you're in the hot seat. Peer pressure, poor communication skills, and a lack of self-control are all barriers to resolving conflicts peaceably. This chapter will discuss the barriers to make good choices and will teach you strategies to find good solutions to conflict, communicate effectively and resist the temptation to do things that compromise your beliefs.



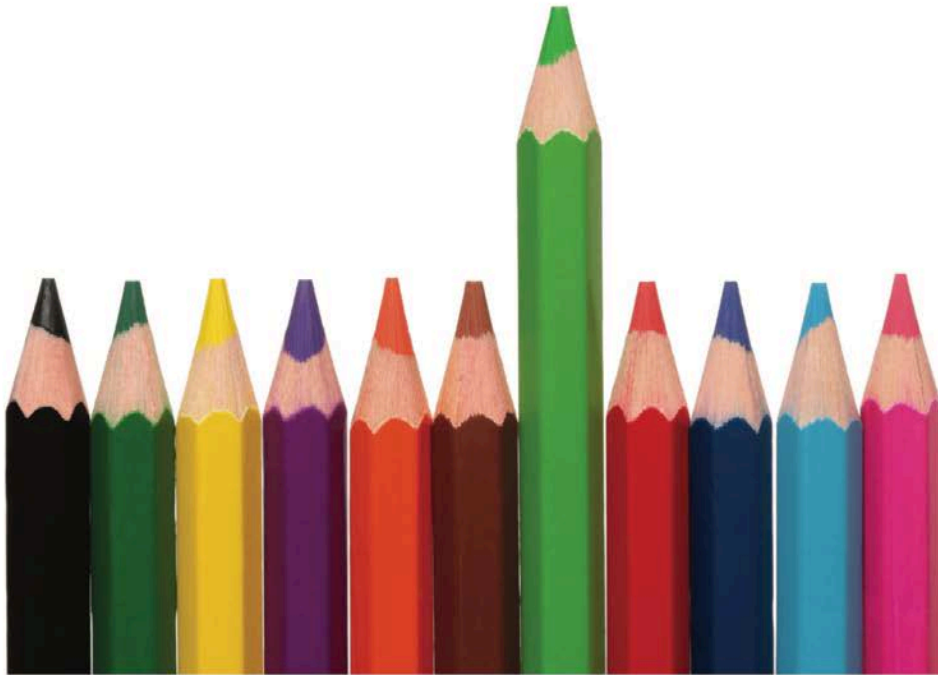


**Teacher's Note:** An excellent way to begin this section is to discuss critical thinking skills. Choices must be made that allow logical processes. The next activity is key. Ensure that students explain the reason for each choice that they make.

### Choices, choices, choices

Life is full of choices. Each choice provides a different outcome and not all outcomes are good. That is why you must become a good thinker—one who knows how to make healthy choices that work for you, not against you.

The next activity will cultivate your ability to think outside of the box. That is to say, you will learn to think and make choices more carefully. Clearly examining the possible outcomes before you act will ensure that you make the right decisions. Remember, there is always more than one way to resolve conflict. Your goal is to think and think until you identify the best choices for you.





## Peer Pressure

Peer pressure is enemy number one against your morals and values . While autonomy means being in control of your own identity and standards, peer pressure is the force that pushes you to lose autonomy to conform to the standards of others. Peer pressure can be positive or negative, depending on the peers or friends whom you choose to hang out with. They can either pressure or positively influence you to participate in activities that are good or bad.

Ultimately, identifying peer pressure is key to overcoming it. When you find yourself under peer pressure, remind yourself who you are and what you believe. Stand firm in the face of this pressure and resist the temptation to compromise..

**Autonomy:** To be in control of yourself

**Peer Pressure:** The influence of others upon your behavior

**Positive Peer Pressure:** When peers influence you to do what is right

**Negative Peer Pressure:** When peers influence you to do what is wrong



### Wisdom Key

- Repeatedly giving into a group can damage a teen's sense of self and cause emotional damage.
- Parents, not peers, have the strongest influence over most teens.
- Peer pressure can lead to drug use, smoking, sexual behavior and alcohol abuse.

**Directions:** Answer the questions that follow:

1. What area of your life do you feel most vulnerable to peer pressure and why?

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2. List a three things that you can do to help alleviate peer pressure.

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### Wisdom Key

If you find that you're struggling against peer pressure, here's one thing that you must realize. Peer pressure is a result of incompatible friendships. That is, peer pressure results when you and your friends have incompatible morals and values. When you choose friends who are like you, it means they have been raised with similar morals and values and are usually governed by the same rules that you are. For example, you both have parents who might not allow staying out past midnight. When there is similarity in these areas, peer pressure is nonexistent because you both are going by the same set of rules.



## COMMUNICATION TOOLS

### Introduction

Good relationships are more than something we want. They are also what we need to be our happiest and even healthiest. Whether the relationship is with family, friends or a romantically involved relationship, fulfilling relationships do not come automatically. They take time and energy to become lasting. You must be armed with great communication skills to govern your relationships to prevent them from breaking down over time.

The next exercises will equip you with the communication skills that will help you to build great relationships. As you use the proper communication tools, be sure to put them to work daily to make your relationships great.



### I Can't Hear You

**Directions:** Read the following questions. Then answer each of them to the best of your ability.

1. Have you ever witnessed or used the emotional standoff of rejection or avoidance when dealing with a conflict?

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2. How did this emotional standoff affect the situation?

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3. List several steps that you will take to ensure this emotional standoff does not occur in your marriage.

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### Don't Interfere

**Directions:** Read the following questions. Then answer each to the best of your ability.

1. List at least three instances where outside interference has affected how you have treated people?

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2. How did this affect your ability to truly get to know someone for yourself instead of believing the opinions of someone else?

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3. Create some ground rules that would protect your relationship from outside interference. For example, one may be refusing to share personal information with others.

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## Do the Right Thing

Doing the right thing is an individual responsibility. We must remain true to our hearts when making decisions on which roads to take in life.

Although the right thing is the best thing, it is not always the easiest thing to choose. If our society is going to decrease violence, hatred and crime, it must begin with each person individually. When one person decides to do the right thing, it begins to move the wheels of change that affect the lives of all of us. The power of one can change the world. Let it start with you!





# Influences | 5

## The illusion of influence

### Is it all an illusion

People often compare themselves to the celebrities that they admire. Many styles are brought to the forefront because stars are seen wearing them. This is true of clothing, hairstyles, even cars and perfumes. The influence that celebrities possess is utilized by many manufacturers. They seek celebrity endorsement of numerous products simply because that influence is undeniable. Justin Bieber made a particular hair style popular. Beyonce made her performance attire popular amongst other artist, red bottom shoes are an example.

**Directions:** List three celebrities, public figures, athletes or politicians that influence your style of clothing.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. Name and explain two reasons why each of these people influences you.

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5. Do you think that these individuals have a positive or a negative influence on you?

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**Bullying causes:** Some people will either drop out of school or lose interest in continuing their education after high school.

**Sick or ill:** Teens that are cyberbullied often experience headaches, stomachaches or other sicknesses. The stress of being bullied can cause stress-related conditions like stomach ulcers and skin conditions. Changes in eating habits like skipping meals or binge eating can occur too. Sleep patterns can even be altered. Some suffer from insomnia or nightmares.

**Dissatisfied with themselves:** Victims of cyberbullying often get attacked where they are most vulnerable, which leads to doubting their worth and value.

**Alone and isolated:** Teens can be excluded at school due to cyberbullying. A lack of friends can lead to more bullying. Phones and computers are some of the most important ways to communicate with others. If that option for communication is removed, people can feel separated and cut off from their world.

**Angry and vengeful:** At times those effected by cyberbullying get angry. They plan revenge and retaliate. This type of reaction is dangerous, and can often make the victim unpredictable.

**Overwhelmed:** Being targeted by cyberbullies is defeating especially if a lot of people are participating in the bullying. At times it can feel as if the whole world knows what it is going on. These situations can make you feel as if it is too much to handle.

**Feelings of vulnerability and powerlessness:** Victims of cyberbullying often find it difficult to feel safe; the bullying can invade their home through a computer or cell phone. It can feel like the bullying is everywhere and there is no safe place to escape from it. The bullies can remain anonymous, which can increase feelings of fear.

**Disinterested in life:** Cyberbullying can cause people to see the World differently than their peers. Life may begin to feel hopeless and meaningless. People lose interest in things they once enjoyed and spend less time interacting with family and friends.

**Anxious and depressed:** Victims often surrender to anxiety, depression and other stress-related conditions. Their self-confidence and self-esteem decrease.

**Directions:** Have you ever been cyberbullied? Have you ever cyberbullied someone?

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## Cyberbullying

Have you ever realized the power of negativity? The power of negative words and harmful phrases is nothing to play with. This type of negativity can lead to depression, poor performance in sports and school or even health issues.

Bullies use the power of negativity to belittle and hurt others. Often times bullies look to hurt others due to their own self esteem issues; they hide their own fears or insecurities and lash out!

**Social media and the use of the internet has taken bullying to an entire new level, cyber bullying is** the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature. Cyberbullying, causes significant emotional and psychological distress.

Using social media to say anything negative about someone can be considered cyberbullying.

**Directions:** Take a moment and below describe your experience(s) with cyberbullying:

Cyberbullying is a serious issue, it may seem to start as a joke or simply making fun of someone but it can lead to much deeper issues. Here are some of the main symptoms of those who are being cyberbullied:

**Suicidal:** Cyberbullying increases the risk of suicide. Victims often begin to feel hopeless. They may even start to feel like the only way to escape the pain is through suicide. Due to this they might begin to imagine ways to end their life in order to escape their bullies.

**Exposed and humiliated:** Online bullying often feels permanent; once something is out there, it will always be out there. The nasty posts, messages or texts can be shared with a large amount of people, which can instantly cause humiliation.

**Disinterested in school:** Cyberbullying victims have much higher rates of being absent at school than non-bullied kids. They skip school to avoid facing the bullies or because they are embarrassed and humiliated by the messages that were shared. Their grades suffer too because they find it difficult to concentrate or study because of the anxiety and stress the

## Peer Pressure

### Your Lucky Day?

**Directions:** Read the scenario below and answer the questions that follow .

You're finally in high school and getting a taste of what it's like to be a young adult. Your best friend Carmen has just gotten her first job working at your favorite department store . One Saturday morning you head over to shop at the store where she works . You are armed with a wad of money to do some damage in the junior's department. It must be your lucky day. You find two pairs of jeans that fit like gloves and a funky outfit that you are going to wear to the next football game. As you head to the register to check out, you get in Carmen's line thinking you'll have the opportunity to say hi to her and show off your new outfits as well. As she begins to ring up your merchandise she begins to wink at you and give you funny looks. You realize she's up to something dishonest when she only charges you \$10 for over a hundred dollars worth of merchandise. What do you do? You are afraid to correct her, thinking she may get in trouble or fired if you make a big deal.

1. Who is being influenced by peer pressure? Explain your answer.

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2. What is the right thing to do to resolve this problem?

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3. List several consequences of doing the right thing.

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4. List several consequences of not doing the right thing.

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5. Who is the winner or loser in this scenario?

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## Peer Pressure

While autonomy is to be in control of one's own identity and standards, peer pressure is the force that provokes you to lose them in order to conform to the standards of others. Peer pressure can be positive or negative depending on the peers or friends that you choose to hang out with. They can either pressure or influence you to participate in activities that are good or bad. Ultimately, identifying peer pressure is key to overcoming it. When you find yourself under this influence, remind yourself of who you are and what you believe. Stand firm in the face of pressure and resist the temptation to compromise.

**Peer Pressure:** The influence of others upon your behavior.

**Positive Peer Pressure:** When peers influence you to do what is right.

**Negative Peer Pressure:** When peers influence you to do what is wrong.

**Autonomy:** To be in control of yourself.







## Mining your own business | 6

### What's Your Aptitude

Some people spend a lot of energy focusing on what others are doing. It is time to mine your own business. As you excavate your hidden abilities and develop them, you will be rewarded with opportunities and open doors in the future.

Aptitude tests are tools used to assess your abilities. They will indicate the various career paths for which those abilities are best suited. Remember as your talents are identified, you must work hard to develop them to their optimum performance.

**Directions:** Answer the questions on the next page.



### Goals

**Directions:** For each of the defined sections below list two goals per section.

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## Short-term and Long-term Goals

Understanding the different types of goals may help you achieve them more easily. Some goals are as simple as getting a homework assignment done. This is a short-term goal, which can be achieved in the near future. On the other hand, long-term goals are far off, and achieving them requires more time and effort. The goals that you have set for your career are perfect examples of long-term goals because they reflect what you hope to achieve over a considerable amount of time. You recognize that achievement will not come overnight, but it is still something that you are actively working towards.

Long-term goals may be more easily accomplished if you set short-term goals first. For example, you may want to go on a trip out of town with your friends. The total cost of the trip is \$400, and you need to raise \$200 for a deposit for the travel costs. Rather than stress about raising the \$400 all at once, you can set a short-term goal of simply getting enough money to pay the deposit. You could accomplish that short-term goal by asking your parents for some of the money and then raising the rest by washing the cars of people in your neighborhood. Your long-term goal is still to earn \$400 to go on the trip, but by breaking down the cost into two separate stages, you ease the pressure and set a more attainable target to accomplish the long-term goal.

For each long-term goal, establish short-term goals that will assist you in accomplishing them. Then take each short-term goal and tie it to a measurable benchmark such as a time frame to get it done or a quantity. For example, I may say that I want to earn good grades. To do so, I will study two hours each night the entire semester.

Just remember, the richest place on earth is a graveyard because it is filled with so many unexpressed talents and unfulfilled dreams there. Goals will put steps to your vision to ensure that it comes to pass. With a plan, diligence and hard work, your vision will happen.





### Exercise: Educational Goals

**Directions:** Using the Internet or other research tools, find at least two universities that have the educational programs that would prepare you for your career choice. Include the following information in your report that will be presented to your class.

- Location of the college (include city and state)
- Entrance requirements
- Tuition costs
- Financial aid (availability of)
- Work-study program (availability of)
- Climate of the city (what the temperature is like year-round)
- Resources in the surrounding city
- Ethnicity(ies) of the student population
- Which of the two you would truly like to attend and why

**Note:** Your report must be typed and include all required information. A storyboard might make your presentation more interesting. You will learn a lot about opportunities as each of you share your information.

#### Wisdom Key

- Your report must be typed and include all required information.
- A storyboard might make your presentation more interesting. You will learn a lot about opportunities as each of you share your information.





## Entrepreneurship

**Directions:** Consider the business that you wish to open and answer the following questions.

1. What product or service will you take to the marketplace?

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2. What will you call that product or service and how much will it cost the consumer?

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3. What is the name of your company?

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4. Please describe your marketing strategy

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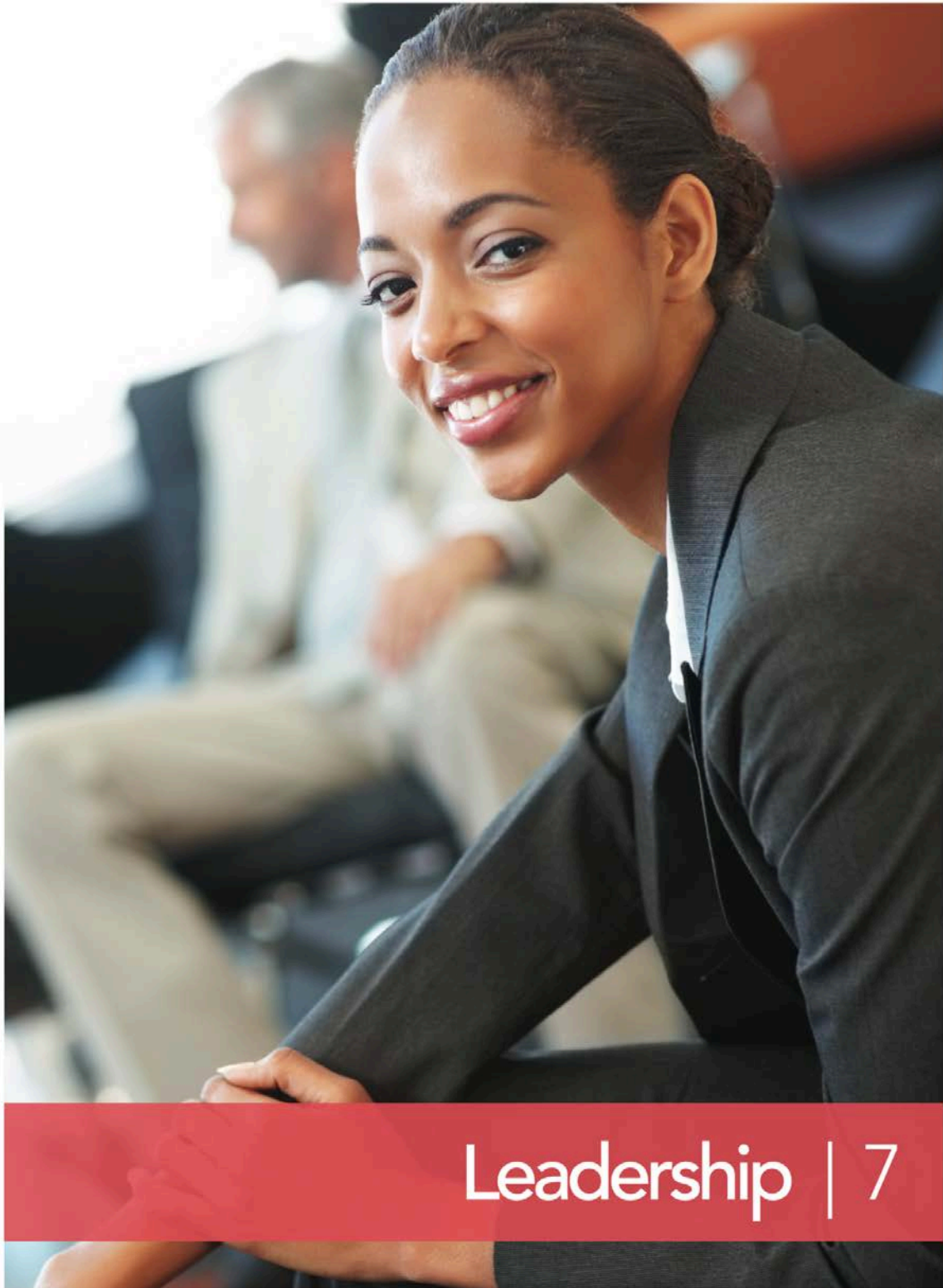
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5. Develop a commercial for your product. You may use posters, video or print to advertise. You will have the chance to present it.

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Leadership | 7

## Taking the lead

**Directions:** Determine whether you possess the five leadership traits by circling yes or no to the following questions.

1. I always tell the truth even if it means I have to face consequences: yes or no

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2. I have set goals for the future and have a plan in place to realize those goals: yes or no

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3. I know the things that I am good at doing and other people recognize my skills in these areas:  
yes or no

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4. I am passionate about something and feel comfortable expressing that passion to others: yes or no

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5. I enjoy learning and plan to never stop learning new things: yes or no

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6. For the questions you answered no to, write down what you will do to develop this leadership trait or what you will plan to do to change this trait.

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## Taking the lead

**Directions:** Read the following scenarios. Decide which personality type should influence your leadership behavior in each scenario.

**Scenario:** You've just been elected Student Government President. The election was hotly contested and you had some serious disagreement with your challengers on issues facing the organization. You will need to assemble an "Executive team" to assist you in carrying out your duties. You would like some of your former challengers to be on your executive team.

1. Which personally archetype would most help you achieve your goal to build your executive team?

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2. How will this personality type help you achieve your goal to build your executive team?

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**Scenario:** You said that you would provide leadership and strengthening communication between members of the organization and the rest of the student body. You must develop a strategy to execute this goal.

1. Which personality type would easily carry out this task?

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2. Why did you select his personality type?

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3. What specific strategies would you come up with to achieve this goal?

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4. What if members of your executive team disagree with your strategy? What personality type would you use to deal with a disagreement

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### Be a leader in your community

**Directions:** Think about an issue in your community that makes you angry, concerned or an issue that you feel passionate about..

1. Below, what could you do to fix that issue? Be prepared to present your idea to the class.

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2. How would addressing this problem impact your community?

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3. Summary

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At the end of this activity, your class will vote on the top community involvement ideas. The top two ideas, that receive the most votes will become reality as your entire class will begin planning those community outreach events.

4. What are the first steps that your class must take in your community involvement project? Make a list of the actions steps that must be taken to create the change that you are seeking. Create timelines for each action step to be completed.

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5. How will you become a leader within this community outreach?

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