

UNDERSTANDING THE WORLD



WORLDVIEW:
THE WAY WE
VIEW THE
WORLD



EMPATHY:
THE ABILITY TO
UNDERSTAND
AND SHARE
THE FEELINGS
OF ANOTHER



**ON-LINE
ETIQUETTE**
MEANS GOING
BACK TO THE
GOLDEN RULE &
USING CAUTION



**WHEN YOU BEGIN
TO EMPATHIZE WITH
OTHERS, YOU WILL
EXPERIENCE A NEW
DEPTH TO YOUR
RELATIONSHIPS**

Ask Your Teen About:

- The What Do You See demonstration
- Life is a Chemical Reaction demonstration
- Bill Gates on mentors
- The Bystander Effect video
- The video of Humanity
- Respect on Social Media video
- Cell phone etiquette

Content:

- Asking open ended questions helps us to better understand others
- Reflective listening: Listening to understand rather than to judge
- The importance of mentorship
- Respect on-line

**"We make a living by what we get, but we make a life by what we give."
Winston Churchill**

**"Seek to understand before being understood"
~Stephen Covey**

**Homework:
Understanding Empathy**

Homework: Understanding Empathy

BECOMING SELF AWARE

Homework: KWL Chart



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Content

- Self-Aware: Understanding your own feelings and emotions
- Until we understand exactly what we are feeling and why we are feeling it, we will have no control over our emotions
- How we train our brain to cope with stress now is how our brain will automatically cope with stress in the future
- Healthy ways to relieve stress:
 - Deep breathing
 - Physical activity
 - Solitude
 - Talk to someone
- Signs it is time to seek professional help
- Consequences of holding our emotions inside
- How to help a friend who is struggling
- The difference between asking ourself positive and negative questions

Ask Your Student About

- The Emotions GIF
- Class Student Survey On Stress
- How Texting Affects Our Brains Video
- How Reflective Moments Can Increase Decision Making Video
- Tony Robbins and The Power Of Questions

TECHNOLOGY ETIQUETTE



CONTENT:

- A destructive behavior is still destructive, even if everyone else is doing it
- How to form deep, meaningful relationships
- Oversharing: providing more information than is necessary or healthy
- All digital activity is public and permanent
- Cyberbullying: The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature
- Empathy: The ability to understand and share in the feelings of another
- "Seek first to understand, then to be understood" ~ Stephen Covey

ASK YOUR STUDENT ABOUT:

- Technology Etiquette Quiz
- Simon Sinek on Technology Addiction
- Teen Voices: Oversharing and Your Digital Footprint
- The View on Social Media Posts That Hurt A Job Search
- Boston Area Principal Fights Back Against Cyberbullying
- Under The Surface: Empathy Film
- Empathy Practice

FINDING YOUR PASSION

Homework: Toot Your Horn

Content:

- Listening to the wrong voices can take us away from our desired futures
- Following our passion can lead us to the futures of our dreams
- Failure is an important step to achieving success
- Steps for creating new thought patterns inside our brains
- Building a positive self-esteem

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Ask Your Student About:

- The Dart Board Demo
- Finding Your Passion video
- Survey Results
- Susan Boyle's AGT Interview
- Famous Failures video
- Their self-esteem evaluation
- The Spray Bottle Demo
- The Pop Can Demo



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"If you want to find your destiny in life, just follow your curiosity." ~ Dan Miller



DISCIPLINE

Homework: My SMART Goal



Content:

- Setting achievable goals can propel you toward a successful future
- Goals should be:
 - **S**pecific
 - **M**easurable
 - **A**chievable
 - **R**elevant
 - **T**imely
- The importance of accountability
- I-Messages: a way to communicate your emotions without blame

Self-Discipline: Determining what needs to be done and doing it, even when you don't feel like it

Ask Your Student About:

- The Direction of Your Future demo
- Discipline video
- Their SMART goal
- How To Waste Your Life and Be Miserable video
- Talking to Your Parents video
- Role playing healthy communication



RESPONSIBILITY

Homework: Respected Adult Interview

CONTENT:

- Our actions affect others
- We need to consider how our decisions may affect others before we make our choices
- Responsibilities of the mother and father when facing an unplanned pregnancy
- The importance of boundaries in relationships

ASK YOUR STUDENT ABOUT:

- The Domino Effect video
- The Kindness Boomerang video
- The Diaper Bag Demo
- Teen Pregnancy video
- The role of a pregnancy counselor



RELATIONSHIPS

Homework: Follow Your Curiosity

Content:

- Social anxiety can cause teens to do things they may later regret
- The signs of relationship abuse
- Sexual abuse - No one has the right to touch you in the underwear zone without your permission and understanding of the situation
- Steps to take if you have been the victim of abuse
- Counseling resources
- How to have a successful disagreement
- The importance of forgiveness



Ask Your Student About:

- Pressure Pull Demo
- Teenage Brain video
- Healthy Relationships Quiz
- Teen Dating Violence video
- School statistics revolving around relationship abuse
- The Importance of Forgiveness video
- Forgiveness video - The Shack
- Maze Runner Obstacle Course

When you resolve conflict respectfully, you are developing a healthy, mature relationship

By refusing to forgive others we become entangled in the bondage of bitterness

LIVE OUTSIDE YOURSELF

Homework: My Life Mission

Content:

- One of our basic human needs is to be fully known and fully loved
- The power of a genuine compliment
- Beginning with the end in mind
- What happens to our bodies and self-confidence when we are truly heard
- The importance of writing and reviewing your life mission statement

Ask Your Student About:

- I Think We All Need a Pep Talk - Kid President
- Take a Seat, Make a Friend
- Get to Know Your Neighbor Dice Game
- Street Compliments
- Make an Impact



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