

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

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

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

**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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