

REACHING NEW HEIGHTS

Advisor's Guide to personal growth and leadership development

Lesson Number: **RNH.I.I**

Personal Responsibility

Purpose:

The purpose of this lesson is to introduce students to the subject of personal responsibility and the role it plays in peer pressure and teen issues.

Quick Reference:

Time Required:

50 minutes

Objectives:

After completing this lesson, students should be able to:

1. Describe personal responsibility and what happens in its absence.
2. Describe peer pressure and how to turn it from a negative to a positive.
3. Discuss the impact of critical thinking and making positive and effective decision making on personal responsibility.

Materials:

- ✓ The day before this lesson will be taught, assign each student items to bring so that each may make a banana split. (Ex. bowls, spoons, napkins, ice cream, bananas, various toppings.)
- ✓ Writing surface
- ✓ RNH.I.I.AS.A – one per student

Directions:

The day before this lesson is taught, assign students individual items that will be used to make banana splits for each student. The first step in becoming a leader is to become responsible for your own actions. Leadership begins inside a person. Leaders must know who they are and where they are going before they can effectively assist others.

1. Outline a situation where personal responsibility comes into question. Giving students a situation with which they are familiar can be very powerful. Use a situation you have developed or use either of the following scenarios to discuss personal responsibility.
 - a. Samantha and Nancy are best friends. Samantha has secretly admired Joe since he transferred into their school last fall. In fact, truth be known, she's crazy about him. However, Joe and Nancy have been dating for a couple of months and seem to truly enjoy each other's friendship. One day when Nancy is out of town with her parents, Joe asks Samantha out on a date. What should she do? Why? What does this situation tell us about Joe?
 - b. The FFA chapter is selling fruit to raise money for its upcoming activities. Christie sells Mrs. Dicamillo a box of apples for \$12. Mrs. Dicamillo gives Christie a \$20 bill and tells Christie that she wants to donate the additional \$8 to the chapter. Christie's best friend's birthday party is the next afternoon. Christie knows that what her friend really wants costs \$5 more than she has. She is tempted to spend part of Mrs. Dicamillo's donation





on her friend's birthday present knowing that she'll receive enough money from her paycheck next week to reimburse the FFA. What should Christie do? Why?

2. Explain to the students that people find themselves in challenging situations on a regular basis. The choices you make when you're in these types of situations determine your level of personal responsibility. For leaders to be effective, they must develop a high level of personal responsibility. The group that they lead must be able to respect the way their leaders conduct themselves.
3. Ask students for examples in their lives of tough choices they had to make and whether or not they made the right choices.
4. Refer to the assignment from the previous day and indicate that if everyone has fulfilled their responsibilities, the class will have all the ingredients necessary to enjoy a banana split.
 - a. As you read off your list, have each student bring their items to the front. If someone has forgotten to bring their assigned item or is absent, make a note of it, but don't dwell on it.
5. When all items have been assembled have students come to the front and build their banana splits, then return to their seats.
6. Thank students for being responsible for bringing their items.
7. Ask students for examples where people they know haven't acted responsibly and what were the consequences.
8. As we have evaluated personal responsibility let's turn our attention to peer pressure and how it affects personal responsibility.
 - a. We all experience peer pressure, but teens seem to be particularly susceptible to it because of the high value they place on being accepted by others.
9. Ask students to define peer pressure and to decide if it is negative or positive or both. Have students provide examples for each that they face on a regular basis.
 - a. Possible issues that students face are: alcohol/drugs/tobacco, sex, cheating, achievement, career choices, educational choices, etc.
10. Indicate that a sign of maturity is making choices while considering, understanding, and accepting all possible outcomes—both positive and negative—for a lifetime. By planning ahead and setting boundaries, and by knowing their values and setting goals, they can find the strength, courage, and character to make and live out tough choices.
11. Distribute RNH.1.1.AS.A to each student to complete.



Connection Questions:

1. How does the absence of personal responsibility in making decisions affect you and those around you?
2. How does peer pressure impact individual decisions positively or negatively?
3. Explain the decision-making process and how an individual can use it to make the best choice.

LifeKnowledge Connections

Precept(s) Addressed:

Action

A8. Evaluate and reflect on actions taken and make appropriate modifications.

Character

D1. Live with integrity.

D3. Accept responsibility for personal actions.

LK Lesson Suggestion:



HS.13 – Understanding Responsibility and Accountability

MS.8 – Defining Responsibility



Name: _____

Date: _____

Personal Responsibility

1. List five people who you know and admire for having developed a high level of personal responsibility.

- _____
- _____
- _____
- _____
- _____

2. List three instances where you know you failed to be responsible and let others down in the process.

- _____
- _____
- _____

3. What is peer pressure?



Personal Responsibility

4. List the five most important issues, in your opinion, that today's teens face.

- _____
- _____
- _____
- _____
- _____

5. Have you decided what decisions you will make on each of the above issues? If so, are those decisions based on your long-term goals and values? If you haven't thought through these items before, consider taking time to do so now.