**Character for Teens Module**

(Note: All speaking parts are italicized)

At the end of this lesson, students should be able to define the term “character”, be better equipped to communicate effectively, be able to identify their strengths and weakness, be able to recognize and conquer their fears, and recognize the value of expanding their vocabulary by learning a new word each month.



**Classroom Activity**

**Slide 1: Introduction**

**Instructor:** *Before we begin, we will take a pre-test on the topic Character for Teens and complete a warm-up activity to prepare us for our lesson.*

* Divide students into collaborative learning groups of 2 to 3 for the entire lesson.
* Distribute and administer **Pre-Test: Character for Teens**
* Distribute **Handout 1: Character Search** as a **Warm-Up Activity**

**Slides 2 & 3**

**Instructor:** *Our topic for today is Character. At the end of this lesson, students should be able to:*  (Review Objectives slides)

**Slide 4**

* Read slide: Mandela quote



1. **Classroom Activity**

**Instructor:** *What do you think this statement means? Oftentimes, it's through our fears that we learn the greatest lessons. To be strong takes a lot of courage, doesn't it? Does anyone have any examples of when they were afraid of one of their “strengths?”*

1.  **Pause video / Allow 2-3 minutes discussion**
2.  **Resume Video or go to next slide**

**Slide 5**

* Read slide: Getting to Know You
* Distribute **Handout 2: Who Are You?**

**Instructor:** *Let’s take a look at the worksheet entitled “Who Are You?” Let’s look at how well you know yourself? Fill in the items on the worksheet. Once you have completed these items, draw a colorful picture that represents who you are as an individual. It can be words, actions, or a picture that best represents you*.

 **Pause Video** / **Allow 5 minutes to complete “Who Are You?” Handout**



**Classroom Activity**

* Display the **Who Are You? (handout)** slide, if needed

1.  **Resume Video or go to next slide**

**Slide 6**

* Read slide: What is Character?
* Distribute **Handout 3: Making A Positive Difference!**

**Instructor:** *Before we can talk about character, we must first understand the definition of character. What is character? Take two-three minutes to discuss this topic with your neighbor. Write down your group’s definition of character.*

 **Pause Video** / **Allow 5 minutes to complete “Making A Positive Difference!” worksheet.**



**Classroom Activity**

* Display the **Making A Positive Difference! (handout)** slide, if needed
* **Group Discussion:** Instruct students to discuss their definitions for character. Allow 2-3 minutes for groups to share their thoughts with the class.
* **Group Discussion:** Give students a minute to discuss “who in their life makes a positive difference in how they live.”

1.  **Resume Video or go to next slide**

**Slides 7 & 8**

* Review slides: Why is Character Important for Healthcare Professionals? and Characteristics of a Healthcare Professional.

**Instructor:** *How important are these qualities listed on these slides:*

* 1. *1. If you were a Manager at a hospital, would you demand that your employees demonstrate these qualities?*
  2. *2. If you were a patient at that same hospital, how important would it be for your nurses and doctors to exhibit these qualities?*
* **Pause video / allow time to answer each of the following questions as they are read.**
  1.  **Resume Video or go to next slide after discussion**

**Slide 9**

* Review slide: Character Counts!

**Instructor:**  *Truly, no one is perfect. I'm sure you all are aware of Michael Jordan. Well, Michael Jordan was cut from his basketball team, the very first time he went to tryouts. But because he wasn't discouraged and never gave up, he is now one of the greatest basketball players ever to play the game. He remained strong, and didn't let his character weaken.   
  
Do you know of anyone who had to remain tough when things were not going as planned?*

* 1.  ***Pause Video or allow time for students to answer the questions***

**Slide 10**

* Review slide: Does Character Include Fear?

**Instructor:** *Fear can motivate us to not do some things that we really should try to do. If Barack Obama was afraid to run for President of the United States, then we may not have had our first President of African-American descent.*

**Slide 11**

* Review slide: Face Your Fears Inventory
* Distribute **Handout 4: Face You Fears**
* **Instructor**: *Now think about your BIGGEST FEAR*
  1.  **Pause Video**



1. **Classroom Activity**

* Display the **Face Your Fears handout** slide, if desired.
* Allow students 5 minutes to complete the **Face Your Fears** handout.
* Allow for 3 minutes of discussion within their groups or call on individuals.

 **Resume Video or go to next slide**

**Slide 12**

* Review the slide: What have we learned?

**Slide 13**

* Review the slide: Relationships

**Instructor:** *There is an old saying that says – “****BIRDS OF A FEATHER FLOCK TOGETHER.”*** *Simply stated, it means that people that hang out together are alike in some sort of way. Now think about your friends. How many are good influences on you? How many of your friends do your parents like? Have your parents ever asked you not to hang out with anyone in particular?*

* 1.  **Pause Video: Allow 2-3 minutes of discussion**
  2.  **Resume Video or go to next slide**

**Instructor**: *Whether you realize it or not, your friends are constantly "rubbing off" on you. You have to decide to have positive influences around you. If you don't, you will be headed down the wrong path.*

**Slide 14**

* Review the slide: Roosevelt Quote
* Distribute **Handout 5: Mirror Image**

**Instructor**: *This is important to understand. Too often, we look outside of ourselves for great friends. Sometimes, all we have to do is look in the mirror.*

*(Go to next slide and worksheet will be shown)*



**Classroom Activity**

**Slide 15: Mirror Image**

* Allow 5-6 minutes to complete the handout
  1.  **Resume Video or go to next slide**

**Slide 16**

* Review slide: Self Portrait Assessment

**Instructor**: *Obviously, there are going to be differences between the way we see ourselves, and the way others see us. It is important for us to REALISTICALLY look at ourselves, even when it is not easy.*

**Slide 17**

* Review the slide: Character Moment
* **Stop Video**
* Ask for questions or comments on the lesson
* Distribute **Post-Test**