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HOW TO BE A RESPONSIBLE PERSON (AND FEEL GREAT!) If you agree to it, do it. If you disappoint people, they'll stop trusting you. If you keep your commitments, people take you seriously. Answer for your own actions. Don't apologize and blame others for what you're doing. When you take responsibility for your actions, you say: I am the one in charge of my life. Take care of your own business. Don't rely on adults to remind you when to be somewhere or what should bring. You take responsibility. Be trustworthy. If anyone trusts you to borrow or take care of something, take care of it. If someone tells you something confidential, keep it to yourself. It's important that people know they can count on you. Always use your head. Think things through and use good judgment. When you use your head, you make better decisions. It shows your parents that they can trust you. Don't take it away. When you're busy, do it. Doing things on time will help you take control of your life and shows that you can manage your own affairs. (If you would like to copy or use any material from this website, please click here for terms of use.) DISCUSSION QUESTIONS Dear teacher or discussion leader: When discussing responsibility with your children, we recommend that you try to distract the conversation from the problem of household chores. While housework may be important (for parents, anyway), they are rather trivial compared to higher ranking aspects of responsibility that have to do with character and integrity. We ask you to frame the conversation in this broader light. If you're using a video, ask the first three questions before viewing. 1. What does it mean when someone is described as a responsible person? 2. What are some obligations of children your age? 3. Are there any reasons why you might want to be held responsible? 4. Why did Rhonda beg her friends to let her work on a science project? 5. Why did Rhonda's friends hesitate and give her important responsibility? 6. Rhonda's friends took a risk believing her. Would you do the same? Why or why not? This material is from the tutorial guide for video Be responsible in the 10-part DVD series you can choose from! 7. Why do you think Rhonda decided to stay home and do her job instead of going to Disneyland? 8. How would the game end if Rhonda decided to go to Disneyland? 9. What are the rewards for being the responsible person? 10. How can being responsible or irresponsible affect a person's self-esteem? 11. Did the kids in the discussion section of the program say something you strongly agree with or disagree with? 12. What have you learned from this video program? (If you would like to copy or use any material from this website, please click here for terms of use.) To find a tutorial on accountability and related topics for this and the next level of the degree click here. STUDENT ACTIVITIES 1. Write six responsible behaviors (see How to be a responsible person at the top of this column) on the board or make copies and make them. Invite the children to come up with a few examples for each behavior. Then, for every example, they have them brainstorming ways to treat irresponsible people. A list of the best ideas on the board. 2. Take examples of the activity #1 above, and turn them into role-playing situations using two children at once. First, let role-play irresponsible behavior, and then, responsible They have a group critique of every role-playing. 3. Design a Poster Be Responsible illustrating six responsible behaviors. Put it on the wall in class. 4. Discuss responsibility in the classroom. What are the duties of children and what are the duties of a teacher? Create a table of these duties on the board. What are the consequences of irresponsibility? What are the benefits of responsibility? (If you would like to copy or use any material from this website, please click here for terms of use.) More tutorial guides in this series: This material is from the tutorial guide for video Be Responsible in the 10-part DVD series you can choose from! WRITING TASKS 1. How responsible are you? For each of the six responsible behaviors listed at the top of this column, rate yourself on a scale of one to five (1 = terrible and 5 = amazing). For each of these behaviors, give an example of how you are either responsible or irresponsible and what you could do to improve. 2. Write about the time you did something really responsible. Describe it. What was the result? What's on your light? Describe how you did something really irresponsible. What was the result? What's on your light? 3. This task will encourage young people to play a responsible role in society. Everyone in the class will write a letter to the president or your senator or congressman about the environmental issue currently in the news. Let the kids know that you will put all your letters in a large envelope and send it. Then do it. Share any answer with the children. 4. Write about the kinds of responsibilities you feel for (or): a) yourself b) your family c) your friends d) your community e) the whole country f) all people around the world g) our planet and our environment 5. Write about the differences between adult responsibilities and children's responsibilities. What does responsibility have to do with growing up? What duties are you looking forward to? (If you would like to copy or use any material from this website, please click here for terms of use.) HOME ASSIGNMENTS To get parents involved, make copies of the Parent Block (see below) and send them home with your children. Tell your children to discuss the video with their parents and to do the following. 1. Discuss family responsibilities. What are your duties (excluding household chores) and what are your parents' duties? Make a graph of these duties and put it on the bedroom wall (or maybe the refrigerator door). What happens if you're irresponsible? What if your parents are irresponsible? What are the rewards for being responsible? 2. Ask a parent or other adult in your family to tell you about some of the things you do (except household chores) that prove responsibility. What does it mean to them when you show that are they responsible? In what ways would they want you to take more responsibility? 3. Talk to your family about what things you can do together to take responsibility for the environment (recycling, consuming less water and energy, buying non-polluting products, etc.). Make a plan and do it. A report on the plan in the classroom. Keep daily records of all your duties for one week. They include social commitments, homework, chores, everything. At the end of the week give yourself a grade on how well you do in performing your duties. Note to a teacher or group leader: It might be a good idea to think of a way for children to share the results of these activities. Perhaps they could present written or oral reports or discuss their experiences in small groups. (If you would like to copy or use any material from this website, please click here for terms of use.) (Copy this block and send it home to your parents.) FOR PARENTS Dear parent, your child is involved in educational activities designed to develop good character and allow young people to make good choices for themselves. He or she may be asked to complete several tasks at home. Your cooperation with these activities will support our overall programme. The current lesson is about responsibility. We showed a video called Be Responsible, which presents parodies and discussions about personal benefits to make responsible choices. Please ask your child to tell you about this video program and what they have learned from it. Here are some things you can do to promote the idea that being a responsible person makes us feel good about ourselves and makes other people respect and appreciate us. • Talk to your kids about responsibility. Tell them that the responsibility is not just to do household chores, it's to follow through on commitments, answer your own actions, be reliable and trustworthy, use good judgment, take care of your own affairs and not put off. Let them know that this is a sign that they are growing up and can be trusted with greater freedom. • Catch your children make responsible choices or behave in a responsible manner. Tell them how much this means to you. • Try not to forget past failures on being responsible. This material is from the tutorial guide for video Be responsible in the 10-part DVD series you can choose from! Choose!

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