

IDENTITY

If you don't know your identity, you will allow others to define you!

Who Are You?



Lesson Summary

Teacher: 30 Minutes

This lesson addresses the power of knowing who you are and what you stand for.

Define it:

Identity is being oneself and not just like another person. It is the character of who a person or thing is—the qualities and beliefs that distinguish that person or thing from another. You are not like anyone else. Your identity is unique to you and you alone. Your identity is based on your thoughts, ideas, dreams, talents, abilities, and personal goals. Your group identity has to do with the identity you develop due to your family, culture, school classes, and school teams.

Let's Look At An Example.

You are at a new school, and you are excited about meeting other kids in your class, so you don't feel alone. You decide to join the track team, and one day while you are changing in the locker room, you hear some kids bullying another kid. When you look around the corner to see what's going on, they laugh as they're hitting the kid, and invite you to take a swing. What do you do?

Let's Talk About It.

People are like glasses. When we start off as little kids, we are empty...just waiting to be filled. Everything that happens in our lives becomes a part of the contents of that glass that is us. Sometimes the content of our glass is good and sometimes it can be bad. The things that we allow to enter into our hearts and minds is what will define us and determine our identity and who we choose to be a part of our lives.



Let's look and discuss:

When you know who you are and what is important to you, outside situations, circumstances, and even people will not have the power to change you. When you don't know who you are, whether the breakdown was caused by hurt, pain, or something else, the result will be a weakness in your ability to stand strong in your self-identity.

- Why is it critical to your mental and emotional health that you know who you are and what you believe in?

- Do you know of any people in your life or celebrities who fell victim to not knowing their identity or being unable to stand up for their beliefs? (Amy Winehouse, Heath Ledger)

Sometimes things that have happened in the past have a way of keeping us from moving into the future because we are afraid that we will fail. Failure becomes a part of our identity. But in reality, failure is a part of success. If we don't fail, we will never know the roadmap to success. We cannot allow fear to define us, but we can take the time to learn about who we are.



Failure is a part of success. If we don't fail, we will never know the roadmap to success. We cannot allow fear to define us, but we can take the time to learn about who we are.



Identity – Matthew McConaughey – 10-15 Minutes



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you will allow others to define you!**



**What's Filling Your Glass (TV, media, friends, music
Fill up this glass with everything you know makes you who
you are. Are you filled with the right stuff?**



What makes you who you are? (thoughts, ideas, dreams)

Why is it important to know what you stand for?

After you complete this assignment, take it home to remind yourself