



Personal Responsibility

Model a Role Model

Pre-Teaching/ Guiding Language:

Have you ever watched a television show or interview with a celebrity and noticed that you were hanging over every word that they said wishing you could be them? If you are part of a school community, sports team, or even have younger family members, chances are you have someone looking up to you in a similar way. Therefore, it is important for us to be aware of the way we are acting and model ways to be the best version of ourselves. A role model is someone who we look up to - we might know them, we might not - but we watch how they act and aspire to attain some of their qualities. When we see our role models act in ways that may not be best, it can sometimes be hard for us to sort out our conflicting feelings, therefore making it difficult to make appropriate choices.

Here are some tips on how you can be the best role model for others:

1. **Be a problem solver.** It's easy to find problems and complain about them, but it's more important to find a problem and bring a solution.
2. **Be Respectful.** You don't have to be best friends with everyone, or even agree with everyone, but showing respect to all is a MUST. You can show respect by being on time for things, using kind words, and being inclusive with your actions.
3. **Follow through.** Do what you say you are going to do and show up when you are needed. Don't make empty promises or commit to things you cannot do.

This strategy reinforces the skills taught in the student-directed strategy *How to be a Role Model.*

Key Takeaways:

- Students will understand the importance of having appropriate role models.
- Students will understand the characteristics of good role models.
- Students will be able to model the effective characteristics of good role models.

Duration + Materials:

- 25 minutes

Key Vocabulary:

- **Role Model-** A person looked to by others as an example to be imitated.
- **Respectful-** Feeling or showing respect.
- **Qualities-** The standard of something as measured against other things of a similar kind; the degree of excellence of something.



Activity:

1. Teachers will use the pre-teaching language to introduce the qualities of positive role models to students.
2. Teachers will use the discussion questions to brainstorm additional positive role models and their qualities with students.
3. Teachers will ask for volunteers to model their role models and the class can guess what positive qualities they are modeling. Allow students to have fun acting out their role models. Remind them to be respectful, but this should be a fun activity!

Discussion Questions:

1. What qualities do you think are important for a role model to have?
2. Who do you think is a good role model? Why?
3. What qualities would you not want your role model to have?
4. What qualities about yourself do you think make you a good role model?
5. Who in our school community do you think is a good role model?

Reinforcement Activities:

1. Give students opportunities to be role models. Let them teach a skill to the class or provide help for other students.
2. Provide positive reinforcement for students who are modeling positive role model attributes.