

Discovering Myself

Let's look no further complete the following chart

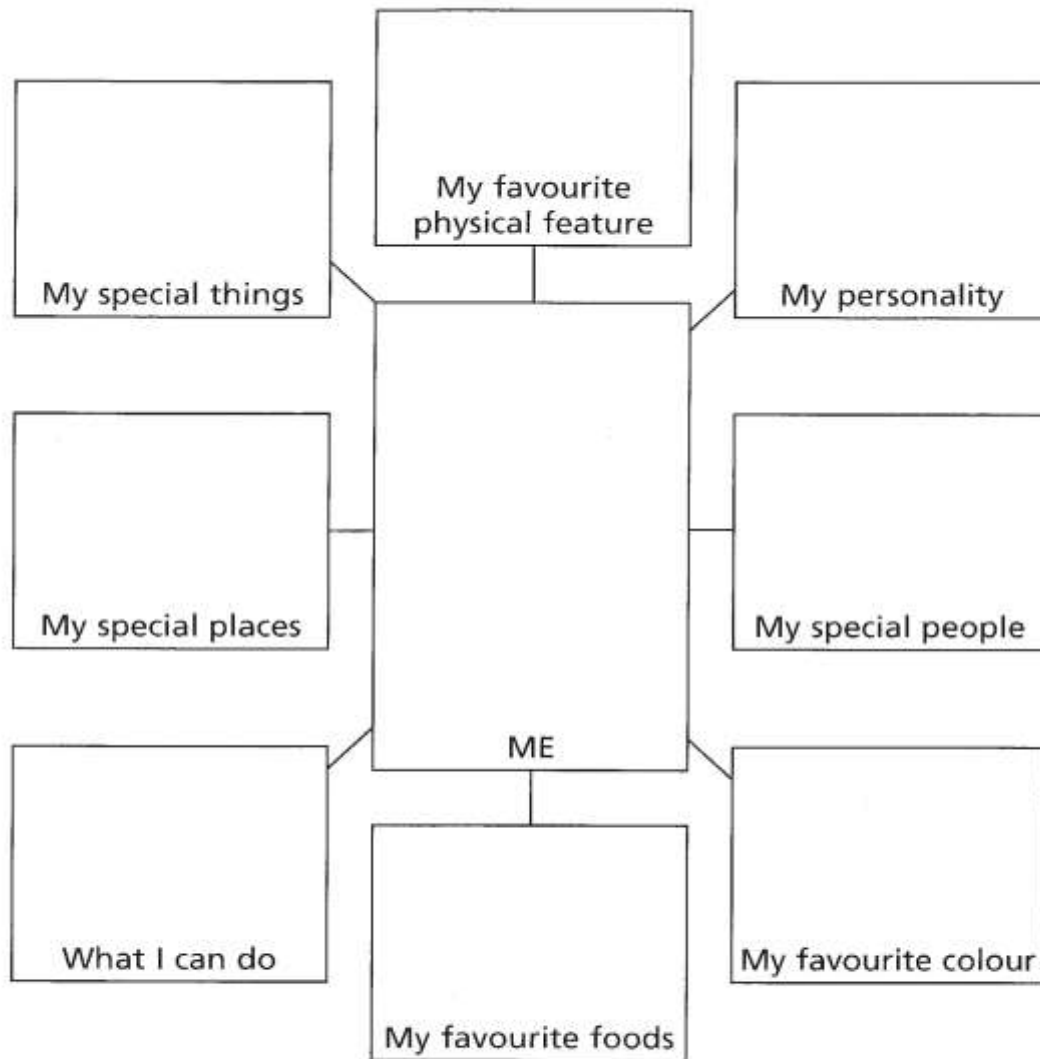
	Always	Sometimes	Never
I am a warm, caring person			
I am sensitive to other peoples needs			
I am honest with myself			
I am a good family member			
I am a good friend			
I am fun to be with			
I help other people			
I use my talents wisely			
I am a 'dreamer'			
I am a 'do-er'			
I am a calm person			
I am a worrier			
I do what I know is right			

Choose **3** things you have discovered about yourself
and list them below:

- 1 _____
- 2 _____
- 3 _____

**Is this how other
people see you?**

My Personal Map



Something I have discovered about myself which makes me feel good is:

Which of these *really* matter? Discuss.

Dealing with Your Emotions

DISCUSS:

1. Do your parents embarrass you?
2. Is it important to wear branded trainers?
3. Does it matter where you buy your clothes from?
4. What does it feel like when your friends make fun of you?
5. How do you feel when you don't achieve in front of your friends e.g.: missing a penalty, not doing well in an assessment?

Peer Pressure Scenario 1

You are playing with a group of your mates at the local park. Your parents know you are there and expect you home at 7pm. It is nearly 7pm and some older people come along. They are the cousins of one of your mates and are in 6th year at the high school. They ask you to go to their house to play the latest games console. You know your parents will be expecting you home.

Peer Pressure Scenario 2

You walk into the toilets at break and see one of your friends beating someone up. They see you and tell you that you have to punch the person too. You don't want to but they have said if you don't they will tell the teachers it was you who did it.

Peer Pressure Scenario 3

You have noticed that two of your friends have recently had a tattoo done. Your parents have forbidden you from getting one. Your best friend has told you that if you don't get it done it will mean that you are not loyal to them and they won't speak to you anymore.

Visualisation Activity 1

Just imagine...

...you arrive at the school Halloween disco in your Halloween costume. Your mum spent a long time designing your costume and you think you may be in with a chance of winning the prize...
None of your friends have dressed up in costume and are all wearing great outfits. Nobody told you.
How do you feel?

Visualisation Activity 2

Just imagine...

Over the weekend you agreed to let your big sister /cousin practise their hairdressing skills and dye your hair. It has gone horribly wrong and you really don't like the colour.
How do you feel about school on Monday?

Visualisation Activity 3

Just imagine...

...it is lunchtime and you are hungry. You are really looking forward to your lunch. However, when you open up your packed lunchbox you see that your Dad has included a **supermarket's own brand** of crisps. Yesterday pupils had made fun of another pupil who didn't have a known brand. What will you do?

Peer Pressure Scenario 4

One of your best friends wants you to exclude someone you get on with. They have told you that if you don't do what they say, they will stop talking to you.

Peer Pressure Scenario 5

You are asked by a group of your friends to have a cigarette with them. You don't smoke. They have told you that nobody will find out.

Peer Pressure Scenario 6

You are walking to the dinner hall when a third year pupil hands you a mobile phone. They tell you to put it in your bag as they don't want to get caught with it. You say you don't want anything to do with it but they have told you that you have no choice. You are not sure of what they will do.