What You'll Learn

1. Discuss ways parents and guardians teach family values.

2. Identify traits and behaviors associated with having good character.

3. List and discuss ways to develop, maintain, or improve self-respect.

4. Describe responsible actions that promote positive self-esteem.

5. List ways a positive social-emotional environment improves health status.

6. List and discuss strategies to improve the social-emotional environment.

Click the mouse button or press the space bar to display information.

Health Online

? MENU LESSON RESOURCES

LESSON **8**

Key Terms

- self-respect
- value
- good character
- self-control
- delayed gratification
- self-esteem
- positive self-esteem
- social-emotional environment
- social-emotional booster
- social-emotional pollutant

LESSON 8

Good Character

- The traits that describe you are a key to what you value.

- Your values are the building blocks for character.

Click the mouse button or press the space bar to display information.

Health Online

? MENU LESSON RESOURCES

What to Know About Good Character

- **Values**

  - A **value** is a standard or belief.

  - Adults teach a value system to children by setting an example for children to copy.

  - Values also are taught by setting standards for children's behavior.

Click the mouse button or press the space bar to display information.

Health online

? MENU LESSON RESOURCES

What to Know About Good Character

- **Character**

  - **Self-control** is the degree to which a person regulates his or her own behavior.

  - A person has **good character** when they use self-control to act on responsible values.

  - **Delayed gratification** is voluntarily postponing an immediate reward in order to complete a task before enjoying a reward.

What to Know About Good Character

Values That are the Building Blocks for Good Character

- **Compassion** You demonstrate compassion when you are sensitive to the needs, wants, and emotions of others, and you are forgiving.

- **Good citizenship** You demonstrate good citizenship by obeying laws and rules, showing respect for authority, and protecting the environment.

- **Fairness** You are fair when you abide by the rules and are a good sport, and do not take advantage of others.

- **Respect** You show respect when you treat others as you want to be treated and refrain from violence.
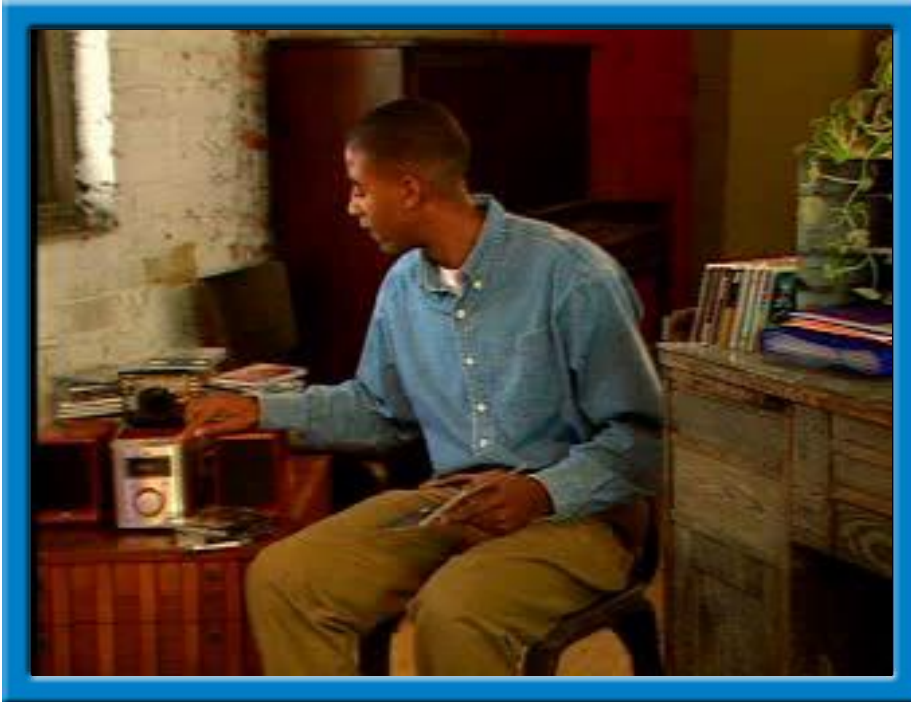
Click the mouse button or press the space bar to display information.

Health Online   ?   MENU   LESSON RESOURCES

What to Know About Good Character

Values That are the Building Blocks for Good Character

- **Responsibility** You show responsibility when you do what you promise and are accountable for your decisions.

- **Trustworthiness** You are trustworthy when you are dependable, loyal, and honest.

- **Honesty** You are honest when you refuse to lie, steal, or mislead anyone.

Click the mouse button or press the space bar to display information.

Health Online

? MENU LESSON RESOURCES

What to Know About Good Character

How can you demonstrate good character in your daily life?

play

Self-Respect

- **Self-respect** is having a high regard for oneself.

- People have self-respect because they behave in responsible ways.

- To help you develop and maintain self-respect, there are three steps to follow.

Click the mouse button or press the space bar to display information.

Health Online

? MENU LESSON RESOURCES

How to Develop Self-Respect

1. **Make a character check.**

- Good character is your use of self-control to act on responsible values.

- If you behave in ways that contradict responsible values, you do not have good character.

- Throughout your life, you can change your thoughts and actions to help you have good character.

Click the mouse button or press the space bar to display information.

Health Online   ?   MENU   LESSON RESOURCES

How to Develop Self-Respect

2. **Control the belief statements that motivate you.**

   – You may have good character and act in ways that reflect responsible values, but still lack self-respect.

   – The key to self-respect is controlling the belief statements that play in your mind.

   – Adults can help you change negative belief statements into positive belief statements.

How to Develop Self-Respect
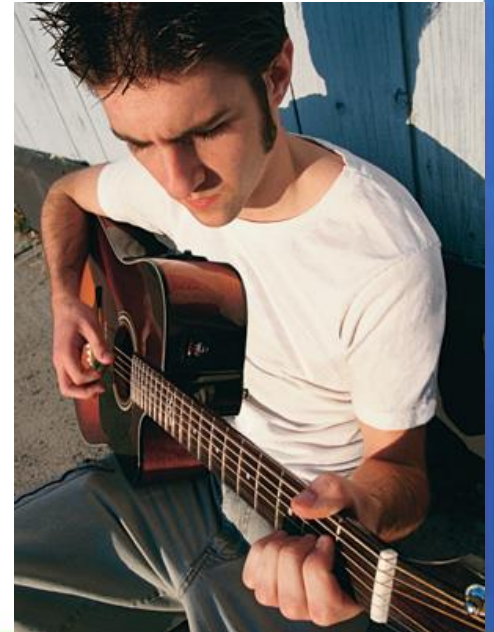
3. Choose actions that promote self-respect.

– If you say you have self-respect, you must treat yourself in ways that show you respect yourself.

– Other people will notice your behavior and will have respect for you.

Click the mouse button or press the space bar to display information.

Health Online

? MENU LESSON RESOURCES

Actions that Promote Self-Respect

- **Pay attention to your appearance.**

  – Being well-groomed is one of the first indicators of self-respect.

- **Make a list of your responsible actions and review the list often.**

  – Knowing that your actions are responsible helps keep you from getting down on yourself.

Click the mouse button or press the space bar to display information.

Health Online   ?   MENU   LESSON RESOURCES

Actions that Promote Self-Respect

- **Be a friend to yourself by enjoying activities by yourself.**

  – Being by yourself allows you quiet time to get in touch with your thoughts and feelings.

- **Write your feelings in a journal.**

  – Writing about feelings is a good way to examine what is happening in your life.

  – Review what you have written to gain self-knowledge.

Click the mouse button or press the space bar to display information.

Health Online

? MENU LESSON RESOURCES

Actions that Promote Self-Respect

- **Make spending time with members of your family or a mentor a priority.**

  – A loving, supportive family believes in you, thinks you are special, encourages you, and helps you have a positive attitude about yourself.

- **Care for other people the way you would like them to care for you.**

Click the mouse button or press the space bar to display information.

Health Online

?   **MENU**   **LESSON RESOURCES**

Actions that Promote Self-Respect

- **Let other people know what helps you feel special.**

  – Do not take for granted that others know how you feel.

- **Support the interests of family members and friends and ask them to support your interests.**

  – Attend activities that your friends and family members value, and ask them to attend activities that you value.

Click the mouse button or press the space bar to display information.

Health Online   ?   MENU   LESSON RESOURCES

Actions that Promote Self-Respect

- **Ask family members and friends which of your actions show that you have character.**

  – Listen carefully to their feedback and thank them for recognizing your effort to use self-control to act in a responsible manner.

- **Get plenty of exercise to generate feelings of well-being.**

  – Regular exercise creates a feeling of well-being by improving your health, fitness level, and flexibility.

Click the mouse button or press the space bar to display information.

Health Online   ?   MENU   LESSON RESOURCES

Self-Esteem

- **Self-esteem** is a person's belief about his or her worth.

- **Positive self-esteem** is a person's belief that he or she is worthy and deserves respect.

- A person's belief that he or she is not worthy and does not deserve respect is **negative self-esteem**.

Click the mouse button or press the space bar to display information.

Health Online   **?**   **MENU**   **LESSON RESOURCES**

Actions that Promote Positive Self-Esteem

- **Practice life skills.**

  – When you take responsibility for your health, you enhance your self-worth.

- **Work on health goals.**

  – You have a sense of accomplishment when you achieve and maintain health goals.

- **Demonstrate resiliency in difficult times.**

  – Resiliency is the ability to bounce back and learn from difficult situations.

Click the mouse button or press the space bar to display information.

Health Online

? MENU LESSON RESOURCES

Actions that Promote Positive Self-Esteem

- **Take calculated risks.**

  – Calculated risks are ones that can benefit you but present no health or safety danger.

- **Make responsible decisions.**

  – Do not go along with wrong decisions to feel accepted.

Actions that Promote Positive Self-Esteem

- **Expect others to treat you with respect.**

  – When other people notice your responsible behavior and your self-respect, they should treat you with the respect you deserve.

- **Evaluate media messages that might harm your self-image.**

  – Remember that some celebrities act in unhealthy ways to achieve their appearances.

Click the mouse button or press the space bar to display information.

Health Online   ?   MENU   LESSON RESOURCES

play

The Social-Emotional Environment

- A **social-emotional environment** is the quality of contacts a person has with the people with whom he or she interacts.

Click the mouse button or press the
space bar to display information.

Health Online   **?**   MENU   LESSON RESOURCES

How the Social-Emotional Environment Affects Health Status

- **Positive social-emotional environment**

  – A positive social-emotional environment exists when you receive plenty of social-emotional boosters.

  – A **social-emotional booster** is an interpersonal contact that helps a person feel encouragement and support, choose responsible behavior, and recognize options.

Click the mouse button or press the space bar to display information.

Health Online

?   **MENU**   **LESSON RESOURCES**

How the Social-Emotional Environment Affects Health Status

- **Negative social-emotional environment**

  – A negative social-emotional environment exists when you experience too many social-emotional pollutants.

  – A **social-emotional pollutant** is an interpersonal contact that closes options or might cause a person to feel discouraged and alone or to choose wrong behavior.

Click the mouse button or press the space bar to display information.

Health Online   ?   MENU   LESSON RESOURCES

How the Social-Emotional Environment Affects Health Status

Ways a Positive Social-Emotional Environment Improves Health Status

- improves self-respect

- provides support for responsible behavior

- allows you to correct mistakes, forgive yourself, and move on

- helps you to be resilient

- helps you to be optimistic

- helps to prevent and relieve stress and depression

- helps prevent feelings of loneliness and alienation

- reduces the risk of psychosomatic diseases

Click the mouse button or press the space bar to display information.

Health Online   ?   MENU   LESSON RESOURCES

Positive Interactions

- Strategies to improve the social-emotional environment focus on improving your interactions with others.

How to Improve the Social-Emotional Environment

- **Minimize or avoid contact with people who put you down.**

  – Minimize or avoid contact with persons who treat you with disrespect.

- **Use positive self-statements if you are with a person or group of persons who are negative.**

  – If you cannot avoid negative people, say positive self-statements to yourself to avoid listening to their negative words.

Click the mouse button or press the space bar to display information.

Health Online

? MENU LESSON RESOURCES

How to Improve the Social-Emotional Environment

- **Spend time with a mentor.**

  – Find a mentor with whom you can get the social-emotional boosters you need.

- **Join a support group.**

  – Within a support group, you can practice expressing your needs, wants, and emotions in a safe setting.

Click the mouse button or press the space bar to display information.

Health Online

? MENU LESSON RESOURCES

How to Improve the Social-Emotional Environment

- **Expand the network of people with whom you communicate needs, wants, and emotions.**

  – If you are not getting enough social-emotional boosters, consider finding new friendships that provide them.

How to Improve the Social-Emotional Environment

- **Give others social-emotional boosters.**

  – Contribute to the quality of the social-emotional environment by supporting and encouraging peers, friends, and family members.

LESSON 8

Study Guide

1. Match the following terms and definitions.

C   **self-control**

B   **self-esteem**

D   **self-respect**

A   **value**

A. a standard or belief, such as compassion, good citizenship, and respect

B. a person's belief about his or her worth

C. the degree to which a person regulates his or her own behavior

D. a high regard for oneself

ANSWER

?   MENU   LESSON RESOURCES

LESSON 8

Study Guide

2. What seven values form the building blocks for good character?

The seven values that form the building blocks for good character are compassion, good citizenship, fairness, respect, responsibility, trustworthiness, and honesty.

ANSWER

Click the mouse button or press the space bar to display information.

Health Online   ?   MENU   LESSON RESOURCES

Study Guide

3. **How would joining a support group help improve the social-emotional environment?**

Within a support group you can experience a positive social-emotional environment and get social-emotional boosters. You can practice expressing your needs, wants, and emotions in a safe setting.

ANSWER

End of the Lesson

LESSON 8

Lesson Resources

healthmh.com/character

healthmh.com/social_emotional_environment

healthmh.com/study_guide

To navigate within this *Interactive Chalkboard* product:

Click the **Forward** button to go to the next slide.

Click the **Previous** button to return to the previous slide.

Click the **Lesson Resources** button to go to the Lesson Resources slide where you can access resources, such as transparencies, that are available for the lesson.

Click the **Menu** button to close the lesson presentation and return to the Main Menu. If you opened the lesson presentation directly without using the Main Menu, this will exit the presentation. You also may press the **Escape** key [Esc] to exit and return to the Main Menu.

Click the **Help** button to access this screen.

Click the **Health Online** Button to access the Web page associated with the particular lesson you are working with.

Click the **Speaker** button to hear the vocabulary term and definition when available.