


St Francis High School
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Raising an Ethical Teen

Character?

My kids?



Can we impact the character of our children?

3

My kid?



Can we impact the character of our kids?

4

The Journey





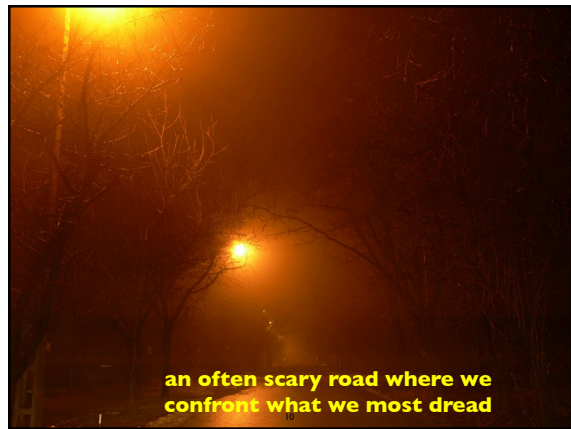
**the
call
to
adventure
comes**



**but the call is often
rejected - we are
reluctant heroes**



**the heroic journey begins on an
often twisted and curving road**



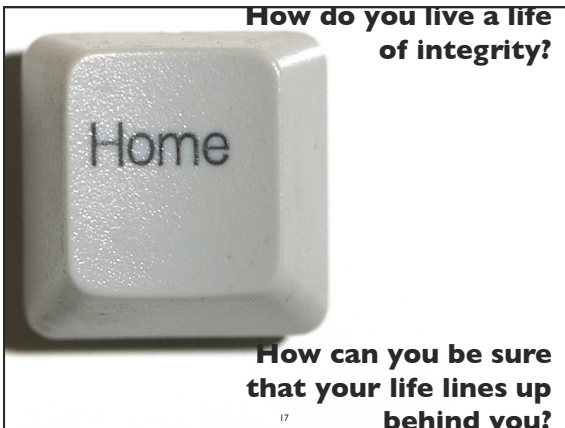
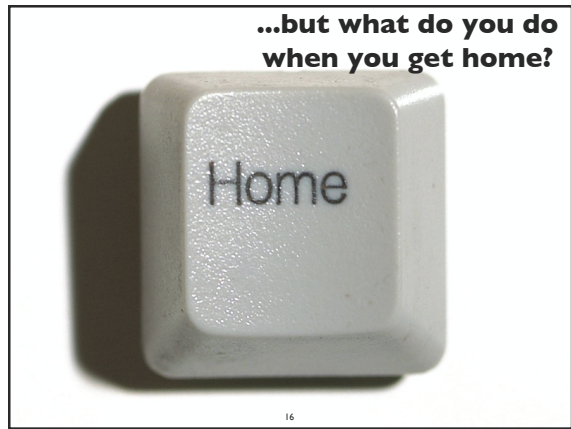
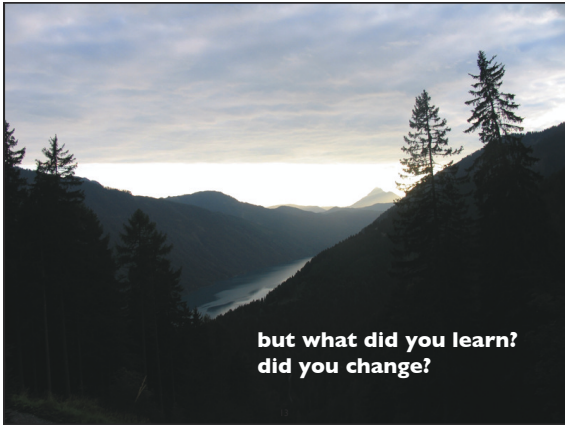
**an often scary road where we
confront what we most dread**

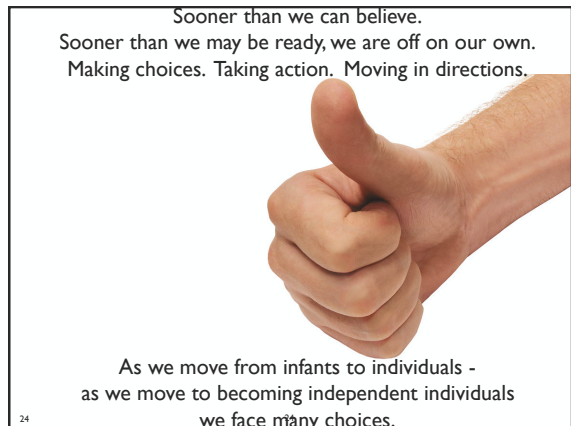
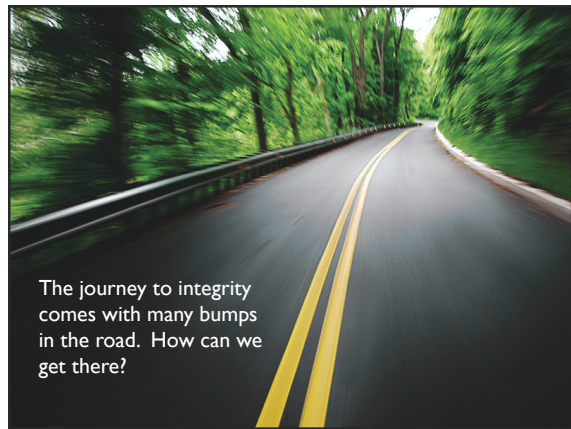
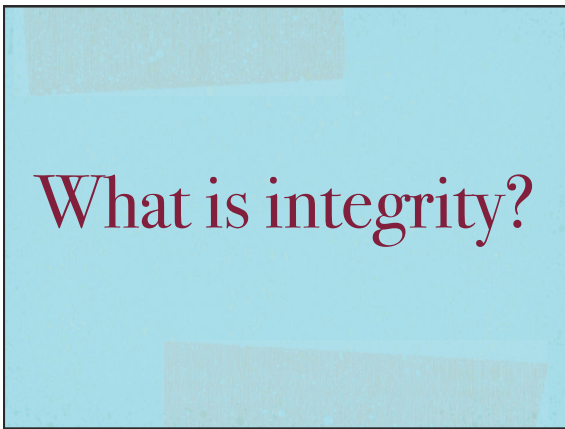
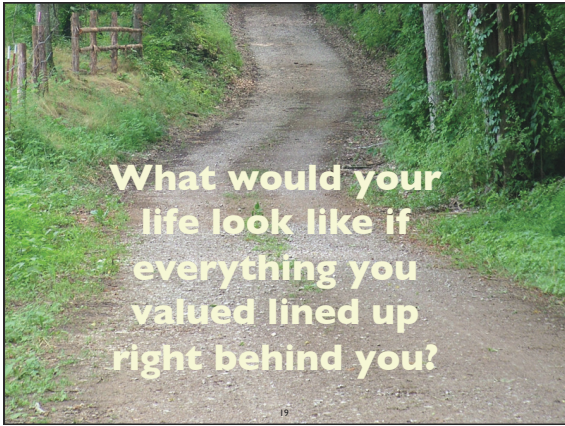


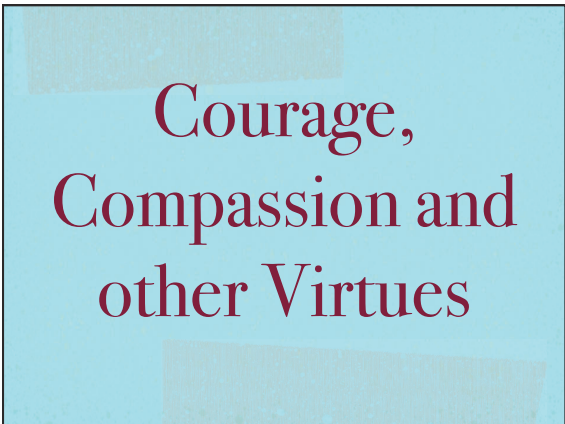
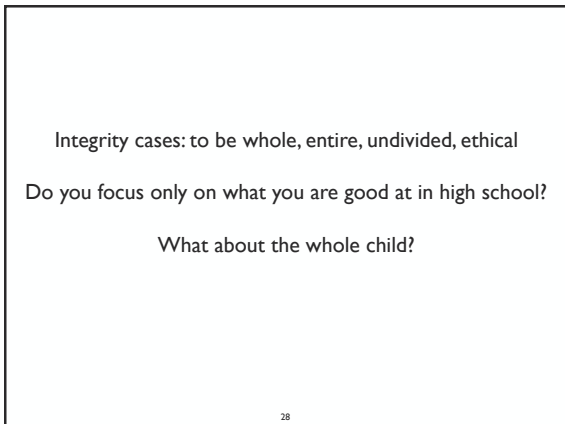
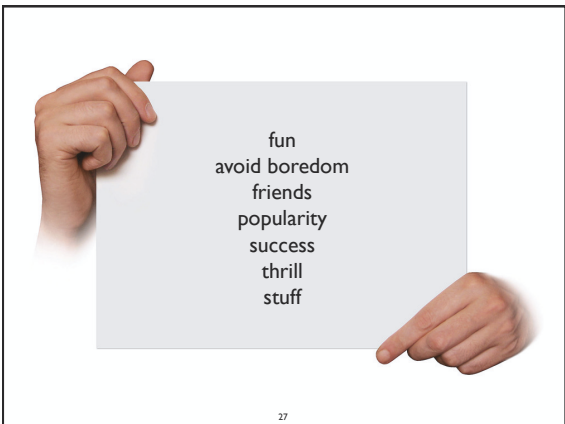
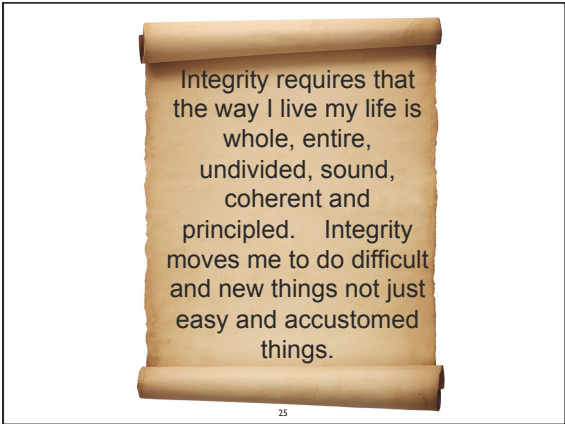
**but we confront it and with
companions move on and prove
ourselves**



heroic







Compassion and Courage for the Journey

compassion is not
an emotion: no
points for just
feeling something



Compassion and Courage for the Journey

the journey from
empathy to action



Compassion and Courage for the Journey

Courage
is risk for a reason



not risk for a thrill



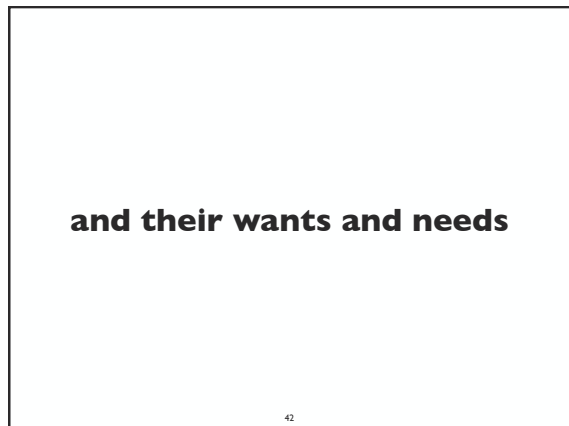
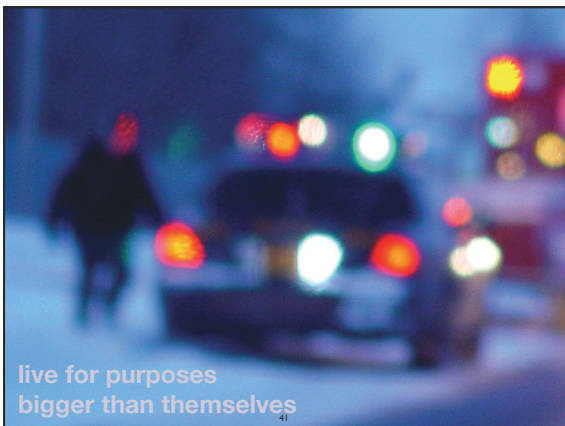
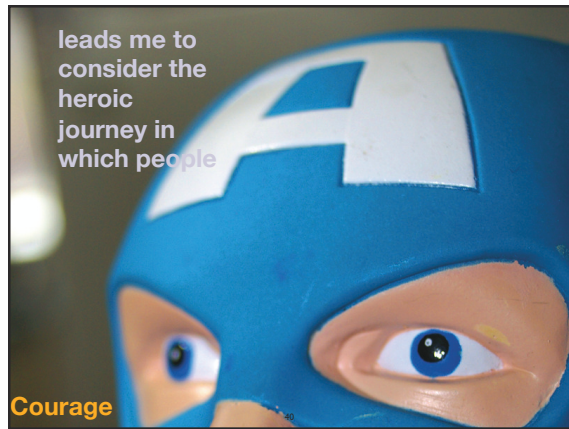
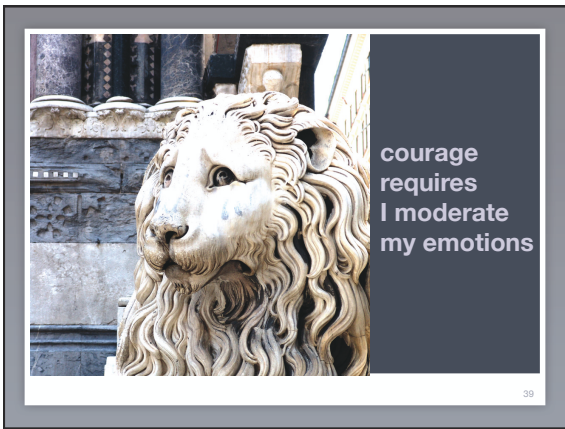
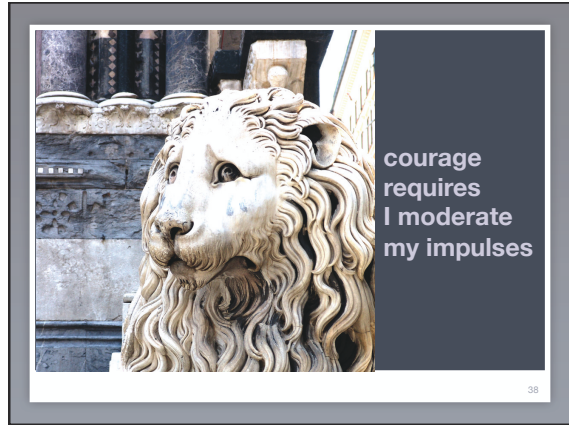
not risk for a thrill

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thrill
danger
risk
power
posture
strength
win
force
fight

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Character Basics

A Review of the Basics

Character Basics

How is character formed from values, thoughts and skills?

What are the ten opportunities parents, caregivers and teachers have to influence the character of people they care about?




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Character

- The sum of my virtues and my vices.
- Who I am today as a result of everything I have become and overcome in my life so far; plus what I become and overcome today.
- The kind of human being that I am.
- Who I am.

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CHARACTER FORMATION



VALUES

1. Role Models
2. Legends
3. Stories
4. Reinforcement

THOUGHT

1. Problem Solving
2. Real: Undistorted
3. Reflection
4. Frameworks

SKILLS


1. Coping
2. Cooperation

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Values

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Role Models



1. Parents
2. Other adults
3. Peers
4. Mass media

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Legends and Heroes



1. Media, entertainment, sports
2. People you know and can learn from
3. Unknown effects

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Reinforcement



- People value what they desire to get and avoid getting

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Narrative: Stories



- Family stories
- Bedtime stories
- Novels, poems, plays, biography
- TV, films, video games
- Peer stories

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Thoughts

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Problem Solving



1. Identify problem
2. Define
3. Brainstorm solutions
4. Choose solution
5. Implement
6. Check solution

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Reflection



- Learning from experience
- Levels of reflection from surface to deep
- Ability to acquire wisdom

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Frameworks



- Ability to use formal ethics frameworks when I genuinely don't know what to do

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A Simple Framework

If I do/don't do this:

1. What kind of person do I become?
2. Will I do more good or harm?
3. Will I treat others with dignity and respect?
4. Will I be fair and just?
5. Will the community, as a whole, be better off?

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Thinking straight



- Avoiding cognitive distortions like all or nothing thinking, mollification or entitlement.

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Skills

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Coping



- Anger control
- Emotional management
- Impulse restraint

59

Cooperation



- Social skills
- Language routines
- Skills to get along
- Success skills

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Tony
comment on making moral
choices
Steve

A Simple Framework

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63

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64

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Steve gives directions and close
Tony processes

Communication Basics

**How can I communicate
effectively?**

By being available and credible;

- we have to be willing to talk to kids
- when they want to talk,
- about what they want to talk about.

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**How can I communicate
effectively?**

Don't eyeball:
maintain a triangle
when you want to talk.

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**How can I communicate
effectively?**

Ask questions that can't be answered
with

- yes,
- no,
- nothing or
- I don't know.

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**How can I communicate
effectively?**

Use the right proxemics to show

- interest
- without over doing it.

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How can I communicate effectively?

Listen, share from your experience,

- summarize but avoid advice unless it is asked for;
- don't trivialize or try to top your kid's stories.
- And remember you can't walk up hill six miles uphill both ways [and your kids already know this].

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How can I communicate effectively?

Remember you have patience and wisdom on your side:

- use them.

The Bottom Line

You are always the adult,

- you are in control.
- save the directive mode for when you really need it.

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Steve
Tony comments as desired

The 5 Critical Parent Behaviors

What are five key parent behaviors?

1. Daily conversation with your child.
2. Always know where your child is.
3. Know your child's friends.
4. Reinforce desired behaviors consistently.
5. Be firm, fair and consistent with problem behavior.

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What are the five key parent behaviors?

Daily conversation with your child.

#1

It is about being in the loop.

Be one of the people your child consults because the opportunity to do so exists each day.




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What are the five key parent behaviors?

Always know where your child is.

#2




Monitor and check in a way that is age appropriate, but puts you there, where the child is, even when you are not.

79

What are the five key parent behaviors?

#3

Know your child's friends.



Become an adult participant in their relationships.


Utilize peers as an enormous source of influence.

80

What are the five key parent behaviors?

#4

Reinforce desired behaviors consistently.



Make sure the kid sees the connection.

Avoid rewarding because you're in a rewarding mood

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What are the five key parent behaviors?

#5

Be firm, fair and consistent with problem behavior.

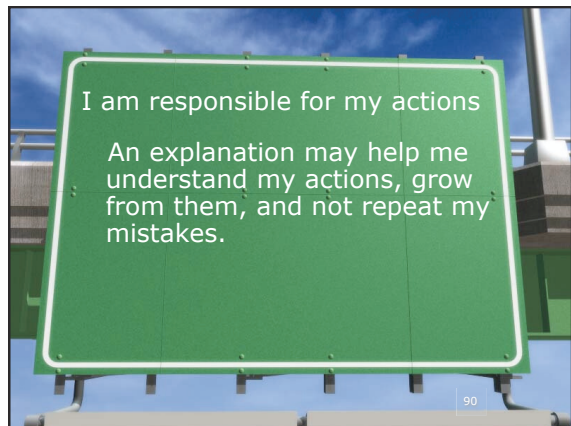
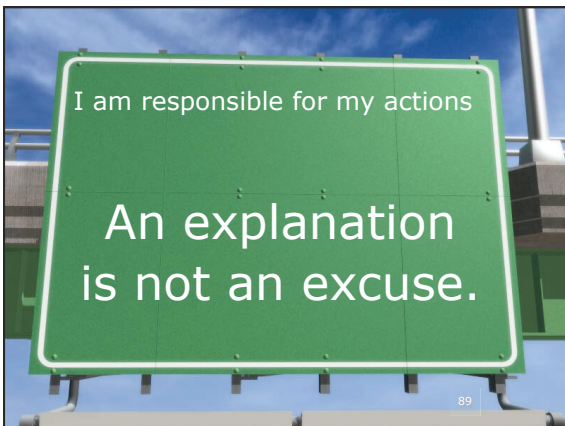


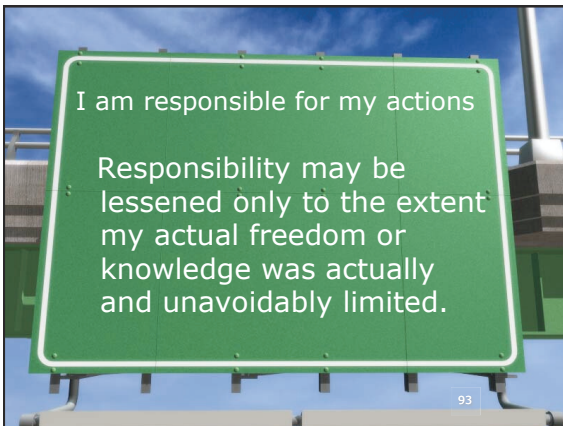
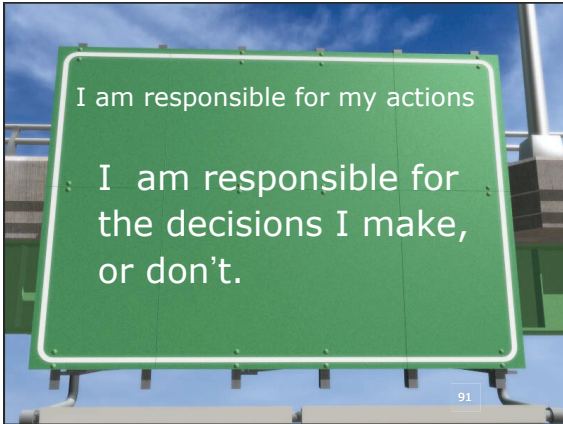
Don't go punitive just because you're in a bad mood.

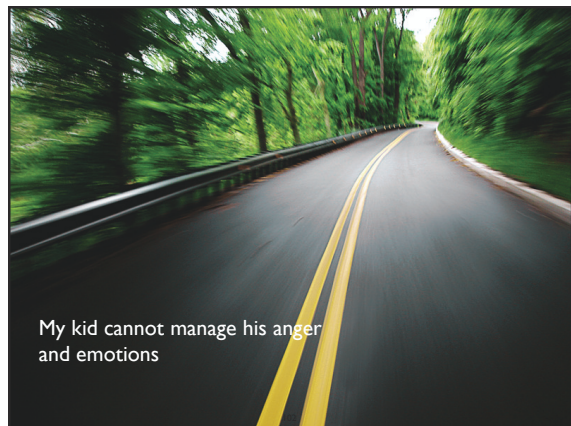
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Steve
Tony comments as desired

The best is yet to come...







Anger Tool One

Don't go there.

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Anger Tool Two

*Move,
stretch or
breathe.*

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Anger Tool Three

- 1. Keep your teeth together, and*
- 2. Stretch your fingers to the ground*

or

palms flat, fingers stretch

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Anger Tool Four

- 1. Backward count*
- 2. Breathe deeply*
- 3. Puzzle solve*
- 4. Visualize*

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Ethics
[beyond the talk]

ethics
is about relationships

ethics

- Being the kind of person other people would choose as a study partner, friend, business partner, lab partner, team mate, companion, confidant, even a life partner.

Values

Firmly held dispositions or traits.

Values

What is important to you, what you value.

Core Values

the most important values

Think about an influential person in your child's life

- ▶ What are some of the good habits, or virtues, you would like this person to have?

Think about an influential person in your child's life

- ▶ What are some of the bad habits, or vices, you would definitely not want this person to have?

Basic Habits

- ▶ Show up
- ▶ On time
- ▶ Start promptly
- ▶ Follow directions
- ▶ Finish tasks
- ▶ Get along with teachers
- ▶ Get along with peers
- ▶ Good hygiene

Character

Character

The sum of my virtues and my vices.

Vice
• bad habits

Virtue

- good habits

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