



A person of character . . .
Is a good person, someone
to look up to and admire.
Knows the difference between
right and wrong and always
tries to do what is right.
Sets a good example for everyone.
Makes the world a better place.
Lives according to the
“Six Pillars of Character”

TRUSTWORTHINESS

RESPECT

RESPONSIBILITY

FAIRNESS

CARING

& CITIZENSHIP



CARING



- Be kind
- Be compassionate and show you care
- Express gratitude
- Forgive others
- Help people in need

Caring

Date

Think About This

_____ It is impossible to feel grateful and depressed in the same moment.
Naomi Williams

_____ Sometimes it is not strength but gentleness that cracks the hardest shells.
Richard Paul Evans

_____ A hand up is not a handout.

Questions

_____ Do you find it hard to forgive others even when they say they are sorry?
Do you find it hard to forgive yourself? Remember everyone makes mistakes.

_____ Have you ever had a time when you went out of your way to help someone and they did not take the time to thank you? How did that feel?
Do you always take the time to be thankful? Gratitude does not cost anything but it makes a world of difference.

What is the difference between being self-centered and being other-centered?

Situations

_____ You stop by the grocery store to quickly buy some snacks before the football game. You pass by an elderly lady in the parking lot who has dropped all of her groceries. Initially, you decide that someone else can help her because you are in a hurry. Then you decide to stop and help. What made you change your mind? Why is it important to help others?

_____ During a play, you notice that one of the students in your class doesn't have either of his parents there to watch. Everyone else does.



CITIZENSHIP



- Do your share to make your school and community better
- Cooperate
- Get involved in community affairs
- Stay informed; vote
- Be a good neighbor
- Obey laws and rules
- Respect authority
- Protect the environment
- Volunteer



Citizenship

Date

Think About This

_____ Alone we can do so little. Together we can do so much. *Helen Keller*

_____ Football is like life – it requires perseverance, self-denial, hard work, sacrifice, dedication, and respect for authority.

Vince Lombardi

_____ The more that you read, the more things you will know. The more you learn, the more places you'll go! *Dr. Seuss*

Questions

_____ What would the world be like if everyone only thought about themselves and did not care about others?

_____ Can you think of a time when you cooperated with a friend or schoolmate to complete a task? Was it easier to complete the task because you were not the only one trying to get the work done?

_____ Why do you think it is important to stay informed about what is going on in your school, community, and the world?

Situations

_____ Imagine that you are a student in class and that you have your books and other things on the floor and not in their correct space by your desk. You are really in your neighbor's space. How do you think the student that sits near you feels? Remember that yes, you have your space but the classroom is "everyone's place." Be a good neighbor and follow the classroom rules about keeping things where they belong and returning things to the correct place.

_____ You are in the after school program and remember that you left something in your locker that you need to read this evening. No one is watching so you sneak down the hallway and go back to your locker even though you know it is breaking the rules. You figure "no harm, no foul." But, who besides yourself could get in trouble for this behavior? If you get caught, would it be worth it? Think, respect authority, and obey the rules. They are there for a reason.



FAIRNESS



- Play by the rules
- Take turns and share
- Be open-minded; listen to others
- Don't take advantage of others
- Don't blame others carelessly
- Treat all people fairly



Fairness

Date

Think About This

_____ The most precious gift we can offer anyone is our attention.
Thich Nhat Hanh

_____ Fairness is man's ability to rise above his prejudices.
Wes Fessler

_____ Once the game is over, the King and the Pawn go back in the same box.

Questions

_____ Many of us let our minds wander when someone else is talking. Does it take effort to listen? Why is it important to listen?

_____ Sometimes people get in cliques and will only let you in their "circle" if you are like them. Does it hurt when people form cliques and exclude you? Discuss this. Bottom line is be fair and include others.

_____ What is one thing that you could do to make your school a better place where all students are treated with fairness and respect?

Situations

_____ You just received a new textbook and you carelessly tossed it in your backpack. Some of the pages became torn. You bring it to class the next day and tell the teacher that when you got the book home you realized it wasn't new and that some of the pages were torn. You state that it must have been the person who had the book before you that did not take care of it. Is this honest? How would you feel if they contacted the student who had the textbook before you to ask them to pay for the damages you did to the book? Would you feel relieved or guilty?

_____ You just learned a new card game. You decide you are going to teach it to 5 of your friends so that you can all play together. Since you want to win, you leave out some of the clues that you learned to help you play the game well. You may win but will the victory feel as good as if you did it fairly? Will you be worried that someone will figure out that you took advantage of them?



RESPECT



- Treat others with respect; follow the Golden Rule
- Be tolerant and accepting of differences
- Use good manners, not bad language
- Be considerate of the feelings of others
- Don't threaten, hit, or hurt anyone
- Deal peacefully with anger, insults, and disagreements

Respect



Date

Think About This

_____ Do not repeat anything you will not sign your name to.
Author Unknown

_____ Good manners are just a way of showing other people that we have respect for them.
Bill Kelly

_____ Self-respect is the fruit of discipline.
Abraham J. Heschel

Questions

_____ When you gossip does this reflect poorly on you or the person that you are gossiping about?

_____ Some things are just a matter of personal likes and dislikes. You love the Ravens, your friend loves the Redskins. Is it okay to agree to disagree?

_____ Do manners matter all of the time or just when you know someone is watching?

Situations

_____ Mark got really upset in class because he could not understand the Math assignment and threw a pencil across the room. He realized what he did was wrong and apologized to the teacher and the class. Are there ways you could help Mark deal with his frustration at Math? Is there something that you could say to Mark to help him get back on track and do his work?

_____ Sometimes people volunteer for a special project because they want to be noticed. Is this a good reason to help? If not, what is a good reason to volunteer for a project? If you do find a project that you want to support, be disciplined and give it your best effort.



RESPONSIBILITY



- Do what you are supposed to do
- Plan ahead
- Persevere: keep on trying!
- Always do your best
- Use self-control
- Be self-disciplined
- Think before you act — consider the consequences
- Be accountable for your words, actions, and attitudes
- Set a good example for others

Responsibility



Date

Think About This

_____ By failing to prepare, you are preparing to fail. *Benjamin Franklin*

_____ Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands. *Anne Frank*

_____ Responsibility is the price of greatness. *Winston Churchill*

Questions

_____ Why do you think it is important to persevere and not give up in life? Can you think of a time that it paid off to stick with something until you were good at it?

_____ When someone makes you angry, you are known for giving them a "piece of your mind." Is this okay? Do you think this is an effective way to deal with anger? Think before you say something that might damage a friendship, think about how your words will be received.

_____ Are having chores in the classroom and at home a good thing? Do you think you can learn anything from doing your chores well? Do you want to be known as a person who displays responsibility?

Situations

_____ Right now things are good at school and at home. Your grades are okay and your parents are happy that you are enrolled in band and playing soccer. You know that you have the ability to do much better in Math but you decide it is just too much work and besides you really want to just want to kick back and spend time with your friends. Are you doing your best? Who is this hurting in the long run?

_____ You see another student being pushed and shoved on the playground. You just look the other way and decide it really isn't your problem. If you say something you think that you might be picked on as well. Is this a good choice? What could you do to help the student in need? What can you do to make sure that you are safe and don't end up in the middle of the situation?



TRUSTWORTHINESS



- Be honest
- Don't deceive, cheat, or steal
- Be reliable — do what you say you'll do
- Have the courage to do the right thing
- Build a good reputation
- Be loyal — stand by your family, friends, and country

Trustworthiness



Date

Think About This

_____ Actions speak louder than words. If you say that you are going to do something, do it!

_____ I don't need a certain number of friends, just a number of friends I can be certain of. *Alice Walker*

_____ Trust, but verify. *Ronald Reagan*

Questions

_____ Can you think of things that you can do so that people trust you?

_____ Could one lie require another lie to cover it up?

_____ Do you have a reputation with your classmates of being honest?

Situations

_____ A team project has been assigned by your teacher. Your team is made up of Ashley, Jen, Mike and you. Jen promised to do the maps for the project but she did not follow through. The whole team received a lower grade because of this. Jen made lots of excuses as to why she did not do the maps. How do you feel about what happened? How could you explain to Jen why this wasn't good for the team and not good for her reputation of being trustworthy? Are there any other positive suggestions you could make to help Jen?

_____ We all like to share our successes with others. You are retelling what happened at camp last summer and you make the statement that you beat everybody at swimming and that you can swim over a mile. The truth is you learned to swim last summer but you cannot swim very far. Each time you tell the story you exaggerate your success even more. Do you think this is helping your self-esteem? If you know you are not telling the truth, do you think that people might eventually find out you are lying? Will this hurt your reputation? Wouldn't it be better to be honest?