



Oklahoma 4-H Youth Development Program

Building Leaders for Tomorrow

Instilling and developing leadership capabilities in youth and adults.

AGE LEVEL - Intermediate

CONCEPT OR SKILL – Celebrate yourself – confidence, self-respect, identifying strengths and weaknesses and how to use to your advantage.

LIFE SKILL(S) –

Health – Self-esteem, Character;
Heart – Accepting Differences

BEHAVIORAL INDICATOR –

Concerned about physical development, preoccupation with the body and belonging.

ACTIVITY 1: “Can and Able”

THINGS TO KNOW:

It is important for every child to learn that they have talents and skills that are valuable to the relationships they build with others and how they contribute to their clubs and communities. A positive sense of self-esteem can help youth realize they have the potential to be the type of adult that they admire and gives them confidence to form their own opinions and beliefs, rather than absorb the opinions of their peers.

Self-esteem is built during all phases of development, but it deteriorates most often between the ages of 12-14. This intermediate group is extremely vulnerable to peer pressures and very seriously considers the negative personal comments that other youth express. This age level can also have a difficult time discussing their assets for fear of embarrassment. Youth need to learn that it is okay to take pride in the things they do well.

The volunteers' role is to help youth learn to celebrate themselves by developing self-esteem and confidence by identifying their strengths and weaknesses so they are able to use both to their advantage. It helps to have an objective person to point out or confirm our personal strengths. Having those skills brought to light by a peer can be a surprising and rewarding experience. In addition, confirmation of skills by others can lead to further self-affirmation. Here is an opportunity for youth to gain confidence in their competencies.

Materials Needed: Enough blank paper, pens and pencils for everyone.

Do: Have each member of the group divide a sheet of paper in half. On the left side of the paper, ask them to make a list of all the things they can do. Have them brainstorm for about ten minutes and then post a “no trespassing” sign by folding the sheet over, so that only the blank right side shows. Next, ask them to partner up with another person and trade papers. The other person should use the blank paper to make a list of their version of all their partners' abilities. At the end of the experience, each group member should have two lists of abilities; the ones that they see in themselves and the ones that others see in them.

Reflect: Begin the debriefing process by having your group compare their two lists. Some good questions to initiate conversation can include: 1) What do the lists tell you about yourself? Are there any strengths that you were unaware of that your partner was able to see? 2) Did you think your partner would list something that he/she didn't?

Apply: Ask individuals/group about an experience when they surprised themselves by accomplishing something they didn't think they could do. 2) Why do you think you were successful? 3) How can you use the list of strengths to accomplish something else that would surprise you? Remind the group that if they were surprised by their partners' abilities and what others admired about them, they should be careful in the future when evaluating someone else's worth. 4) What are things that you can do to let people know that you admire and appreciate their unique skills?