

I've Gotta Be Me

Goal: + To show that one of our most basic needs is to cultivate a positive identity, which happens when we have positive thoughts and do positive actions in all areas of ourselves.

- Objectives:**
- + To review the physical, intellectual, social, and emotional areas of self.
 - + To reinforce that when we choose to do good, we create a positive identity and we feel good about ourselves. When we choose to do bad, we end up with a negative or unhappy identity because we feel bad about ourselves.
 - + To introduce the “three I’s”: Image, Impression, and Identity, and to discuss the importance of aligning, integrating, and unifying them.
 - + To introduce the factors that influence the formation of our identity.

Materials Needed Pens

Materials Provided 30 PALS Radio Script Booklets—Script 1; 30 *Positive Action* Journals; 1 “P-A-L-S Radio” Poster 84-R-8

Procedure

Note: During today’s *Positive Action* lesson, your students will begin the *Positive Action* radio talk show, “Teens for a Positive World,” and the radio drama “We’re on Our Way.” This particular lesson will take a little more time than others because you’re launching the radio play.

Student volunteers who are reading parts can move to the front of the room, while the rest of the students remain in their seats as the radio audience. You will need to identify students who can read aloud and not be embarrassed. You may want to assign parts ahead of time so students can practice reading them before they read in front of their classmates. Using a microphone in the classroom adds to the realism and students can hear better.

During the program, the two students portraying the radio talk show hosts, Michael and Michaela, will pose questions to their audience, who in turn “call in” their answers and opinions.

This format gives you a unique opportunity to interact with your students. Seated with your students as a member of the audience, you can initiate and lead discussions using the “Teacher as Caller” scripts to help your students understand *Positive Action* concepts and how they relate to their lives both in and out of the classroom. This is the opportunity to make *Positive Action* lessons relevant to your classroom, culture, and issues. Encourage discussion about how students can apply the concepts to their own lives.

Use this opportunity to forge a friendly, yet intellectually stimulating relationship with your students. Remember to learn yourself, and be open and flexible.

Say We’re continuing our investigation into Positive Identity. In our previous *Positive Action* lesson, we discussed the basic idea of *Positive Action*: that when we do good things, we feel good about ourselves. When we feel good about ourselves, we are creating a Positive Identity. Remember that the opposite is also true: When we do bad things, we feel badly about ourselves, and we are creating a negative sense of ourselves. What areas of ourselves are part of who we are and how we feel about ourselves?

Teacher Wait for responses: *Our thoughts, actions, and feelings about ourselves in the physical, intellectual, social, and emotional areas of ourselves all affect who we are and how we feel about ourselves.*

Say We'll be exploring how these elements of ourselves interact in a really fun way: by producing our classroom's own radio talk show! Every few lessons, we'll be tuning into a radio broadcast on a radio station with the call letters PALS, which stand for "Positive Actions Lead to Success." We will first hear from co-hosts Michael and Michaela as they introduce the theme for the day on their radio talk show, called "Teens for a Positive World."

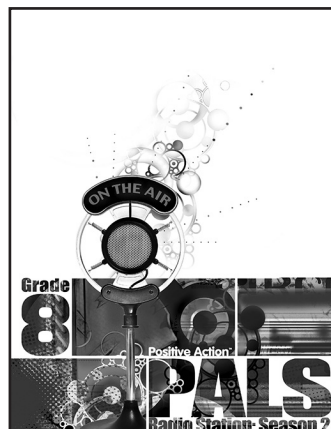
Teacher Display "P-A-L-S Radio" Poster 84-R-8 in a place where it can hang for the remainder of the year.



Say Here are Michael and Michaela in their studio. After their introduction, they'll kick off the radio play, called "We're on Our Way"—it's about four middle-schoolers kind of like you.

After the radio play, Michael and Michaela will give callers a chance to participate in a discussion on the talk show. To participate, you'll need an imaginary radio and an imaginary telephone. So reach out now, and tune your radio in to station PALS, then be prepared to pick up your "phone" and join the rest of the audience on a talk line.

Teacher Assign eleven students to read the roles of Michael and Michaela, the Narrator, Lily, Ana, Alley Voices 1, 2, 3, and 4, Marcos, and David. Distribute radio script booklets to the readers and other students who wish to follow along. Direct the remaining students to listen closely and have their journals and pens ready for taking notes. Then, read the Radio Broadcast PALS, Script 1.



RADIO BROADCAST PALS, SCRIPT 1

Positive Actions Lead to Success

Radio Talk Show: Teens for a Positive World

- Michael** Radio station PALS welcomes you to this season’s first episode of “Teens for a Positive World”, the talk show named for teenagers who make the world a more positive place by being more positive themselves. I’m Michael, your co-host.
- Michaela** And I’m Michaela, your other co-host. Michael and I are thrilled to be returning for a second broadcast season. Because of you, our listeners, our first season was a smash hit. If you joined us last season, you know why the credit belongs to the audience. For you new listeners, let me explain: Michael and I are the hosts, but this show is about you—and it’s nothing without your input. So pick up your personal “phone” and call in every chance you get. We’ll patch you into our on-air speaker and the world will hear you voice your opinions.
- Michael** That’s right. Our job is to bring up thought-provoking subjects. We’re a few years older than you, and we’ve been through many experiences you’ll eventually face, so we may share some of what we’ve learned along the way. We don’t know everything, but we do know how you can learn to feel good about yourselves. After all, our station’s call sign, P-A-L-S, stands for “Positive Actions Lead to Success”.
- Michaela** This might seem weird to you, but positive actions really do lead to success. And they make you happier. Everybody wants to be happy. Everybody wants to succeed. Don’t you? Tell the truth, now.
- Michael** Yeah! The main reason we do most of the stuff we do is based on that need to succeed—the need to feel valid.
- Michaela** Even when we sabotage ourselves, we’re making misguided attempts to feel good about ourselves. We want to be validated so much that sometimes we do things that contradict who we really are. We get the idea that if we act like something we aren’t, people will like us.
- Michael** Or we think that if we do something rude or harsh, people will respect us...or we’ll feel safer. But it doesn’t work.
- Michaela** No matter how you slice it, negative actions just don’t make us feel good about ourselves. On the other hand, positive actions always make us feel good about who we are and what we’re doing.

We’ll be studying the “three I’s”: **IMAGE**, **IMPRESSION**, and the all-important **IDENTITY**. Image is how you strut your stuff—even if that stuff isn’t the real you. Impression is how others see you, and it’s the vibes you get from other kids, too. Identity is the real deal—the thoughts and feelings inside you. When they’re positive, this is your best and truest self. An important step in growing up is learning to fuse these three “I’s”, like the layers of transparent colored glass that together make up a marble. When Image, Impression and Identity are consistent, that marble will be on a roll, and you can be the positive person you were born to be. Who is that person? That’s what you Positive Identity Investigators are sleuthing to discover!

- Michael** Other **INFLUENCES** affect how you feel about yourself, of course: your family, friends, school, and health; your experiences; and your skills and abilities. But the number one factor determining your Identity is you—what you choose to do with yourself.
- Michaela** It's true—you are the key to your own success. To see what we mean, let's join the characters from our radio drama, called "We're on Our Way." For you newcomers, this is a kind of reality show that follows four middle-school students—David, Marcos, Ana, and Lily—through their day-to-day lives.

RADIO PLAY: WE'RE ON OUR WAY

Act I, Episode 1: "Nothing's Gonna Take Us Down"

Characters: Narrator, Lily, Ana, Alley Voices 1, 2, 3, and 4, Marcos, and David

- Narrator** Lily and Ana are walking to school on the first day of eighth grade. Last year, tall, gangly Lily learned that big can be beautiful, while Ana reconciled herself to her petite frame, realizing that powerful things really do come in small packages. They also learned about managing their resources, particularly their emotions. The friends are reminiscing about the previous year and imagining the year to come.
- Lily** Man, what a year we had in seventh grade! I learned so much. My life got so much better once I realized that when I choose to do good things, I feel good about myself.
- Ana** Yeah. And true to form, I made that as difficult for myself as possible. I guess I'm living proof that even when it seems impossible, there's something positive you can do.
- Lily** How's that, Ana? You have a rough summer?
- Ana** Um...things didn't go the way I hoped. But I made the best of it.
- Lily** Good for you. I guess we've all grown stronger inside—and outside. It's funny to think how wimpy and scrawny and stupid we were in seventh grade.
- Ana** You haven't been scrawny since you were four years old. And I don't think you've ever been stupid.
- Lily** (*Blushing.*) You know what I mean.
- Ana** Yeah. We did a lot of growing last year. I'm not much taller, but I've sure used what I learned about turning life's lemons into lemonade.
- Lily** Learning to stand up straight—that alone changed my life. Once I decided to accept myself the way I am, I felt so much better about myself.
- Ana** For me it was learning to take charge of my feelings, instead of letting them take charge of me.
- Lily** I got that lesson, too. Right between the eyes. Remember that big competitive thing I did with Marcos? He couldn't figure out what was going on!
- Ana** Yeah. You just about lost him as a friend.
- Narrator** Lily recalls with some embarrassment the tantrum she threw when Marcos got a better grade than she did on their term research project. She shifts the focus to Ana.
- Lily** This year will be better. Now that your dad has a job you won't have to worry like

you did last year.

Narrator Now it's Ana's turn to blush. Ana still feels uncomfortable when people learn about this part of her life—and what they don't know is that Ana's family is not yet out of financial trouble. Both girls need to learn something about compassion and empathy as they bring up uncomfortable memories and painful issues.

Ana *(Long pause.)* Yeah. I guess. *(Taking a big breath.)* How's your mom doing since the divorce, Lily? Did you spend the summer with your dad?

Lily Yeah. About half of it. What about you? Did your folks take you somewhere?

Ana We didn't do much. My dad's new job kept us stuck at home. Look, I really don't want to talk about it.

Narrator The girls lapse into silence.

Lily Ana? Did I say something wrong?

Ana I'm just...nervous about Eighth Grade. First day and all.

Narrator The girls cross an alley and a surge of whispers draws their attention.

Alley Voice 1 Come in here where it's dark and cool.

Alley Voice 2 There's nothing wrong with skipping school.

Alley Voice 3 You're better off without all that.

Alley Voice 4 Alone in the dark is where it's at!

Ana Who's there?

Lily Hey, who are you guys? Come out where we can see you!

Narrator The girls meet only shadows and silence. A chill runs up Ana's spine.

Ana Let's get out of here.

Lily No...let's check this out. Find out what's going on in there. We have lots of time.

Ana *(Shaking her head.)* Can't you feel that dark energy?

Lily Listen...

Alley Voice 1 We'll get you yet.

Alley Voice 2 You're coming down.

Alley Voice 3 We'll make a bet.

Alley Voice 4 In self-doubt you'll drown.

Narrator Subdued, the girls hurry on their way to school. After a few minutes, Ana squares her shoulders.

Ana I don't care what they say, I won't give up on myself and I'll never let go of who I really am! They can't make me.

Lily That's right. Who needs a bunch of mystery guys anyway?

Ana You have to wonder who it is, though, huh? Wonder what kind of trouble they're causing.

- Lily** And what kind of trouble they're in.
- Ana** But, look, we need to keep track of ourselves first. Otherwise we can't help anybody else. And we need to watch out for each other. Help each other be the best we can be. Don't you think?
- Lily** I do. I think that's what friends really are: people who help you be your best. People who don't let you down or give up on you...ever. That's the kind of friend I want to be, Ana.
- Ana** Me too. Let's make a pact, Lily. Nothing's gonna take us down this year. We'll help each other keep going, keep growing. We'll be the best we can be. And the best of friends, too!
- Narrator** The girls exchange high fives.
- Lily** It's a done deal.
- Narrator** Meanwhile, David and Marcos are on their way to their book lockers after an early-morning football meeting. The two best friends stride along the sidewalk, David taking three steps to every two of Marcos', and looking up whenever they speak.
- Marcos** I'm glad you tried out for the team again this year. Glad you made it.
- David** Yeah, not easily like you did. But hey, second string's better than nothing.
- Marcos** I'll work with you. You'll be a first-stringer in no time. Was your try-out as tough as last year?
- David** No way! This year I'm playing football for fun. Last year I tried out because I thought I had to be a great player like my big brother, Max, and I put too much pressure on myself.
- Marcos** Yeah, telling everybody you were gonna be the star wide receiver when you hadn't played the position before...that wasn't too smart. But you wised up. I'm glad you're being yourself instead of something you're not. I really missed you while you were being Super Receiver or whatever.
- David** It doesn't pay to try to be somebody else. I guess I was afraid I wouldn't be good enough if I was just myself. I didn't enjoy playing football because I didn't play like Max. I kind of...you know...hated myself because I wasn't more like him. Even being smart in math and good in art didn't make up for it.
- Marcos** Yeah. Well, you're right. It doesn't work to wish you were someone else. Besides, your friends like you for who you really are.
- David** was in such a bad place last year. If you hadn't helped me, I would have gone on thinking I was no good. You bailed me out, man.
- Marcos** Hey, if this school had an award for most-improved student, you'd get it. You've taken bigger strides to being your best than anybody I know.
- David** Thanks. Once I let myself be real, it was easier to like myself.
- Marcos** Yeah, and you let other people get to know you and they liked you, too. Then your grades shot up, and—wow!

David Yeah, lots of good stuff has happened since I decided to get real. The main thing is I'm a lot happier. I feel better about myself. I've got a great friend in you, dude!

Now if I could just stretch my legs an extra kilometer or two, I could still be that star wide receiver.

Marcos Okay, maybe I can convince one tackler to grab your ankles while another grabs your neck, and they can run in opposite directions.

David Thanks just the same, but I'd rather be short and in one piece.

RADIO TALK SHOW: CONTINUED

Teens for a Positive World

Michaela The four friends have learned some big lessons about themselves, and about each other. They keep referring to "being your best self." What does that mean? Call in, callers. *(Allow caller responses.)*

Teacher as Caller I think that when we take positive actions in all areas—in body and mind, and socially and emotionally—we are being the best we can be. We create a positive identity and we feel good about ourselves.

Michael What factors have been influencing Ana and Lily? Call in, please, with your answers. *(Allow caller responses.)*

Teacher as Caller Family, friends, school, thoughts, actions, feelings, and self.

Michael Even though the girls grew so much, they are still uneasy discussing certain topics. What are your thoughts on that? *(Allow caller responses.)*

Teacher as Caller Ana still isn't comfortable talking about her family's financial issues; she wants to give everybody the impression that everything's okay at home. Lily is embarrassed about her behavior toward Marcos last year because the way she acted isn't consistent with the hard-working student and good friend she really is. They don't like to talk about these issues because they weren't positive experiences for them. They don't represent their most positive identity.

Michael The friends are discovering that it doesn't work to be something you're not. We all need to be authentic, and we all need to feel good about who we are and what we're doing. Our need to feel good about ourselves is both basic and universal.

Michaela What about those creepy Alley Voices? What do you think they are? *(Allow caller responses.)*

Teacher as Caller They are the negative voices we hear from ourselves and others. They represent negative influences.

Michael Sometimes those influences seem overwhelming. What do we do then, callers? *(Allow caller responses.)*

Teacher as Caller We gather our inner resources, our positive thoughts, actions, and feelings about ourselves, and get them working for us as our most positive identity. Having that positive identity protects us against really bad influences. That positive identity inside us also creates a positive image that shines through to the outside. When other people pick up on that positive image, they get a positive impression of us.

- Michaela** Remember, there's always a positive course we can take. We need to turn those negative voices into something positive. We need to do positive things so we can feel good about ourselves.
- Michael** But what about when we're disappointed in life—when we don't look the way we want to look? Say we don't have as much money as we think we should have? Or we aren't as smart or as athletic as we imagined we'd be? How can we be positive even when life is difficult? *(Allow caller responses.)*
- Teacher as Caller** There's always something positive we can do, even when life is hard, and that creates a positive identity even when we struggle. We can come out of bad times with our identity, our image, and our impressions intact, whole, and ready for great things to come into our lives.
- Michaela** The actions alone don't make the whole difference. They're actually part of a circle we call the Thoughts-Actions-Feelings Circle. First you have a positive thought, then you act positively upon that thought, then you feel positive because of that good action.
- Michael** And, of course, positive feelings lead to other positive thoughts, which lead to even more positive actions. It's a great circle to get into, and it has a huge influence on your identity. Look at David, for instance. David was trapped in a negative circle. His life was really tough, but he chose to re-think his situation and be positive.
- If you remember, David used to dislike himself. Now he has self-respect and respect for others. He has a strong sense of his true self. Callers, please call in with your thoughts about David's changes. *(Allow caller responses.)*
- Teacher as Caller** David wanted to be just like his brother Max, the football star. But he found out that it doesn't work to try to be someone else.
- Michael** So I'm wondering what made him stop acting like a braggart? What made him accept himself as a good student and a sincere friend rather than a star athlete?
- Michaela** Clearly, he stopped trying to be something he's not. How did that happen? *(Allow caller responses.)*
- Teacher as Caller** His friend Marcos talked to him about being real. Then David began to look at who he really is. He accepted his own body and his special talents and he learned to like himself.
- Michaela** It is so important to create a good relationship with ourselves. Everything we do somehow traces back to our need to feel good about ourselves. Our true identity is rooted in our best, most real self. That leads to success and happiness. Right, Michael?
- Michael** Yes. You can see that when David went out for football this year, he had something new going for him. What was it? *(Allow caller responses.)*
- Teacher as Caller** He went out for himself instead of to try to be like Max.
- Michael** How did this benefit his total being, physically, intellectually, socially and emotionally? *(Allow caller responses.)*
- Teacher as Caller** David made the choice to explore his true identity. Instead of presenting an image that wasn't real, he chose to be honest and real. Because he chose to be authentic, David didn't have to deal with his unreal expectations of himself. He's

playing football for fun and to get exercise. That's a smart thing to do and makes him feel good about himself.

Michael Now he can present an image consistent with his identity.

Michaela Can anybody name two factors that helped David become more positive in his thoughts, actions, and feelings about himself? Please explain your answer. (*Allow caller responses.*)

Teacher as Caller Friends and self. David's friend, Marcos had some wisdom, and David listened to him. But more important, David listened to himself. His basic need to feel good about himself won the day. David has improved his grades, recognized his artistic talent and now plays football for fun instead of trying to be like his brother. Finding out who he really is turned out to be a very positive thing for him.

Michael So, having an authentic, positive identity must be possible for all of us.

Michaela I'm sure it is. And that's our challenge for all of you: Be positive, no matter what.

Michael Well, teens, that does it for today. We're taking the positive action of signing off before our director does it for us. Thanks for joining us, and keep choosing positive actions! So long!

END BROADCAST

Say Michaela and Michael told us to keep choosing positive actions! But we all have areas we need to work on. What aspects of yourself do you feel negative about? (*Wait for responses: Varied.*) What aspects of yourself need some positive change? (*Wait for responses: Varied.*) The great thing about this *Positive Action* program is we'll be discovering our best selves and learning how to be our best in all areas of our lives!

Teacher's Toolbox

Vocabulary

Image: The way we present ourselves to others, what we want others to believe about us. It may or may not be consistent with Identity.

Impression: How others see us, or how we perceive others.

Identity: The defining characteristics of a person. When identity is positive, it is your best and truest self.

Influence: The power or act of causing an effect.