



# IDENTITY

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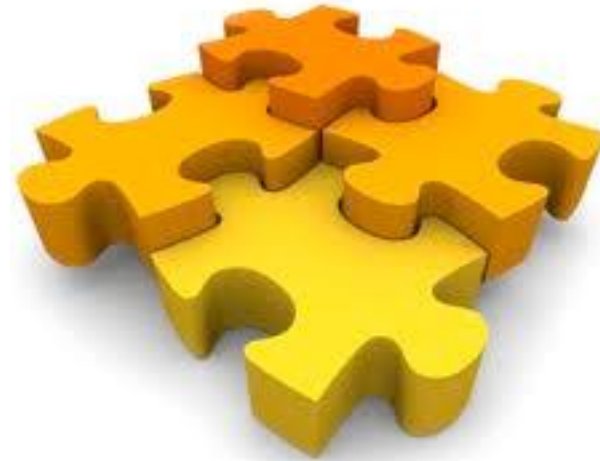
## DEVELOPING A POSITIVE IDENTITY

Achieving Good Mental Health

Chapter 7, Lesson 2

# PERSONAL IDENTITY

- Your sense of yourself as a unique individual
- Identity is similar to a puzzle, putting together a picture of you and your life.
- The pieces of this puzzle include:
  - Your goals
  - Your values and beliefs
  - Your talents and abilities
  - Your interests
  - Your likes and dislikes
  - Your ethnicity



# DEVELOPMENTAL ASSETS

- “Building blocks to develop you into healthy, caring and responsible individuals.”
- There are 8 assets total



## DEVELOPMENTAL ASSETS:

- **Support:** family support
- **Empowerment:** feeling valued by adults in the community
- **Boundaries & Expectations:** family/school boundaries (clear rules and expectations), positive peer influences, adult role models, etc.
- **Constructive Use of Time:** sports, activities, youth programs, etc.



## DEVELOPMENTAL ASSETS CONTINUED:

- **Commitment to Learning:** completing homework and readings, being involved, motivation to achieve
- **Positive Values:** self-control, honesty, responsibility, equality and social justice, compassion, integrity
- **Social Competencies:** planning and decision making, peaceful conflict resolution skills, interpersonal communication
- **Positive Identity:** sense of purpose, positive view of personal future, self-esteem and personal power.



# HOW TO ACHIEVE A HEALTH IDENTITY?

- Recognize Strengths and Weaknesses
- Demonstrate Positive Values
- Develop a Purpose in Your Life
- Form Meaningful Relationships
- Contribute to the Community
- Avoid Unhealthy Risk Behaviors



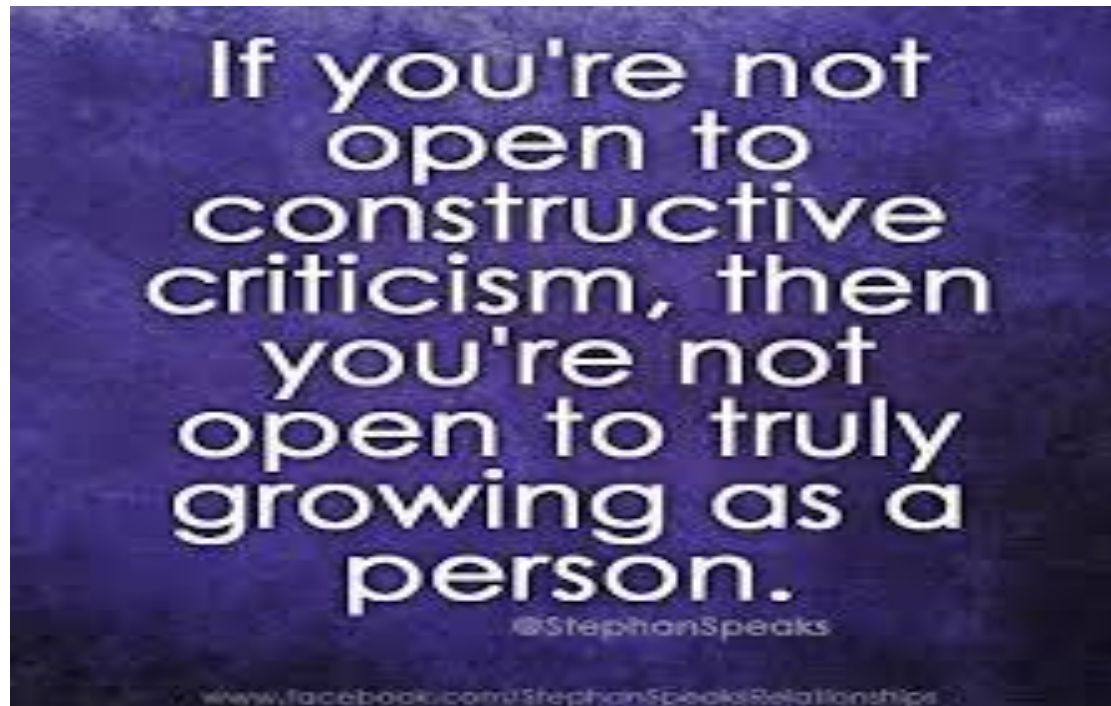
# SELF-ESTEEM & POSITIVE OUTLOOKS

- Individuals who have an increased self-esteem typically have a higher level of mental and emotional health.
- How a person feels mentally and physically will affect how they feel about themselves.
- It is proven that individuals who have a positive outlook on life tend to live longer and healthier (mentally and physically).
- See challenges as a way to grow and learn
- “Whether you think you can or think you can’t, you’re right.”-Henry Ford



# CONSTRUCTIVE CRITICISM

- Nonhostile comments that point out problems and encouragement improvement





# POSITIVE THINKING

- Individuals may fall into always thinking bad things will happen to them or their family.
- Example: A student has failed a test. The student may feel like they are unintelligent or a failure. Realistically, the student was probably just unprepared. **Constructive criticism** can help you improve your areas that you may lack and raise your self-esteem.
- “I can do this!”



# IDENTITY GROUP ACTIVITY

- Everyone will stand by their seat or spread out if you can and face forward.
- I will read a sentence, if you identify with it, you will take one step forward. If not, you will take one step backwards.



# REVIEW QUESTIONS

- What are four ways to achieve a healthy identity?
  - Recognize Strengths and weaknesses
  - Demonstrate Positive Values
  - Develop a Purpose in Your Life
  - Form Meaningful Relationships
  - Contribute to the Community
  - Avoid Unhealthy Risk Behaviors



## QUESTIONS, CON'T

- What are four “pieces of the identity puzzle?”
  - Your goals
  - Your values and beliefs
  - Your talents and abilities
  - Your interests
  - Your likes and dislikes
  - Your ethnicity



## QUESTIONS, CON'T

- What did the activity display?

The activity illustrates that everyone has different things that they identify with, which makes everyone unique individuals!

