Personal Development

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Caring

- Understand why others have different feelings and beliefs than you.
- Describe interactions with different cultural/racial/ethnic backgrounds.
- Provide care for others and/or animals.

Character

- Identify personal values.
- Identify activities that you find stress-reducing.
- Use desirable manners during social situations (language, dress, behavior).

Competence

- List specific aspects about puberty for own gender.
- Understand the connection between nutritional choices and physical health.
- List ways you can access community resources that help people.
- Search for developmentally appropriate employment.
- Identify qualities of a good employee (punctual, neat, helpful, respectful).

Connection

- Engage in activities with a friend group.
- Identify one or more trusted adults with whom you can talk about sensitive topics.
- Resolve conflict independently and nonviolently with others.
- List preferable qualities in others.

Confidence

- Implement a plan of action.
- Provides assistance to support others' positive development.
- Describe ways you can support ongoing social change efforts.
- Understand your personal learning style.
- Describe how you can use your positive characteristics to help others and/or the community.

Contribution

- Contribute your time or tangible resources to efforts supporting a specific organization or cause.
- Give time or tangible resources to others or a cause.
- Demonstrate qualities of a good leader such as active listening skills, diplomacy and mediation skills.
- Respond to others' needs once verbally communicated.

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