



## PowerTalk for Families

### What makes someone a role model?

In our Power of Choice lesson today, we talked about role models.

Dictionary.com defines a role model as “a person whose behavior, example or success is or can be emulated by others, especially by younger people.”

Everyone has the ability to be a role model and make an impact on someone else’s life.

#### **Family Chat**

Family chat time! Gather around in a comfortable place and grab a snack. Someone needs to take notes, so you’ll need a pad of paper and pen....and get ready to chat!

- Before you get started, spend a few minutes talking about your day. What exciting or not so exciting things happened today?
- Today’s chat is about role models. Everybody gets a turn to ask the question and to talk-- so get ready.
- What makes someone a role model?
- What are the characteristics of a role model? Make a list and rank them according to importance.
- Name some people that you know or people “in the news’ who exhibit those characteristics?
- What is it about those people that makes them a positive role model?
- What characteristics of a role model would you like to have?
- Are you a role model for someone?
- What can you do to be a positive role model for someone in your life?

For information more information on modeling healthy behaviors, check out this month’s Parents Use Your Power newsletter at:

<http://thepowerofchoice.info/6-8/parents/newsletters/parents-use-your-power-newsletters/>