



PowerTalk for Families

Who Are My Role Models?

In our Power of Choice lesson today we talked about personal role models. Positive, healthy role models are an important part of growing up. They provide examples of how to live a productive life. Parents play a crucial part in helping their children choose role models worthy of emulating. Researchers find that much of the learning that occurs during development is acquired through observation and imitation. While children do look to the media for role models, parents are still the most influential figures in their children's lives.

“For generations, kids have had heroes. How can they believe in heroes if their parents and teachers no longer do? Maybe our heroes are right under our noses and not just on the athletic fields and movie screens, or in the Senate or the White House. On September 11, 2001, every kid in America saw heroes in action. The police, firefighters, emergency workers, and citizens who gave their all to help total strangers were exhibiting character of the best kind. Kids notice and wanted to do their part in kind. That is the power of role models.”

Thomsen, Kate. (2002). *Building Resilient Students*. Thousand Oaks: Corwin Press, Inc.

Your child learns from your example. Who are YOUR role models? This family activity will help you have that discussion

Family Activity: The Interview

Take turns interviewing each other using following questions regarding your role models. Make sure each person gets a chance to be interviewed and to be the interviewer.

1. What do you think are important qualities/characteristics for a role model?
2. Who is your personal role model?
3. What characteristics of that person make him/her a positive role model?
4. What characteristic(s) do you most admire about that person?
5. Is there some characteristic of that person you see in yourself?
6. Is there some characteristic of that person you wish you had?
7. Is there some characteristic of that person that you don't admire?
8. Do you have anything else you would like to say about your role model?

For information more information on talking with your child about healthy role models, check out this month's Parents Use Your Power newsletter at:

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