

# LESSON 8

## I Am a Role Model



**OBJECTIVE:** Students understand how alcohol can harm their brain development.

**GRADE LEVEL:** 6-12

**TOPIC:** The Brain

**TIME:** 30-45 minutes

**VOCABULARY:** SADD, Alcohol

**MATERIALS NEEDED:** Sheets of paper

### STARTER:

- Review that SADD is an acronym for Students Against Destructive Decisions.
- Ask the students if they remember how old you are when your brain is fully developed.  
Answer: 25
- Remind the students that this does not mean they are done learning by 25. It just means their brain is done developing and growing.
- Today, we are going to talk about Role Models

### ACTIVITY:

- Choose 6-8 inspirational people that you think your students would recognize. These could be sportspeople, scientists, politicians, or anyone else you think is "inspirational." Try and choose a mix of ages, genders, and nationalities to appeal to different students' interests.
- Stick images of these people around the room.
- Ask students to work in pairs or small groups to identify them and suggest why they are "role models."
- As students give feedback, write keywords or phrases on the board, for example, "brave," "cares about people," or "hard-working." Encourage students to get to the characteristic rather than just talking about what the person has done. So rather than saying "Barak Obama was President of the US," "Barak Obama was hard-working" or "committed."
- Create a word cloud on the board with these personality adjectives or characteristics. Ask students to discuss in their pairs/groups if there are similarities between the different role models. What are they?
- Next, ask students to choose one person whom they find inspirational. Get them to write a short paragraph about why this person inspires them. Depending on the students' level, you may wish to give them useful language like "I am inspired by x because..." or "I look up to her because..."
- Now, ask students to take it in turns to read their paragraph to their partner (or to the whole class if you have time) without revealing the person's name. Can the class guess whom they are talking about?

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### WRAP UP:

- Last time, we talked about “The Me I Want to Be.”
- Being a role model works with this very well. The you that you should want to be should be someone a person could look up to.
- You are a role model! Does anyone have any younger siblings? If so, they most likely look up to you. Lead them by being a good example.
- You may be a role model to someone in your class. They may think you have some amazing qualities. Ensure you are making safe and smart decisions for those looking up to YOU every day.
- You never know who is watching you. It may be someone you don’t even speak to, but they think so highly of you.
- Something that can stop us from being a good role model is drugs and alcohol.
- Alcohol may not seem like that big of a deal, but it can damage your brain development.
- You can’t be the best role model you can be if you are not thinking clearly or making safe and healthy decisions.
- Choose to be the best role model you can be!