

Promoting Self Awareness and Social Responsibility:

The Change Starts With Us!



Promoting Relationships and Eliminating Violence
La Promotion des Relations et l'Élimination de la Violence

Self Awareness / Mindfulness

- All adults who interact with children & youth have critical role as models and coaches in their development.
- Need to be aware of our behaviors, intents, tone, and attitudes.
- Challenge:
 - To reflect on our use of power in relationships to ensure we are not using it aggressively.
 - To reflect on how our behaviors are being received by youth in moment-to-moment interactions and to repair when we make mistakes



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Children See Children Do

- <http://www.youtube.com/watch?v=7d4gmdl3zNQ>



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Scenario

You are walking in the hall at your school and you see two students talking with raised voices. One student says: "You are so gay and I am tired of having you around and having to deal with you. Why don't you do us all a favour and exit this world".



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Exercise 1

Reflect on the scenario, and take the perspective of the counsellor who observed the interaction.

- What did you feel about the students?
- What were your thoughts about the students?
- How would you express your feelings?
- How effective do you think it will be?
- What did you learn about yourself?



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Exercise 2

Reflect on the scenario, and take the perspective of the counsellor who observed the interaction.

- What did you feel about your colleague?
- What were your thoughts about your colleague?
- How would you express your feelings?
- How effective do you think it will be?
- What did you learn about yourself?



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Exercise 3

- **What would you do next to promote social responsibility?**
 - With students
 - With colleague
 - With parents



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