

# Table of Contents

Introduction .....	5
Character Education Lessons	
Respect	
Empathy: I Know How You Feel .....	9
Peer Pressure: Who Can You Trust? .....	17
Responsibility	
Decision Making: What Should I Do Now? .....	27
Being an Independent Thinker: Gangs/Drugs/Prison .....	37
Media: Resisting Media Manipulation .....	41
Competition and Resiliency: Behaviors That Contribute to Success in School .....	55
Honesty/Trust	
Trust and Commitment: Human Interaction .....	61
Self-Awareness: Honestly, Who Am I? .....	63
Self-Discipline	
Health: Eating Habits .....	69
Anger Management: Think, Don't Just React .....	75
Building Relationships Lessons	
Positive and Negative Behavior: Maintain Positive Interpersonal Relationships .....	79
Relationships: Positive Reinforcement .....	85
Prejudice: Developing Healthy Human Relationships .....	89
Problem Solving: The Intricacies of Relating to Others .....	91
Conflict Resolution: Understanding Human Relationships .....	95
Good Manners: Personal Behavior .....	99
Communication: "I" and "You" Messages .....	103
Family Dynamics: Analyze Positive and Negative Dynamics .....	109
Verbal and Nonverbal Communication: How We Say Things .....	111
Citizenship Lessons	
What Is Good Citizenship? .....	117
Equality .....	127
Liberty .....	137
Diversity .....	149
Freedom: Civil Rights .....	159
Justice .....	167
Pursuit of Happiness: Living in America .....	173
Common Good: Schoolwide Cleanup and Beautification Project .....	181
Separation of Powers .....	197
Popular Sovereignty .....	205
Career Education Lessons	
Personal Strengths .....	221
Time Management .....	227
Personal Habits for Career Success .....	233
Job Traits .....	239
Career Exploration .....	247
Service Projects .....	251
Planning for Success .....	255
Education and Earnings .....	259
Goal Setting: Where I Aim to Be .....	271
Personal Skills Analysis .....	277
How Mentors Can Help .....	283
Self-Assessment of Skills and Abilities .....	287
Mapping Your Future .....	291
Postsecondary Education, College Exploration, and Lifelong Learning .....	299
Future Career Choices: Conducting a Job Search .....	303