Promoting Self Awareness and Social Responsibility:

The Change Starts With Us!

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.

Children See Children Do

- [http://www.youtube.com/watch?v=7d4gmdl3zNQ](http://www.youtube.com/watch?v=7d4gmdl3zNQ)

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”.
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?

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?

Exercise 3

• What would you do next to promote social responsibility?
  – With students
  – With colleague
  – With parents