DEVELOPING A POSITIVE IDENTITY
Achieving Good Mental Health
Chapter 7, Lesson 2
PERSONAL IDENTITY

- Your sense of yourself as a unique individual
- Identity is similar to a puzzle, putting together a picture of you and your life.
- The pieces of this puzzle include:
  - Your goals
  - Your values and beliefs
  - Your talents and abilities
  - Your interests
  - Your likes and dislikes
  - Your ethnicity
DEVELOPMENTAL ASSETS

“Building blocks to develop you into healthy, caring and responsible individuals.”

There are 8 assets total
**Developmental Assets:**

- **Support:** family support
- **Empowerment:** feeling valued by adults in the community
- **Boundaries & Expectations:** family/school boundaries (clear rules and expectations), positive peer influences, adult role models, etc.
- **Constructive Use of Time:** sports, activities, youth programs, etc.
Developmental Assets Continued:

- **Commitment to Learning:** completing homework and readings, being involved, motivation to achieve
- **Positive Values:** self-control, honesty, responsibility, equality and social justice, compassion, integrity
- **Social Competencies:** planning and decision making, peaceful conflict resolution skills, interpersonal communication
- **Positive Identity:** sense of purpose, positive view of personal future, self-esteem and personal power.
HOW TO ACHIEVE A HEALTH IDENTITY?

- Recognize Strengths and Weaknesses
- Demonstrate Positive Values
- Develop a Purpose in Your Life
- Form Meaningful Relationships
- Contribute to the Community
- Avoid Unhealthy Risk Behaviors
Self-Esteem & Positive Outlooks

- Individuals who have an increased self-esteem typically have a higher level of mental and emotional health.
- How a person feels mentally and physically will affect how they feel about themselves.
- It is proven that individuals who have a positive outlook on life tend to live longer and healthier (mentally and physically).
- See challenges as a way to grow and learn.
- “Whether you think you can or think you can’t, you’re right.” - Henry Ford
CONSTRUCTIVE CRITICISM

- Nonhostile comments that point out problems and encouragement for improvement.
POSITIVE THINKING

- Individuals may fall into always thinking bad things will happen to them or their family.

- Example: A student has failed a test. The student may feel like they are unintelligent or a failure. Realistically, the student was probably just unprepared. **Constructive criticism** can help you improve your areas that you may lack and raise your self-esteem.

- “I can do this!”
IDENTITY GROUP ACTIVITY

- Everyone will stand by their seat or spread out if you can and face forward.
- I will read a sentence, if you identify with it, you will take one step forward. If not, you will take one step backwards.
Review Questions

What are four ways to achieve a healthy identity?

• Recognize Strengths and weaknesses
• Demonstrate Positive Values
• Develop a Purpose in Your Life
• Form Meaningful Relationships
• Contribute to the Community
• Avoid Unhealthful Risk Behaviors
What are four “pieces of the identity puzzle?”

- Your goals
- Your values and beliefs
- Your talents and abilities
- Your interests
- Your likes and dislikes
- Your ethnicity
What did the activity display?

The activity illustrates that everyone has different things that they identify with, which makes everyone unique individuals!