

Unit 2- Rules of Etiquette

Lesson 1- Respect

Morals go hand in hand with etiquette.

Etiquette refers to the correct behavior or the rules of conduct by which people become socially acceptable members.

Etiquette starts with respect.: respect towards our parents, teenagers and even young ones,

Respect are those who used good manners and appropriate language and does not hurt others.

Respect also depends on the appreciation of privacy.

Respect for privacy

Knock and wait for permission before entering any room.

1. Never give yourself the right to look through another person's possession(ownership).
2. Always take permission when you want to borrow something.
3. Do not expect others to clean after you.
4. Do not embarrass anyone in front of others.

You can show respect and good manners in many ways;

Phone etiquette

1. Dial the number correctly.
2. Allow it to ring long enough for the recipient to reach the phone.
3. Identify yourself immediately.
4. Ask
5. Remember to be **COURTEOUS** after the call.

Etiquette for public places

1. Before entering the lift, wait for the people inside to exit.
2. Keep your voice down (when with a group)
3. Turn down your portable music/ do not play disturbing music or loud music.
4. Seat properly (feet close to each other)

Lesson 3- Behavioral Problems

During growing up, children pass through different stages where they express themselves. One of these stages is the age of 2. The child at this age, is able to communicate and can deliver the message he wants. He can also learn to be independent, to do things by himself and have his opinion about things that he should do. We call this stage 'Terrible twos'. To express his feelings, the child at this age can be violent and destructive. He can kick, hit, scream, bite and throw things if he doesn't get what he wants. We call this **AGGRESSIVE OUTBURST** - are feelings that blow out of proportion and are usually violent and destructive.

Why might a child have an aggressive outburst?

- a. Frustration/frustrated (when he feels he is unable to achieve something he wants or fulfill his desires.
- b. Tired / hungry
- c. Feeling discomfort

Nail biting- is another form of behavior which reflects a child's nervousness.

Ways on dealing frustration in a positive way

1. Eat healthy food
2. Exercise
3. Rest

It's thinking time!

1. What are the factors that can lead to an aggressive behavior?

- a. _____
- b. _____
- c. _____

Lesson 2- Growing up

All children undergo the process of puberty between the age of 9- 15.

Puberty is the process by which young children undergo changes both physically and psychologically.

Characteristics of this stage;

1. The child feels that he is no longer a child and not yet an adult (this is referring to **Adolescence**)
2. The child starts analyzing the information in a more mature way (or what we call **Cognitive change**).
3. The child starts having mood swings. (**Mood swings**- feelings that shift and change quickly.)
4. **Emotional change** - reflect the feelings of as child.

Being an adolescent is being grown up, and to have a grownup character, you need to have the **3r's**;

- a. **Responsible**
- b. **Do the right thing**
- c. **Respect**

During this stage, child faces a lot of circumstances, one of this is **PEER PRESSURE**

Peers- these are your friends during this age.

Peer pressure occurs when a peer tries to force you to do something that might not be acceptable.

It's thinking time!

1. **How would you deal with peer pressure?**

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Unit 1- Character Development

Lesson 1- Elements of a Character

Each one of us is a special individual, that each one is different than the other, and that each one reacts in a different way.

A person's character has a direct influence on a person's personality.

Character refers to a person's qualities and traits that distinguish one person to another individual. (negative or positive depending on the way people use it to refer to a person's actions).

A person whose character is perceived positively by those around him is a person who is cheerful and has moral values.

Ethics - refer to the set of values a person choose to follow.

A person with a negative character is someone, who is not really liked by those around him and he behaves negatively and does not have ethics.

For us to grow and develop we must have moral values, which is the basis for any healthy character.

Elements of moral values;

Trustworthy - refers to the honesty of a person. (he is reliable, doing the right thing)

Caring - helping people in need and having a feeling of gratitude and thankfulness.

Respect - is a characteristic of those who used good manners and appropriate language keeping in mind the feelings of others.

Fairness - being equal.

-Listen to others and never blame them for every mistake, share,listen and play fairly.

Responsible - ready to stand up for your choices. Control yourself and you think before you act.

Citizenship - you try to make your community better and obey its laws and rules.