



Be

'R.E.A.L

SAMPLE

Not for

distribution

BE R.E.A.L.

Responsible

Engaged

Active

Learner



**BE THE BEST VERSION
OF YOURSELF**

Be **R.E.A.L.**

GOODNESS IS ABOUT CHARACTER - INTEGRITY, HONESTY, KINDNESS, GENEROSITY, MORAL COURAGE AND THE LIKE. MORE THAN ANYTHING ELSE IT IS ABOUT HOW WE TREAT OTHER PEOPLE.

DENNIS PRAGER

RESPONSIBLE – comes from the Latin *respondere*, which means “to respond.”

Synonyms- honest, reliable, capable, trustworthy.

When you act ‘responsibly’, you make decisions based on morals (what is the right thing to do), and you accept the consequences for your decisions and behaviour.

The person you are- your character is the result of your habits.

If you want to be known as a responsible person, you need to practice behaving responsibly:

- You will think about what you say, how it will affect others.
- You will think about what you do and how it will affect others.
- You will be accountable for your actions and accept consequences.
- You will be reliable and dependable-e.g. turning up to class, work, sports practice on time.

ENGAGED -comes from the French word *engager*, which means, ‘to pledge’.

If you are fully occupied with something or someone, giving whatever you are doing, your full attention, you are engaged with it.

- Being engaged with someone in conversation means listening carefully to what they say.
- Being engaged with your work means concentrating and focusing on what you are doing or learning.

'The person who dumps garbage into your mind will do you considerably more harm than the person who dumps garbage on your floor, because each load of mind garbage negatively impacts your possibilities and lowers your expectations.' Zig Ziglar

ACTIVE-means, 'something that is active is characterised by action and movement'.

- Be active, exercise is known to help maintain a healthy mind and body.
- Be prepared to work. Effort and practice improves performance.
- Your attitude not your aptitude will determine your altitude. (Zig Ziglar) i.e. Work and persistence will help pave the path to success.
- Don't wait for someone else to make it happen for you. Be an active learner.
- Take control of your own destiny. Do your own work.
- Keep trying. When you make a mistake, learn from it. Do it again. Don't give up.

LEARNER-to learn is to gain new knowledge or skills through practice, study or experience.

- Whether you want to speak Spanish, surf or cook pasta, you will need to be involved in the learning.
- Learning comes from teachers, parents, friends, books, internet, films, stories, mistakes.
- If you want to learn something, you need to **actively engage** in the process. Don't expect to learn anything if you are not focussed on relying on someone else to 'teach' you.
- Accept feedback. Try new strategies, seek to improve what you are doing.
- Learning should not finish when you finish school. Keep your mind open to learning something new about the world and people every day.

'To help yourself, you must be yourself. Be the best that you can be. When you make a mistake, learn from it, pick yourself up and move on.' Dave Pelzer

I'm a constant learner. You need to be a constant student because things change and you have to change and grow. And I emphasise the word 'grow'. Zig Ziglar

Be **R.E.A.L.**



Young ladies and gentlemen, do you have **R.E.A.L.** tools in your handbag or toolkit?

What 'tools' do you need to be?

Responsible, Engaged, Active, Learners

This handbook will help you accumulate 'tools' for your handbag or toolkit which will guide you to be, the 'Best Version of Yourself'.

What would you like to know?
 What might help you understand yourself and other people better?
 What could you learn that might help you think before you speak / do something that you regret later? How could you get along better with friends? How do you resolve conflict?

And, if you do make mistakes (everyone does), how can you fix the problem?

This handbook will fill your handbag & toolkit with ideas and strategies that will help you Be R.E.A.L.



Be Responsible

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Treat FRIENDS well

You share common interests with, enjoy their company, have fun with...they also;

Show loyalty and honesty. -Friends do not gossip, talk behind your back or tell other people secrets that you have shared with them.

Show genuine interest in you, what you are doing, and your welfare.

Accept you for who you are and what you look like. They respect your opinion, and understand that you will not always agree on the same things. They do not put you down (or manipulate you).

Support you when times are tough. They are ready to offer you advice, a hug, smile, listening ear, show empathy or help with solving a problem, work etc.

Remain positive and want the best for you. They help you make good choices, not wanting you to get hurt or do something dangerous or illegal. They might have to tell you, 'No', or 'stop!'

Show they appreciate you and what you do for them by saying, 'thank you'. Or show their gratitude with a text, letter, email...

Stay in touch. Friends need to try to contact one another. It should not be left up to one person to make the contact.



Don't expect your friend to be...

Perfect-everyone has faults. Appreciate people's strengths and minimize their faults. Everyone is different. Sometimes friends say or do things they regret later. Give friends a chance to apologise. It takes time for sores to heal. Give your relationships time to grow & time to heal.

Exclusively, your friend- make sure that you do not stifle your friend or make them feel they cannot be friends with other people.

In a good mood, all the time. Make sure that you return care and consideration to your friend. They might be having a bad time and need space. They might not want to talk about their problems, even to you.

'There is nothing on this earth more to be prized than true friendship.'-Thomas Aquinas

ANGER is a normal human emotion. It is a natural response to threats.

BUT, when anger turns to rage, it is out of control and destructive.

Causes of anger vary. You can be angry for many reasons;

What are the triggers for your anger?

1. Someone(s) verbally or physically is, or has abused you.
2. You are sick of being 'picked' on or put down in person or via social media.
3. You are tired of being emotionally battered.
4. Frustration, fear, jealousy, embarrassment, shame, anxiety, rejection...
5. Disappointment, hurt, memories of traumatic events...
6. People talking about your family.
7. People pushing / shoving / being rude towards you.
8. Not being able to do school work.
9. It is a habit. When you don't get your own way, you get angry.



How do you know you are getting angry?

You probably will notice some of the following symptoms?

1. You can't think- everything is blurry
2. Your heart races
3. Your face goes red
4. You clench a fist
5. You feel sweaty
6. You go quiet
7. You lash out at someone
8. You feel shaky

CONTROLLING ANGER

Don't let someone push your buttons'.



Controlling yourself

Do you know how to control yourself? Do you have strategies to deal with bullies? **Do you know how to cope with stress?** Are you hurting yourself by engaging in risky behaviour? Are you coping via self-medication?

What tools do you have in your 'toolkit' or 'handbag' to cope with anger? It is very difficult to think rationally when under stress or angry. Have you ever been told to 'step back' from the situation? **It's good advice...**It gives you a chance to cool down and think straight before you hurt yourself or some-one else.

Being angry about things is normal, - life can be stressful.

Recognise your anger triggers and have strategies to manage your emotion.

Learn to control anger. if anger is not controlled and it turns to rage; the emotion controls you.



ANXIETY



Most people feel stressed or anxious before a test or exam, going to the dentist, having to give a speech, preparing for surgery, going for a job interview, going for their driver's license, playing a grand final...situations where they feel under pressure. However, once the reason for the stress has passed, they generally feel better.

Anxiety is more than feeling worried or stressed. Anxiety is when anxious feelings do not go away. It is a serious condition that is hard to control.



Common symptoms of anxiety include:

1. Physical – tightening of the chest, shortness of breathing, fidgeting, panic attack, hot and cold flushes, tension, heart palpitations, eating disorder
2. Psychological – excessive fear, over reacting, blowing things out of proportion, obsessive thinking, can't focus clearly
3. Behavioural – avoiding situations that contribute to anxiety e.g. not wanting to go to school or work, avoiding places where certain people hang out e.g. areas in school, shopping centres, sports clubs.

Depression is when people experience sad, low moods for extended periods of time, sometimes without any obvious reason. It is a serious condition that can affect a person's overall health.

The Beyond Blue website www.beyondblue.org.au offers great support, coping strategies and advice.



Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year olds, along with assistance in promoting young peoples' wellbeing.

Services include- mental health, physical health, work and study support and alcohol and other drug services.

www.headspace.org.au

headspace centres are located across metropolitan, regional and rural areas of Australia.

If you don't have a headspace centre nearby eheadspace provides confidential support



Be **Active**

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GRATITUDE

'Feeling gratitude and not expressing it is like wrapping a present and not giving it'

William Arthur Ward

GRATITUDE means: The quality of being thankful; readiness to show appreciation for and to return kindness.

Gratitude promotes relationships and attracts people to us. If you are nicer and more appreciative, people will help you, and vice versa. (Bartlett et al. 2011)

The results of more than 40 gratitude research studies determined there were many benefits.

GRATITUDE helps us become:

Happier, healthier, emotionally stronger, resilient, optimistic, less self-centred, less materialistic.

<http://happierhuman.com/benefits-of-gratitude/>





What do resilient people have in common with bamboo?

Bamboo is a tough, flexible grass that is hard to break. It can be bent but it does not snap easily.

Like bamboo, resilient people have an inner strength, a mental toughness that stems from a belief in themselves and their ability to deal with whatever problems life throws at them.

Characteristics of resilient people include the ability to;

- take advantage of change,
- adapt to new situations quickly,
- deal with adversity,
- problem solve and
- bounce back.

Develop RESILIENCE

When something goes wrong in your life; e.g. you fail an exam, a friend tells you they don't like you anymore, you have been abused by someone, you lose your job, someone you love gets sick...you need to think of whatever has happened as a temporary setback. It does not have to be permanent. Dust yourself off, learn from your mistake(s) and move on!

Life is full of ups and downs. No-one goes through life without experiencing bad times. That is what makes the good times worthwhile and worth remembering.

Don't get stuck in the mud! Pull yourself out and keep going. Don't give up.

Don't worry about what happened yesterday- you can't change history. (Tomorrow's the mystery!)

You can't join the dots going forward, you can only join them looking back.

There is no point crying over spilt milk.

A good school teaches you resilience - that ability to bounce back. Kate Reardon

