

Discovering Me

Visuals

Introducing *Discovering Me* to Other Leaders or Teachers

- To help you introduce the key concepts and activities presented in *Discovering Me*, a set of visuals is provided. The visuals can be used as masters to prepare overhead transparencies and/or paper copies to distribute.
- As you discuss the ideas highlighted in the visuals, you can amplify the points with examples from your own experience.
- For additional copies of *Discovering Me* and for more information about other youth and family educational programs, contact the Penn State Cooperative Extension Office in your county.

Discovering Me

- ❑ **Learn-by-doing program for 10- to 13-year-old youth to discover more about themselves.**

Discovering Me

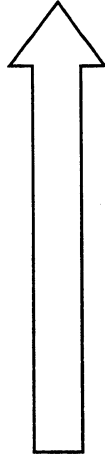
- ❑ **Designed to address the unique developmental characteristics experienced in early adolescence.**

Adolescence

**Transition from Childhood to
Adulthood**



CHILD



ADOLESCENCE



ADULT

Characteristics of Adolescence

- ❑ **Rapid physical growth**
- ❑ **Developing sexual characteristics (puberty)**
- ❑ **Developing sense of self**

Characteristics of Adolescence (cont.)

- Having friends and belonging to peer groups**
- Reasoning abstractly (able to argue a point)**

Purpose of “Discovering Me”

- ❑ **To help youth better understand who they are and why they think, feel, and behave the way they do**

Assumption of “Discovering Me”

**If youth know who they are
and why they think and feel
the way they do,
they are more empowered
to take responsibility
for their actions.**

Discovering Me

**The publication
is a program guide
for youth group
leadership.**

Discovering Me

Unit 1—My Unique Self

Unit 2—Belonging

Unit 3—Self-evaluation

Unit 4—My Successes and Failures

Unit 5—Making Choices for Myself

Each Unit Contains

- Description of the unit**
- Purpose of unit activities**
- Review of potential activities
and materials required**
- Suggested activities to do**

Role of Leadership

- ❑ **Create a comfortable, safe environment where trust can be established.**
- ❑ **Allow youth to explore possibilities and decide what makes the most sense to them.**
- ❑ **Be supportive and encouraging.**

Role of Leadership (cont.)

- ❑ **Be aware that early adolescents develop physically, mentally, socially, and emotionally at different times.**
- ❑ **Provide educational activities with movement and interaction.**