

# Voyager

## SEC Pathfinder Curriculum Virtual Camp (worksheet)

Name: \_\_\_\_\_

Club: \_\_\_\_\_

### *Friendship development:*



**Areas for *Discussion*, Query and Examine your Attitude:**

***a) Self Concept;***

***b) Human Relationships;***

***c) Peer pressure.***

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On SEC Pathfinder Curriculum Virtual Camp

Sunday 23rd May 2021

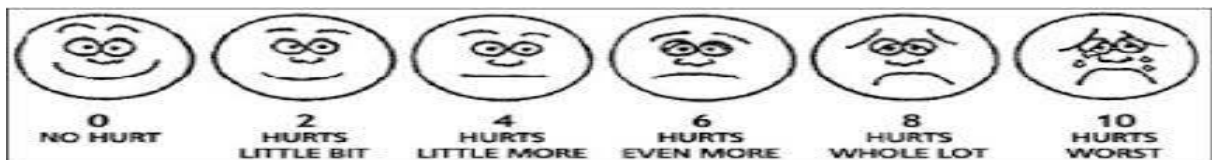
**Self Concept** is a person's perception of himself (or the way you see yourself)

## A. SELF-CONCEPT

Do I like myself...

Statement	Always	Usually	Occasionally	Rarely	Never
I enjoy shopping for new clothes					
My weight is just about where I want it					
I like looking at myself in a full-length mirror					
I feel important					
If I were a member of the opposite sex I would find myself appealing					
I am optimistic					
I am in a good mood					
I can hold my own in conversations					
I like going to parties					
I can laugh at my own mistakes					
Other people value my opinions					
I am energetic					
I don't bear grudges					
It takes a lot to get me down					
I blame myself for the things that go wrong					
Other people like me					
I don't let people push me around					
Other people need me					
I've accomplished a good deal					
People usually admire me					
I like meeting and talking to new people					
I can take care of myself					

Self-concept scale rating (0 is high and 10 is low)



High Self Esteem

Low Self-Esteem

## Self Concept Notes 1

What does Self Concept means?	
List three (3) ways Perceptions are formed:	a) b) c)
<b>Can you think of an example of how a person's self perception influences his behaviour and the behaviour of others towards him?</b>	
<b>Can you think of different kinds of examples where your concept of yourself" has influenced our ways of behaving?</b>	

🚦 Social self-concept and give examples:

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🚦 Emotional Self concept and give examples:

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🚦 Physical self-concept and give examples:

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### Think about:

🚦 Who controls your day? \_\_\_\_\_

🚦 What are killer statements and gestures? \_\_\_\_\_

🚦 What are your reactions to killer statements and gestures? \_\_\_\_\_

🚦 Make a statement starting with 'I'd like to be... \_\_\_\_\_

🚦 Who am I in... \_\_\_\_\_

🚦 What do you worry about? \_\_\_\_\_

**B: HUMAN RELATIONSHIP: PARENTS, FAMILY AND OTHERS**

The extent to which I am affected

	I agree. Explain why...	I disagree. Explain why..
An argument in the home between parents and teens is a destructive force.		
Quarrelling is wrong for a Christian Family even though insights are gained thereby.		
The wisest course to take when an argument seems to be developing is to remain silent or leave the room.		
An adolescent should always obey a parent without questioning what he says or his authority.		
Parents should have a voice in who their son or daughter dates.		
Most of the problems between parents and teenagers occurs because the parents to listen to or understand the teenager.		
A good method of disciplining with teenagers is focusing upon what they did wrong so they will not do the same things again.		
It is a sign of spiritual and emotional immaturity for a Christian to be angry with another person.		
Nagging another person is sometimes necessary in order to get him to respond.		
It is all right to modify the truth to avoid unpleasantness in the home.		
Since parents brought their teenagers into the world they owe it to them to give them clothes, food, a place to live and plenty of attention		

## Human Relationship Notes 1

Write down 2 things you learnt today about Human Relationship, and explain briefly how this affect you.

	Two things I learnt about Human Relationships	How does it affect me...
1.		
2.		

### Pick a Scripture Verse that highlight a behaviour you need help with:

- **Anger:** Proverbs 15:1,18;.
- **Parent-Teen Relationships:** Colossians 3:21.
- **Too Much Talk:** Proverbs 17:27,28;
- **Nagging:** Proverbs 17:1;
- **Calm, Soft Answers:** Proverbs 15:1, 4;.
- **Insults:** Proverbs 12:16;
- **Speaking the Truth:** Proverbs 26:18,19,22;

## C: PEER PRESSURE

### The extent to which I am affected

What Is Peer Group Pressure?

Which is true? (~~Cross out the incorrect definition~~)

- The pressure we receive from those around us to follow their standards of conduct, way of thinking, and values in life.
- Giving in just to be part of the in-crowd.

This pressure can be either good or bad, depending upon the value system of the group.

Think of some of the desirable things young people do that influence other young people to follow.	Think of some undesirable things young people do that influence other young people to follow.

### Brain storming... ideas to deal with Peer Pressure

1.	
2.	
3.	
4.	
5.	

6. Have a secret code to communicate with parents. ...
7. Give an excuse. ...
8. Have friends with similar values and beliefs.
9. Get away from the pressure zone.
10. Use the buddy system.