

Lesson 1.0: Introduction & Identity

Introduction

Congratulations! You'll be graduating from high school soon.

You may enter post-secondary education, the workforce, or take time to think about your options.

This resource was created to support you in your transition to life outside of high school.

For examples, you will learn about paying bills, managing relationships, maintaining good mental health and knowing where to turn to when you need support.

In short, this resource is for you.

We hope you find it and the activities we've created, helpful.

Let's get started!

Quiz, Quiz, Trade Activity

- Each person gets a quiz card. The front contains the question, the back contains the answer.
- Walk around the room, take turns answering questions of your classmates, and asking them to answer yours.
- Be sure to trade cards once you are done asking and answering a set of questions!

Quiz, Quiz, Trade Activity

1. In the questions, was there anything that surprised you?
2. Anything that you already knew?
3. Anything of importance that you found?

Share your thoughts on any of these questions with a partner.

Identity

Identity is all of the parts of you that make you who you are.

Identity

- You actually have many identities, not just one, and you play many roles in every part of your life.

Identity

- Your identity will also change as you evolve throughout your life.

Identity

- You are not defined in only one way.

Identity

- All of the different parts of you work together, and each aspect of what is called your identity influences and contributes to each other part.

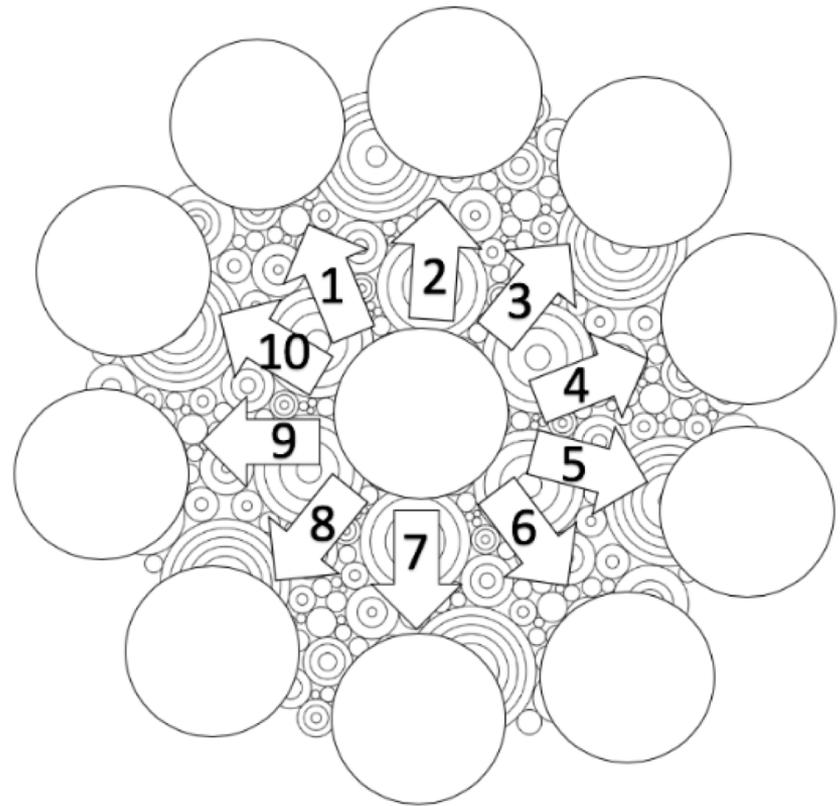
Identity

- Sometimes figuring out who you are is shaped largely by you and sometimes it can be influenced by others, which can at times be confusing and challenging.

Identity

- How would you describe your strengths and challenges?
- See and discuss the other questions related to your strengths and challenges, on page 9 of Know Before You Go.

How do the following shape your identity?



1. Racial & Ethnic Identity

2. Cultural Identity

3. Family & Community

4. Personality

5. Values

6. Social Identity

7. Strengths & Challenges

8. Spirituality & Faith

9. Sexuality

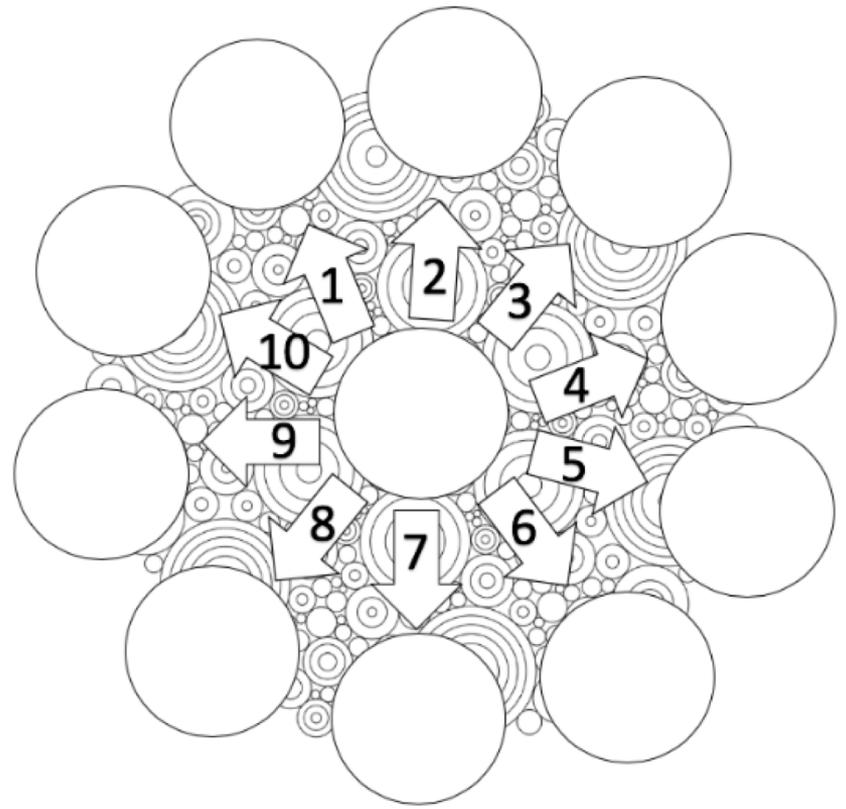
10. Gender Identity & Expression

Identity Mandala

Use the remaining class time to complete your mandala.

Homework:

Finish Mandala, read Chapter 1 of *Know Before You Go*



1. Racial & Ethnic Identity

2. Cultural Identity

3. Family & Community

4. Personality

5. Values

6. Social Identity

7. Strengths & Challenges

8. Spirituality & Faith

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10. Gender Identity & Expression