A Person of Character...

→ Is a good person, someone to look up to and admire. → Knows the difference between right and wrong and always tries to do what is right. → Sets a good example for everyone. → Makes the world a better place. → Lives according to the “Six Pillars of Character”: TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, and CITIZENSHIP.

**Character** is a learned behavior and reflects someone’s attitude and values. (what sort of person you are) Ex: Disrespectful, Optimistic, Polite, etc....

**Personality** is the natural or inborn traits of a person. (outward display of who you are) Ex: Charming, Outgoing, Confident, etc.....

People judge your personal character by their perception of how you respond to challenges. Someone who perseveres in the face of adversity and works persistently to complete a task or sees something through is generally thought to be someone of good personal character.

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**Trustworthiness**

| Integrity | DO: Stand up for your beliefs • Follow you conscience • Be honorable and upright • Live by your principles no matter what others say • Have the courage to do what is right and to try new things even when it is hard, costly • Build and guard our reputation  
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<td>DON’T: Do anything wrong • Lose heart if you fail or don’t get what you want</td>
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| Honesty   | DO: Tell the truth and nothing but the truth• Be sincere • Be forthright and candid  
|           | DON’T: Lie • Cheat • Steal• Be sneaky, tricky, or deceptive |
| Reliability | DO: Keep your promises • Honor your word and commitments • Be dependable • Do what you are supposed to do • Return what you borrow • Pay your debts • Be on time |
| Loyalty   | DO: Stand by and protect your family, friends, school and country • Be a good friend  
|           | • Look out for those who care about you • Keep secrets whom appropriate of those who trust you  
|           | DON’T: Betray a trust • Let your friends hurt themselves • Do anything just so others will like you • Ask a friend to do anything wrong or spread gossip that could hurt others |

**Respect**

| Golden Rule | DO: Treat others the way you want to be treated • Respect the dignity, privacy and Freedom of all individuals • Value and honor all people, no matter what they can do for you or to you • Respect others’ property---- take good care of property you are allowed |

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to use and don’t take or use property without permission • Respect the autonomy of others --- tell them what they should know to make good choices about their own lives

**DON’T**: Use or manipulate others • Abuse, demean, or mistreat anyone

- **Tolerance**
  - **DO**: Judge others on their character, abilities, and conduct without regard to race, religion, gender, where they live, how they dress or the amount of money they have • Be tolerant, respectful and accepting of those who are different from you • Listen to others and try to understand their points of view

- **Nonviolence**
  - **DO**: Resolve disagreements, respond to insults and deal with anger peacefully and without violence
  - **DON’T**: Use threats or physical force to get what you want or to express anger

- **Courtesy**
  - **DO**: Use good manners • Be courteous, polite, and civil to everyone
  - **DON’T**: Use put-downs, insults or ridicule to embarrass or hurt others

**Lesson Review**:

1. Define Character.

2. Define Personality.

3. What is the difference between Character and Personality? Explain

4. List the “Six Pillars of Character”.

5. Write an example of how you can show Trustworthiness and Respect in school or physical education class.
A Person of Character...(continued)

→ Is a good person, someone to look up to and admire. → Knows the difference between right and wrong and always tries to do what is right. → Sets a good example for everyone. → Makes the world a better place. → Lives according to the “Six Pillars of Character”: TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, and CITIZENSHIP.

Responsibility

- **Duty**
  - **DO:** Know and do your duty • Acknowledge and meet your legal and moral obligations

- **Accountability**
  - **DO:** Accept responsibility for the consequences of your choices, not only for what you do but what you don’t do • Think about consequences for yourself and others before you act • Think long-term • Do what you can do to make things better • Set a good example
  - **DON’T:** Look the other way when you can make a difference • Make excuses or blame others

- **Pursue Excellence**
  - **DO:** Your best • Perservere • Don’t quit • Be prepared • Be diligent • Work hard • Make all you do worthy of pride

- **Self-Control**
  - **DO:** Take charge of your own life • Set realistic goals • Keep a positive outlook • Be prudent and self-disciplined with your health, emotions, time and money • Be rational—act out of reason not anger, revenge or fear • Know the difference between what you have a right to do and what is right to do • Be self-reliant---- manage your life so you are not dependent on others; pay your own way whenever you can

Fairness

- **Justice**
  - **DO:** Be fair and just • Treat people equally • Make decisions without favoritism or prejudice • In imposing punishment be sure the consequences for wrongdoing are consistent, certain and proportional (not too harsh or lenient)
  - **DON’T:** Take more than your fair share • Take advantage of or blame others unfairly

- **Openness**
  - **DO:** Be open-minded and impartial--- consider what people have to say before you decide • Be careful--- get the facts, including opposing viewpoints, before making decisions (especially blaming or accusing another)

Caring

- **Concern for**
  - **DO:** Be compassionate and empathetic • Be kind, loving, and considerate • Be thankful
Others

and express gratitude for what people do for you • Forgive others for their shortcomings

DON'T: Be mean, cruel or insensitive

Charity

DO: Be charitable and altruistic --- give money, time, support, comfort without strings for the sake of making someone else’s life better, not for praise or gratitude • Help people in need

Citizenship

Do Your Share

DO: Be a good citizen and a good neighbor • Care about and pursue the common good • Be a volunteer --- help your school and community be better, cleaner and safer • Protect the environment by conserving resources, reducing pollution, and cleaning up after yourself • Participate in making things better by voicing your opinion, voting, serving on committees, reporting wrong doing and paying taxes

Respect Authority

DO: Play by the rules • Obey parents, teachers, coaches and others who have been and the Law given authority • Observe just laws • Honor and respect principles of democracy

Lesson Review:

1. Write an example of how you can show Responsibility, Fairness, Caring, and Citizenship in school or physical education class.

2. Which two character traits are the most difficult to show and why?

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