

PARENTS USE YOUR POWER

March 2015

Who Are My Child's Role Models?

Research shows that the majority of adolescents identify role models in their lives. Since identity formation is a central focus during this developmental stage, adolescents are influenced by the behaviors and characteristics of their role models. This is why it is vital that our young people are choosing role models who possess qualities that will influence them in ways that move them toward a healthy future.

Dictionary.com defines a role model as “a person whose behavior, example or success is or can be emulated by others, especially by younger people.” We can help guide our children as they choose role models and behaviors they want to emulate. A great place to start is by having a conversation about the people they consider to be role models.

Use this month's Parenting Power Tip Activity to start the conversation with your child. Use the following activity to help your child examine his/her role models. Continue the conversation with this month's [PowerTalk Activity for Families](#).



PowerTalk Activity for Families

Your child learns from your example.

Who are YOUR role models?

This month's PowerTalk Activity allows your child to interview YOU about *your* role models.

Who Are My Role Models?

We all have people we admire and strive to emulate. Those people are our role models. Have your child write down 2 people he/she considers role models. Then, list 5 qualities that they admire about each person.

After you make your lists, compare them with the Qualities of a Positive Role Model at the bottom of the page. Talk about the similarities and differences between the two lists. Discuss the importance of examining those qualities when choosing an appropriate role model.

Role Model #1:

1. _____

2. _____

3. _____

4. _____

5. _____

Role Model #2:

1. _____

2. _____

3. _____

4. _____

5. _____

Qualities of a Positive Role Model

- Has values that you admire.
- Lives life with honesty and integrity.
- Treats others with kindness, respect and compassion.
- Is friendly and knowledgeable.
- Doesn't let peer pressure, the media, or TV exposure force them to look, act, or dress in a certain way.

**Remember, often the best role models are those you know well.

Example: parents, grandparents, friends, teachers, etc.

Use this month's [PowerTalk activity](#) to add a fun family activity that allows your child to interview you about **YOUR** role models.

NEXT MONTH:
How media influences our youth



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