



Chapter I - I: All About You

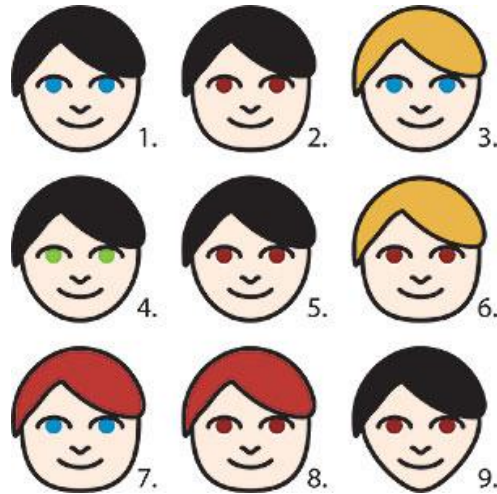
Your Heredity

- **Heredity:** the sum of all traits passed on through genes from parents to children.
 - Causes people to be alike and different



"Cheer up. Your dad had so many pimples in high school, we played connect-the-dots on his yearbook photo."

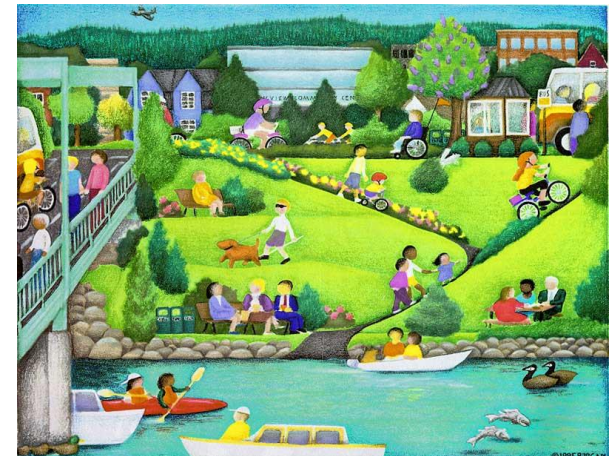
Inherited Traits



- You have no control over these
- Include your...
 - Skin, hair, eye color
 - Facial features, body build, height
 - Mental and physical abilities
- By knowing these you can adapt your lifestyle

Your Environment

- **Environment:** made up of everything that surrounds you.
 - Gain more control over this as you age
 - Psychological: attitudes expressed by people around you. Feelings and beliefs of the people around you
 - Physical: the objects around you



Your Cultural Heritage

- **Cultural Heritage:** Learned behaviors, beliefs, and languages that are passed from generation to generation.
 - Holidays you celebrate
 - Traditions
 - Food you eat
- Helps you learn appropriate behavior for your culture

Race and Ethnic Groups

- **Ethnic Group:** a group of people who share common racial and/or cultural characteristics.
 - National origin
 - Language
 - Religion
 - Traditions
- What are some common ethnic groups?

Your Personality

- **Personality:** the total of all the behavioral qualities and traits that make up an individual.
 - Way you feel, think, speak, dress, and relate to others
- **Traits:** qualities that make you different from other people

Character Development

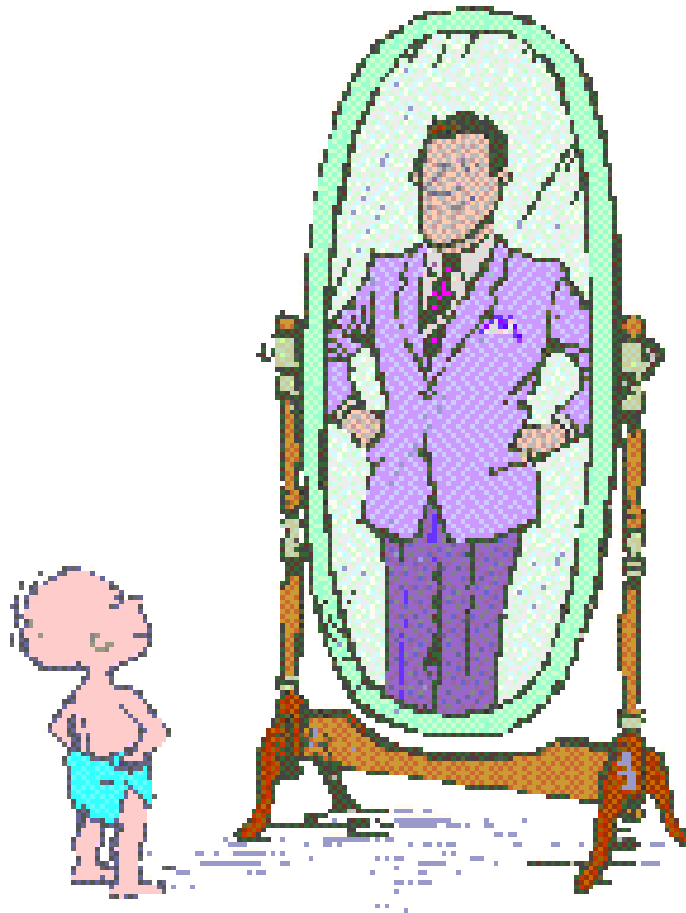
- **Character:** refers to inner traits
- Character development begins in childhood
 - Conscience
 - Moral strength
 - Social attitudes



Character Traits

- Common character traits include caring, fairness, respect, responsibility
- Caring people have....
 - **Empathy:** understanding how others feel even when their own personal feelings may differ
- Fairness is....
- Respect is....
- Responsibility is...

Your self-concept



- **Self-Concept:**
Your view of yourself and is largely influenced by those around you
 - Positive self concept: feel worthwhile
 - Negative self concept: feel uncertain

Improving your self-concept

- Be realistic about your expectations of yourself
- Develop your talents and abilities
- Look for positive relationships with others
- Spend time doing activities you enjoy
- Develop a sense of humor

Your Self-Esteem

- **Self-Esteem:** the sense of worth you attach to yourself.
 - Describes a positive self-concept
 - If you accept yourself you are more likely to accept others
 - Likely to demonstrate more responsible behavior

Traits Acrostic Poem

- Use your first and last name to make an acrostic poem
- Think of your personality or character traits to fill in each letter
 - Ex:
 - A: athletic
 - B: beautiful
 - C: cheerful