Module 3 – Six Pillars of Character™ - Handout

**Trustworthiness**
Trustworthiness embodies four ethical principles:
- Integrity
- Honesty
- Promise-keeping
- Loyalty

Remember When? Activity
Have the group think about a particular time in their lives (age, grade in school, etc). Ask them each to share some specific event that occurred to them during that time period where they were trustworthy and one time when they were untrustworthy.

Discussion:
1. Do you remember how each event made you feel?
2. Do you think young people today experience the same struggles in making good decisions?
3. Do you think they have the same feelings we experience when they are trustworthy or untrustworthy?

**Respect**
Respect embodies:
- Following the Golden Rule
- Being tolerant and acceptable of differences
- Being nonviolent
- Being courteous

Labels Activity
Have labels made prior to the training. (Label template included at end of handout) Put a label on each person, in a spot where they cannot see it. This could be a headband or on their forehead so others can read it. Ask members to walk around and talk with as many others as possible, but to respond to the labels, not the people. Assign a topic for members to discuss while mingling (e.g. Where to go on vacation, best actor and actress, projects they plan to take next year.) After not more than 5 minutes, stop the group and discuss the following:

Discussion:
1. How was this experience for you?
2. What does this activity tell you about labeling people?
3. What happened to you – the person – when others responded to just the label? How did you feel?
4. What insights does this give us for working with groups?

**Responsibility**
Responsibility embodies:
- Duty
- Accountability
- Pursuit of Excellence
- Exercise Self-Control

Make a Machine Activity
Divide the large group into smaller groups of six. Explain that machines are made up of many moving parts. Each group is to make a machine of their choosing with each member becoming a moving part, complete with sound. Examples of machines are a lawn mower, vacuum cleaner or record player.
Discussion:
1. How did your functioning machine relate to responsibility?
2. Does the size of the machine part have anything to do with the machine working?
3. What would happen if one part of the machine decided not to work?

Throughout the training encourage people to present others (in person or anonymously) a candy gram with a message of appreciation written on it.

Citizenship
Citizenship embodies:
- Doing your share to make your school and community better
- Cooperating
- Staying informed
- Being a good neighbor
- Obeying laws and rules
- Respecting authority
- Protecting the environment

Fairness
Fairness embodies:
- Playing by the rules
- Taking turns and sharing
- Being open-minded; listening to others
- Don’t taking advantage of others
- Don’t blaming others carelessly

Commercials Activity
Using the six theories for determining fairness have the group determine the fair method of giving only one candy bar to one person in a large group.

Key:
1. Merit (The one who deserves it the most based on some preset criteria like attending every meeting or never being late from breaks)
2. Need (Based on preset criteria the one who has the greatest need. Possible the one whose stomach growls the loudest)
3. Might (The one who wins an arm wrestling contest or some other way to determine might.)
4. Equality (The candy bar might be cut into equal shares so everyone gets a sliver.)
5. Seniority (The person who is the oldest, been with the organization the longest, etc.)
6. Effort (The one who drove the farthest to get to the meeting. The one who got up earliest.)

Candy Bar Activity
Using the six theories for determining fairness have the group determine the fair method of giving only one candy bar to one person in a large group.

Caring
Caring embodies:
- Kindness
- Compassion
- Gratitude
- Forgiveness
- Help others in need

Candy Grams Activity
Supplies: Index cards with CANDY GRAM written on one side with a hole punched in one corner and a ribbon or yarn attached; candy that can be attached to the card by the ribbon or yarn.
<table>
<thead>
<tr>
<th>Role</th>
<th>Comedic Response</th>
<th>Over Emotional Response</th>
<th>Expert Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comedian</td>
<td>Laugh at my idea</td>
<td>Comfort me</td>
<td>Speak softly to me</td>
</tr>
<tr>
<td>Over Emotional</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Expert</td>
<td>Seek by advise</td>
<td>Listen to me and</td>
<td>Don’t let me say Anything – you</td>
</tr>
<tr>
<td></td>
<td>Talk</td>
<td>Get me to talk</td>
<td></td>
</tr>
<tr>
<td>Important</td>
<td>Defer to me</td>
<td>Tell me I’m Okay</td>
<td>Back away as you talk</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stupid</td>
<td>Treat me like I am</td>
<td>Ask me about</td>
<td>Walk away in the middle</td>
</tr>
<tr>
<td></td>
<td>Dummy</td>
<td>Myself</td>
<td>Of my talking</td>
</tr>
<tr>
<td>Loner</td>
<td>Ignore my ideas</td>
<td>Yell at me</td>
<td>Look into my Eyes as I talk</td>
</tr>
<tr>
<td>Outsider</td>
<td>Treat me with distrust</td>
<td>Put me down</td>
<td>Help me</td>
</tr>
<tr>
<td>Helpless</td>
<td>Give me positive Support</td>
<td>Ignore me</td>
<td>Pity me</td>
</tr>
<tr>
<td>Loser</td>
<td>Pity me</td>
<td>Look at my shoes as you talk</td>
<td>Support me</td>
</tr>
<tr>
<td></td>
<td></td>
<td>to me</td>
<td></td>
</tr>
</tbody>
</table>