

December Video – Self Control (length – about 8 minutes)

In Focus

John gets lessons in Self-Control from Deputy Sheriff Magnus Gervol in Bellingham, Washington.

Definition

Self-Control: Control yourself. Let good judgment and common sense guide you.

Preview – Before watching the video, ask students the following questions:

1. What does self-control mean to you?
2. In which situations do you need to show self-control in your own life?
Suggestion: have students brainstorm a list of areas teenagers may need to practice self-control (some possibilities – tv, diet, computer, video games, phone, anger, peer pressure, homework.....)
3. Which careers require a person to show self-control?

Time Out – At different points in the video, press pause and ask students the following questions or review them at the end:

1. Magnus is a picture of self-control. Consider his actions, posture, words, and tone of voice. What does self-control look like?
2. As a Deputy Sheriff, Magnus faces many volatile situations. Why is it important to have self-control in those situations?
3. John was placed in a situation that tested his self-control. How did he react? How would you respond if you were in a similar situation?
4. Magnus lists ways that we can help maintain our self-control. What are they?
 - a. Exercise – have positive outlets w/ friends and family to reduce stress
 - b. Take care of yourself.
 - c. Have hobbies – another outlet and opportunities to share something in common with others.
5. Throughout the video there are suggestions to help you maintain self-control when dealing with others, what are those and how might you apply them in real life situations?
 - a. Keep emotions in check.
 - b. Assess the situation.
 - c. Don't take it personally.

Post-Show – After watching the video, ask students the following questions:

1. John says that self-control is an easy concept to understand, but not so easy to master. Why is that true?
2. Are there any areas in your life that you need to learn to show more self-control? If so, what are they?
3. Video games and movies don't always show the true consequences of a lack of self-control. Do you think these forms of entertainment have a negative impact on people's ability to exercise self-control? Why or why not?

Pyramid in Action – Before dismissing class, have students create a goal:

Think about the area of your life in which you need to show more self-control. Create two short-term goals that will help you control yourself so others won't have to.