



The Ultimate Character Development System

**Building a Successful Future
One Student at a Time!!!**



OCTOBER 2010 - RESPONSIBILITY

Responsibility means "I'm the one who gets things done!"

Responsibility means doing what is required, needed or expected of us.

RESPONSIBILITY: OCTOBER 2010

Dear Family,

This month we will concentrate on the character concept, “responsibility.” Therefore, our power-chat discussions and activities will aim to help children understand the importance of fulfilling their obligations or doing jobs as well as of stepping up to do what is necessary even when it isn’t required.

Responsible people get things done. They are Reliable, Accountable, and Dependable (RAD). We all want our children to be the kind of people who exercise responsible habits, initiate responsible behavior (even when nobody is looking) and demonstrate responsible choices and leadership tendencies. When we teach children to show responsibility, we are setting the foundation for a responsible lifestyle now and throughout adulthood.

We need to teach our children that responsible people don’t just do the jobs, chores, and requirements they committed to, but also do what needs to get done even when it’s not “their job.” These are things they should do simply because they need to get done. Responsible people...respond when they see a need! This is when responsibility and leadership converge. When people show responsibility, it encourages others to do the same. Responsible people become role models that set the standard. The more responsible people we have in our world, the better off we all are because when we’re responsible, we set off a chain reaction that affects many more people than just ourselves. Similarly, when we’re not responsible, it affects just as many people.

Children benefit from feeling responsible and having a responsibility towards others. Not only do they feel valued and included, but they also develop important skills. Learning responsibility can also have protective factors. A recent study published in the *Journal of Studies on Alcohol and Drugs* (September 2010) suggests that when we encourage positive parent-child communication and boost kids' sense of responsibility to others, it might help maintain lower rates of substance use in young teens. Teaching responsibility helps everyone!

This month the definitions of responsibility are as follows:

Young students: “I’m the one who gets things done!”

Older students, teens and adults: Doing what is required, needed or expected of us.

During the four weeks of October we will be discussing the following:

Week 1: How can I be responsible? Be RAD (Reliable, Accountable, Dependable).

Week 2: How do I go above and beyond? Doing more than what’s required.

Week 3: How do I own up? Being accountable for choices and consequences.

Week 4: How can I be a responsible leader? Setting the example for others.

Upcoming Powerful Words

November: Patience

December: Friendship

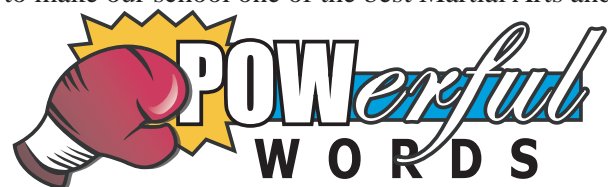
January: Vision

As always, one of the best ways to reinforce Powerful Words is by modeling strength of character ourselves. Share with your children how you show responsibility by being reliable, accountable, and dependable.

We thank you for your support. You are pivotal in helping to make our school one of the best Martial Arts and personal development centers in the world.

Best Regards,
Your Motivated and Dedicated Martial Arts Instructors

For More Powerful Parenting Information , go to www.DrRobynSilverman.com



DEAR *Dr. Robyn*

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(Paraphrased from an email; with permission)

Dear Dr. Robyn,

I keep finding that the more homework my child gets, the more homework I wind up doing. He never seems to have the time or he seems distracted or he just waits for the last minute! How can I teach my child to take responsibility for his own work?

--Lisa K, Fort Lauderdale, FL

Dear Lisa,

At times, homework can feel overwhelming. It takes time and practice for a child to get used to planning time correctly and completing each task in a timely manner. After all, homework is given both to teach information AND to teach how to do work!

Here are some ways to help your child become more responsible for his work:

(1) **Allow him to deal with the consequences:** I know this is difficult to watch. However, if a child is always being rescued by his parents, how can he ever learn to be accountable for his own work? If he doesn't get the work done, he will get a poor grade and will have to stay in over the weekend and make up the work he didn't do. Consequences will help him to connect his own actions to the outcome.

(2) **Figure out his "who":** Who can he be around while doing his homework? Who is distracting? Who can be helpful? Who is enabling and therefore stifling his progress? Once everyone is honest, you and your child will be able to control who is around him while he works on each subject.

(3) **Establish his where and when:** Where is the best place for him to do homework? Is the desk or table clean? Does he have everything he needs? Once his homework station is secured, determine when he should be doing his homework each day. Right after school? After dinner? With logistics established, he'll be able to get down to business!

(4) **Teach him to use a planner:** Many children and teens don't know how to write down and schedule their time and therefore use you as their own traveling palm pilot. This isn't fair to anyone. Make sure he writes down each subject's homework, when it's due, and when he is going to complete the task. He can refer to his planner when he's determining what he needs to take home each day for homework time. It'll also be easier for him to see if he is "overscheduled" and needs to pair down the number of his commitments.

(5) **Encourage him to follow through:** Once he is doing his homework, teach him to hand it in! The day each assignment is due, he must check and recheck that the homework is done and in his bag to take to school. Use a checklist on the door (that he can help create) that reminds him to check that he has the items he needs. Allow him to be in charge of his own work so that he doesn't expect you to take that role!

In time, your child will realize that he is in charge of his own actions and every action has a reward or a consequence!

Here's to your success!



Responsible or Not?

Who is responsible?" Circle the children who are making responsible choices. Then draw yourself making a responsible choice in the section marked below.

Max made his bed even though nobody asked him to do it! Did he show that he was responsible?



Alex told his mother that he would help her get the groceries. When he didn't want to help anymore, he screamed and cried. Did Alex show responsibility?

Pete promised to help his Grandma bake for charity on Tuesday. He woke up early to help out. Did he show that he was responsible?

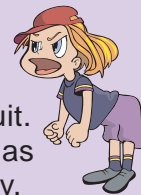


DRAW YOURSELF MAKING A RESPONSIBLE CHOICE!

Jaden and Kate wanted to get better at basketball before the big game. They practiced together everyday after school and sometimes on the weekends too! Were they responsible?



When Madison's team lost, she decided that she wanted to quit. "I quit!" she said as she walked away. Was Madison showing responsibility?



What would YOU do?

Answer the questions below as if the events are situations that happened to you. What would you do?

You made a promise to your friend that you would go to her birthday party and then found out that another friend is having his party on the same day and you really want to go. What would you do? _____

What made you make the choice you did?

Your parent asks you to clean up your room but you feel tired and would rather clean up some other time. What would you do? _____

What made you make the choice you did?

What are 3 ways that you can show you are a responsible leader?

(1) _____

(2) _____

(3) _____

The Habit of Responsibility

"First we make our habits, then our habits make us." --Charles C. Noble

What are your top 5 responsibilities?

1

2

3

4

5

What habits help you to keep your responsibilities?

1

2

3

What habit can threaten your responsibilities?
