

**MY IDENTITY
(WHO AM I?)**



HAVE YOU EVER ASKED YOURSELF THE FOLLOWING QUESTIONS



- Who am I?
- Who am I, separate from my parents? Different from my siblings?
- Am I someone people enjoy being with? How do I fit in with my friends?
- How do I maintain my own values while still having friends?
- Who am I attracted to?
- Will anybody ever be attracted to me?
- How will I choose to earn a living?
- What am I good at?
- What are my strengths? How do I overcome what's hard for me?
- How will I contribute to the world?
- What do I believe?

WHY DO YOU ASK THESE QUESTIONS?

- Have you ever wondered why you feel confused and why you are asking these questions?
- Adolescence is a period of discovery and a time to shape identity.
- This phase, through which we all pass in our journey from childhood to adulthood, is filled with questions to be answered and meanings to be found.
- It can be exciting and confusing at the same time.



AIMS



In this lesson you will:

- Gain a greater understanding of who I am (my identity).
- Learn a little about Erik Erikson's Stages of Human Development.
- Examine what makes someone's identity.

OUTCOMES



At the end of this lesson you will be able to:

- Explain the term 'identity'.
- List and explain the things that make up a person's identity.

LET'S TAKE A
CLOSER LOOK AT....



WHAT DO WE MEAN BY IDENTITY?



- Our identity is who we are
- It is what makes us, us!
- The definition of identity is who you are, the way you think about yourself, the way you are viewed by the world and the characteristics that define you.
- In some ways we are all similar. Can you think of any examples?
- In some ways we are all different. Can you think of some examples?
- In our lesson we will be looking at our own identity and what things make up a person's identity.

ERIK ERIKSON: EIGHT STAGES OF DEVELOPMENT

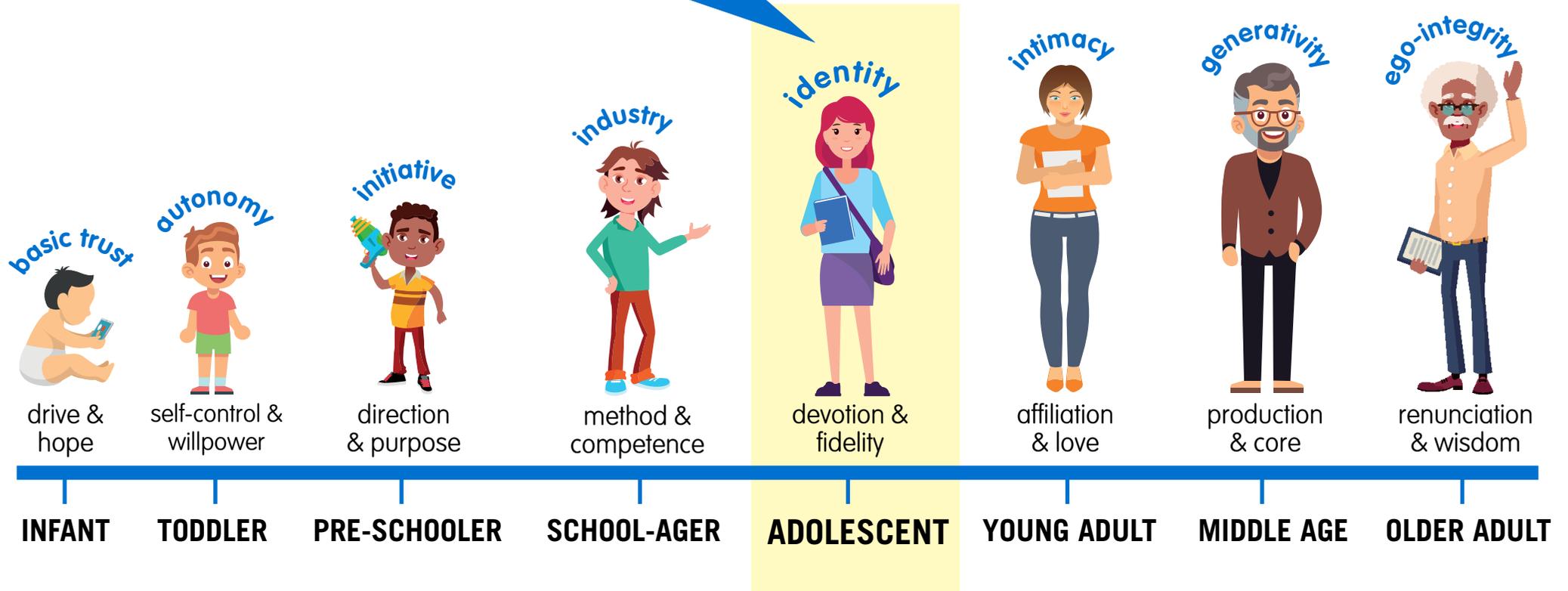


WHO WAS ERIK ERIKSON?



- A teacher from Austria who moved to America.
- Interested in society, culture, human development and psychology.
- Developed a theory about human development (8 stages)

ERIKSONS THEORY OF HUMAN DEVELOPMENT HAS 8 STAGES



8 STAGES OF LIFE:

STAGE 1: TRUST



The infant develops a sense of trust when interactions provide care and affection.

STAGE 2: AUTONOMY



The child begins to develop a sense of independence and personal control over physical skills.

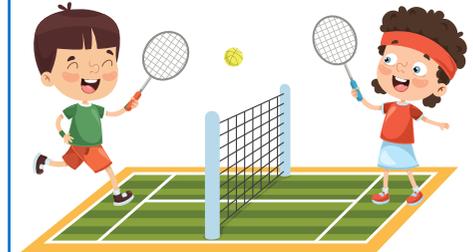
STAGE 3: INITIATIVE



Look Mom, I poured my own juice

The child begins to face challenges and plan activities. If the child is supported at this stage they will find a sense of purpose.

STAGE 4: INDUSTRY



The child starts to show cognitive abilities to enable task completion.

STAGE 5: IDENTITY



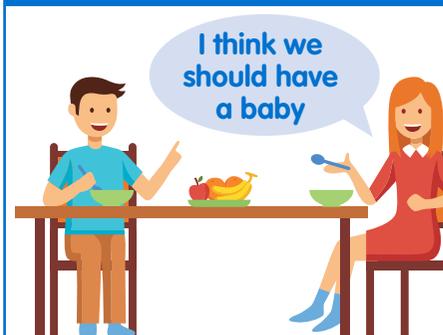
Teenagers seek to explore who they are and will experiment with different roles.

STAGE 6: INTIMACY



Teenager's main conflict is forming intimate loving relationships. Failure to do so makes the child isolate themselves.

STAGE 7: GENERATIVITY



People around 40 experience the need to create or nurture things that will outlast them.

STAGE 8: INTEGRITY



This happens around age 65 and involves reflecting on one's life.

STAGE 5



12 – 18 years

Identity

Relationships
with peers and
role models
very important

Who am I?

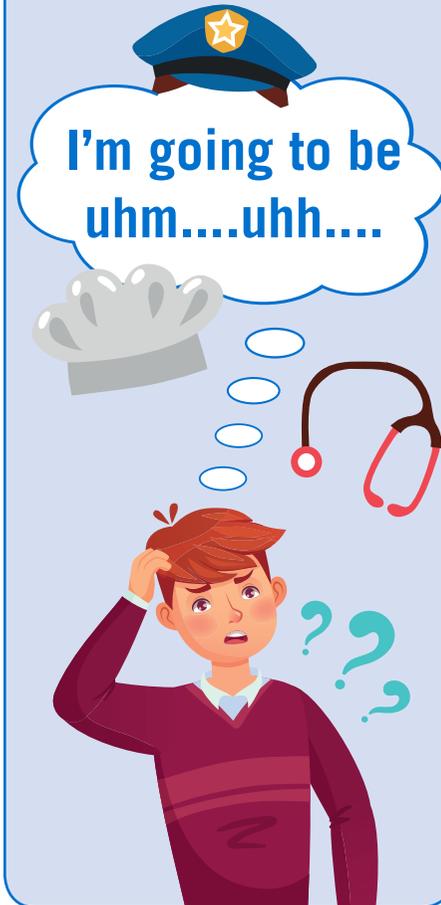
Who can
I be?

IDENTITY

I'm going to be a doctor.



I'm going to be uhm....uhh....



Why don't I fit in?



Who am I?



IDENTITY QUIZ

Pick out the following words that describe you.
Copy them off the board and create an
'identity word cloud' of how you
see yourself:



Personality Adjectives

academic	attractive	charming	courteous	deranged	efficient	exclusive	funny
accurate	beautiful	cheerful	crazycreative	detailed	elated	exuberant	generous
adaptable	boastful	clean	credible	determined	eminent	fair-minded	gentle
adorable	bold	comfortable	cultured	devoted	enchanting	fanatic	good-natured
adventurous	boundless	confident	curious	dignified	encouraging	faithful	great
affectionate	brave	clever	daring	diligent	endurable	fashionable	gregarious
aggressive	bright	competent	dashing	disagreeable	emotional	feminine	gorgeous
agreeable	broad-minded	composed	dazzling	dynamic	empathetic	firm	haggard
alert	bungling	confident	debonair	discreet	energetic	flexible	handsome
alluring	calm	conscientious	decent	dominant	entertaining	fool	happy
ambitious	capable	conservative	decisive	dynamic	enthusiastic	forceful	healthy
amused	carefree	considerate	decorous	eager	ethical	formal	helpful
appreciative	careful	contrary	dedicated	earnest	excellent	frank	hermetic
artistic	caring	cool	deliberate	easygoing	exciting	friendly	high-flier
assertive	casual	cooperative	delightful	eccentric	excited	fun	hyperactive
athletic	cautious	courageous	demented				

EXAMPLE

fair-minded
DYNAMIC
artistic
agreeable
ambitious
considerate

dedicated

CAUTIOUS

FLEXIBLE

broad-minded

appreciative

CREATIVE

DECISIVE

athletic

IDENTITY

- When people talk about their identity they usually talk about friends; family; hobbies and interests; places; religions and cultures
- Did you think about these things?
- What else did you think about?
- How is your identity different to someone else's?



REVIEW

Can you...

- List and explain the things that make up a person's identity.
- Design your own identity word cloud.