

Transcript for Unit 1 "Who I Am" video: ADLC_CALM_unit1a_identity.mov

Your identity is a delightful mix of genetics from your parents, your life experience, and your environment. Everyone lives through moments of celebration and challenge in life. How they respond to those moments influences their identities. Exploring values means asking yourself questions - "Who is important to me?" "What am I passionate about?" "What does success mean to me?" The relationships you have in adolescence influence your identity, and they influence others as well.

Mass media includes television, film, billboards, print and online media. The messaging in these media influence what you choose to buy, like clothing and smart phones. They may also influence your sense of what's "cool." It's important to keep in mind that, while mass media influences you, your consumer choices influence them.

Social media, such as Facebook and Twitter, are forums for online communication. While some may use social media for negative ends, such as online bullying, you can use these forums in many positive ways, such as connecting with others who have similar interests and share ideas.

Your family relationships greatly influence you. Family units can undergo significant changes such as new children begin fostered, adopted or born. Sometimes families are affected by divorce, and almost always, families have to deal with the sad event of death. Your relationships with your family and your experiences with them teach you how to relate to others outside your home throughout your life.

In adolescence, your peers and friends have a strong influence over your identity. You may find you have different friends, depending on different commitments you have in your life, such as sports and clubs. The number of friends you have does not matter; it is the quality of the friendship that can provide you extra emotional support.

Some teens decide to have dating relationships. The length of these relationships varies, but no matter what the length, reflecting on the relationship will provide valuable lessons for the future. In every relationship, it is important to hold true to your values in the choices that you make.

Given that you spend a great deal of time each day in school, it only makes sense to consider how your school community influences your identity. Schools provide guidance around how staff and students in school should

behave and treat one another. Whether it's conduct in the hallways, or behaviour on a team, there are formal and informal rules that influence your relationships.

In all our relationships, we make choices as to how we will treat others and how we will be treated. At times we may hurt others and others may hurt us, but we need to use those hurts to better understand ourselves. Whenever possible, we need to strive to make these situations right. As much as others may influence you, you also influence those around you. It is up to all of us to make our influence as positive as possible.