



Think for the Future

WOW Pack

Positive Role Models

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



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Think about it: Positive Role Models



Who do you admire and look up to?



What do you think makes them a positive role model?

Positive Role Models



When we think of the meaning "role model" everyone automatically assumes this has to be someone famous or rich. Of course that's absolutely fine, but thinking about the specific characteristics of a role model can help you to achieve.

It might be that you have different role models dependent on circumstance or end goal. It's not always the easiest to identify a role model, but aspiring to be like an individual can really aid personal development.

That being said, don't get too caught up modelling yourself off another individual, we are all unique and that's what makes the world a diverse place!



What is a role model?

A role model is a person you admire and whose behaviour you try to copy.

Positive role models influence our actions and motivate us to strive to uncover our true potentials and overcome our weakness. Having them pushes us to make the most of our life. Role models are a must for self-improvement so we have a standard to strive for.

Why is it important to have a role model?

Learn the characteristics of a successful person

"Success" is a subjective term, but if someone is a role model they have done something to be successful in your eyes. Whether they are top of their class, olympic gold medalist, or your stay-at-home mum, the person you look up to has valuable qualities you can learn from.

Learn how to overcome obstacles

Everyone has a story of a time they had to overcome a hurdle. Hearing that Michael Jordan didn't make his high school's basketball team, or that Oprah Winfrey was fired as a news reporter reminds us that failure won't prevent you from being successful in the future. Understanding how your role models overcame their obstacles will help you prepare to deal with future drawbacks.

Have someone to inspire you

When you don't have the motivation to get work done, it is nice to have someone to look up to. Think about their success, and feel inspired to work as hard they did to reach a success of your own. Additionally, looking up to someone who has made a great change in the world will encourage you to do the same.

Learn from mistakes

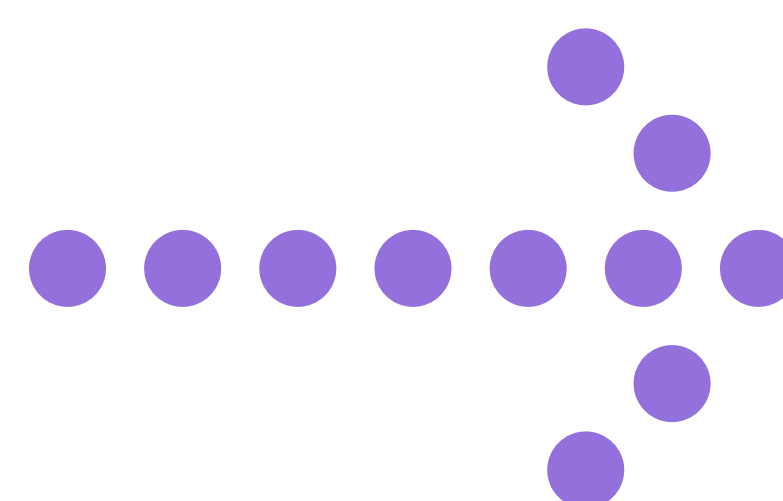
Nobody is perfect, not even the person you look up to. At best, when your role model makes a mistake you will learn from it. At worst, you will at least get a reminder that everybody makes mistakes.

Become the best version of yourself

Even though having a role model means looking up to another person, the end goal is to become the best version of yourself. Having someone to emulate gives you a guideline of values and actions to follow, but at the end of the day you are also your own person. Learn from others' actions and qualities and use them to improve your existing characteristics, and you will become someone else's role model one day.

Watch this

<https://www.youtube.com/watch?v=aVQEHRO-RCY>



WHAT TEENS
THINK ABOUT:
ROLE MODELS

5 Qualities of Positive Role Models



1

A Role Model Shows Passion and Ability to Inspire

Role models should make you want to work hard and aim for something. They are passionate and have the ability to pass this on to others.

Positive role models are inspiring and show you all the world has to offer.

A Role Model Shows a Clear Set of Values

What a role model says and how they act adds up, they don't say one thing then live in a different way!

This means we can admire and trust them because they believe in and advocate for something.

2

3

A Role Model Shows Commitment to Community

A role model is *other-focused* as opposed to *self-focused*. They support and give their time to others instead of always thinking about 'me'.

They don't need to bring others down to make themselves look better, and celebrate others achievements.

A Role Model Shows Selflessness and Acceptance of Others

Positive role models don't discriminate based on what people look like, or where they come from. They accept everyone including those different to them.

They see where people need help and support, and give it to them where they are able to.

4

5

A Role Model Shows Ability to Overcome Obstacles

A role model is motivated, works hard and they keep trying. They succeed because they know not to give up when things get hard.

A positive role model shows others that anything is possible and supports others in getting there.

How to be a Positive Role Model Top Tips



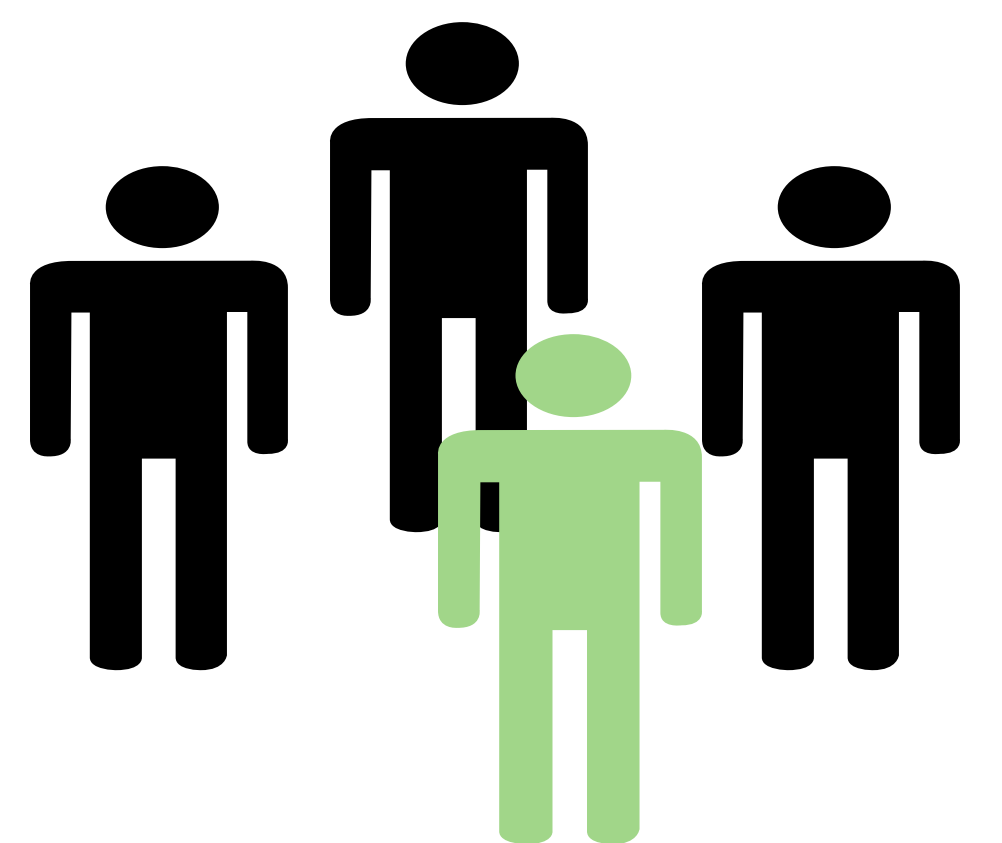
Demonstrate confidence and leadership

A positive role model is someone who is comfortable in themselves, is positive and calm. They aren't down and negative when things don't go well, and don't bring others down with them.

They're happy with what they've achieved, but always strive for more.

Be unique

Whatever you choose to do with your life, be proud of the person you've become, even if that means accepting some ridicule. You want role models who won't pretend to be someone they are not, and won't be fake just to suit other people.

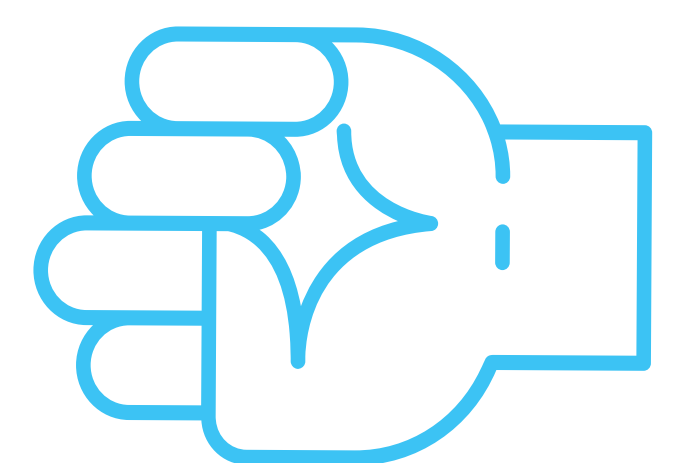


Communicate

Good communication means listening as well as talking. People are energised by people who explain why and where they are going. Great role models explain their thought process and leave no room for miscommunication.

Show respect

You may be driven, successful, and smart, but whether you choose to show respect or not speaks volumes about how other people see you. Everyone notices if you are taking people for granted, not showing gratitude, or stepping on others to get ahead.



Be knowledgeable

Great role models aren't just "teachers." They are constant learners, challenge themselves to get out of their comfort zones, and surround themselves with smarter people as they know they can always be learning.

Have humility

Nobody is perfect. When you make a bad decision, let those who are watching and learning from you know that you made a mistake and how you plan to correct it. By apologising, accepting accountability, and correcting course, you will be demonstrating an often overlooked part of being a role model.



Join the Conversation: Role Models



Check out TFTF mentors Chris, Luke and Zondi talk about the importance of having positive influences in our podcast!

<https://www.youtube.com/watch?v=Br0IBgGh6Go>



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YOUNGMiNDS

