



WOW Pack

Understanding Responsibility

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: Understanding Responsibility



Match the responsibility to the role

What kind of responsibilities do these people have?

Use the list below and try and add some of your own!

Student

Teacher

Doctor

Parent

Be on time

Supportive

Patience

Correct uniform

Correct equipment

Always professional

Be organised

Gaining specific qualifications

Open minded

Dedication to teach

Love

Role model

Understanding Responsibility



In the long run, we shape our lives, we shape ourselves, the process never ends until we die, and the choices we make are ultimately our responsibility.



What is responsibility?

Being responsible means doing the things that are expected of you, and accepting the consequences and outcomes of your actions.

Why is being responsible important?

When we act responsibly, or do the things we are responsible for doing, we have positive outcomes. Being irresponsible often results in negative consequences and causes us more problems than just doing what we are supposed to in the first place!

Examples of responsibility at different ages

- 5-10: Brushing your teeth, putting on your school uniform, putting your dirty clothes in the washing basket
- 10-16: Getting to school on time, making your own breakfast, looking after a sibling, doing your homework
- 16-21: Apply for college, cook dinner for your family, looking after your own money, learning to drive

What are responsible behaviours?

Honesty

Accountability

Fairness

Courage

Respect

Check out this video on understanding responsibility

Watch this ...

<https://www.youtube.com/watch?v=fQSnrB5bs0>



5 Reasons why understanding your responsibilities is important



1

Improves your mindset and mood

When you accept and fulfil your responsibilities, you will have a sense of pride and joy knowing you have met people's expectations and not let them down.

Having responsibilities motivates you as it gives you purpose, you are needed and wanted as a person.

2

Not have to worry about blaming others!

Life seems unfair at times, but when you understand you have responsibility for your choices, you don't have to worry about blaming others when things don't go to plan.

We can let a lot of anger and hurt go when we realise that no one else was responsible for the choices we made.

3

Learn how to multi-task

We will always have more than one responsibility! Some may require immediate action, and some may be long term responsibilities. By acknowledging our responsibilities we learn how to prioritise and know which to address first.

4

Recognise when things are beyond our control

If we fully accept what we are responsible for, we can also recognise when circumstances are beyond our control. We might need other people's help or advice so we can fulfil our responsibilities or we may need to rethink how we're going to address things and make a new plan.

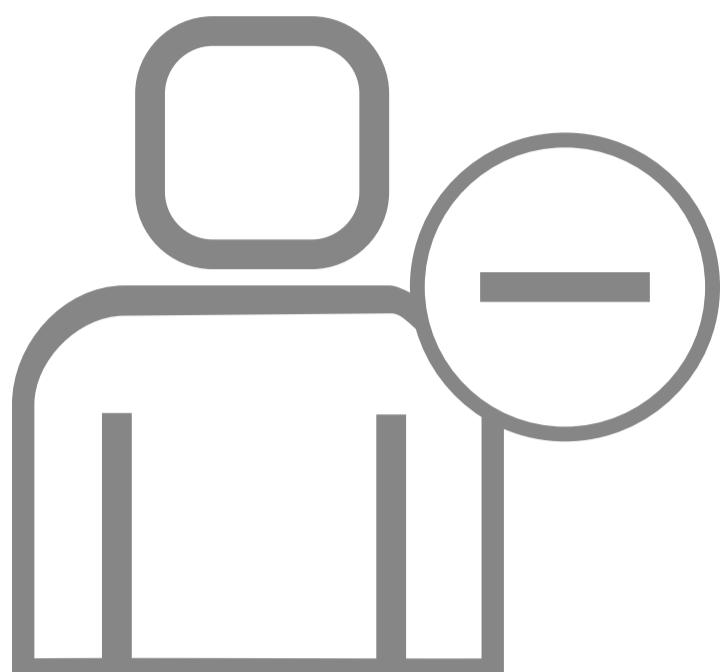
5

You become a leader

We all have day-to-day responsibilities, but those who show respect, fairness, are honest and have courage often have more responsibilities and are leaders in society who others look to for advice and as a role model.

Starting today, focus on becoming a more responsible person and behaving responsibly to help you be a positively recognised person within your community.

Responsibility Top Tips



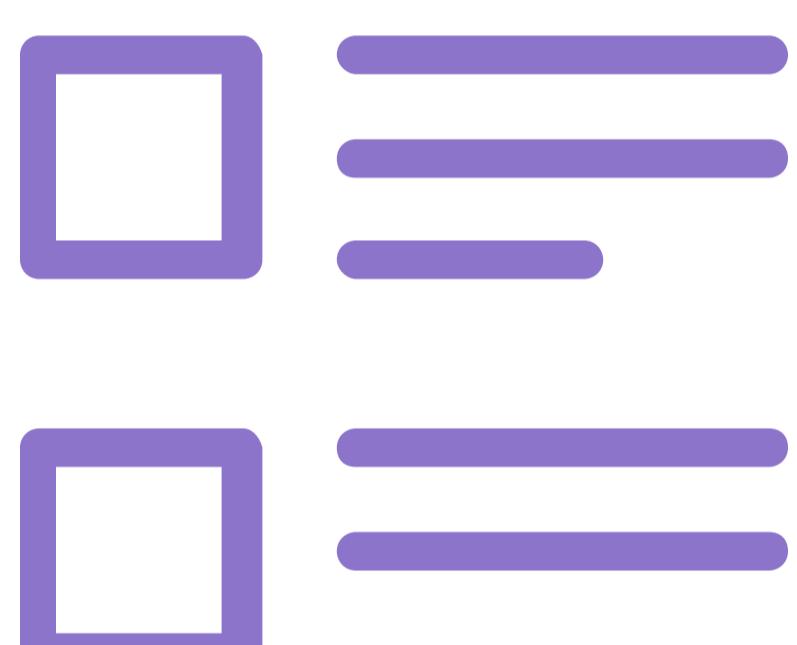
Stop making excuses for yourself

If you make a mistake, own up to it! Instead of putting the blame on somebody else, state the true reason why you made a mistake. When coming up with excuses, you are actually admitting to being irresponsible. When people tell the truth and own up to the mistakes they have made they are taking responsibility for their actions and choices.

Don't complain

When we complain about something asked or expected of us, we're telling everyone that we're not responsible enough for that, and they should lower their expectations of us!

If you feel you are unable to complete the task, ask for help and support so you can succeed.



Follow the rules

You may not have made the rules, and you may not understand them! But being responsible means obeying authority and trusting that the rules are there for a reason.

Rules help society run smoothly, as everyone knows what to expect and what will happen if they are disobeyed. Disrespecting the rules is irresponsible behaviour!



Focus on taking action

Break down the task and make an action plan on how you are going to achieve it.

Having responsibility may seem overwhelming at first but break it down into small parts and focus on ticking each action off.



Look at the day ahead

A great way to start taking responsibility is to look at your daily routine.

What should you aim to achieve today? What are other people expecting you to do? What can you do to show people that you deserve the responsibility, and you are capable?

Surround yourself with responsible people

When other people show responsible behaviours, this rubs off on us. And it works the other way round - when we hang out with people who display irresponsible behaviours, we start acting irresponsibly, or people start treating us as if we are irresponsible because of who we hang around with!

Help yourself out and make a positive choice as to who you're going to surround yourself with and responsible choices will start coming more naturally.



Share your experience!



Share with us a time when you have taken or been given responsibility

Check out TFTF Mentor Laura's story

<https://www.youtube.com/watch?v=5WFXK5Gx28Q>



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