



Physical Education

9-12/Health

May 20, 2020



9-12 Health

Lesson: May 20,2020

Objective/Learning Target: Achieving Mental and Emotional Health

Chapter 15.2 Establishing Your Identity

1. Describe the different parts of a person's identity.
2. Summarize how gender and ethnicity influence a person's identity.
3. Describe how adolescents show changes in the way they think about moral decisions.
4. Identify the primary task for adolescents according to Erik Erikson.

Lesson 15.2

Establishing Your Identity

Bell Work

How does a child typically define her or his identity?

How does identity focus shift as children enter adolescence?

How does identity focus shift again during high school?

Forming an Identity

- Your identity includes
 - Physical identity
 - Active identity
 - Social identity
 - Psychological identity
- People often focus on different parts of their identities at different ages

Gender Identity

- Gender identity is a person's biological makeup—male or female—and how a person experiences or expresses that makeup
- Young children learn gender roles around three years of age
- Gender identity is influenced in part by a person's culture

Ethnic Identity

- Ethnicity is a person's connection to a social group that shares similar cultural or national ties
- People may define their ethnicity through
 - Traditions
 - Language
 - Religious practices
 - Cultural values

Ethnic Groups

Can a person belong to more than one ethnic group?

To what ethnic group or groups do you belong?

Identity Changes in Life Stages

- A famous psychologist, Erik Erikson, believed that people go through eight stages in life
- In each stage, people focus on accomplishing different goals
- According to Erikson, the primary task for adolescents is to form a sense of unique identity

Emotional and Social Changes

- Many teenagers experience changes in their emotions and social relationships
 - Having more interest in dating
 - Showing more independence from parents
 - Feeling more intense emotions

Moral Development

- Adolescents show changes in how they think about moral decisions
- By the time they reach high school, teenagers have typically formed their own moral code
- They can use this code to decide how to act in situations

Activity

15.2 Flash Cards

15.2 Matching