



LESSON 4.10 Defining My Culture

Module #4: Who Am I?

It is important for ninth grade students to develop an understanding of themselves, what they believe in, and how they relate with everyone else in the school building. Understanding oneself is an important bridge to understanding others. Being able to answer the question, "Who Am I?" makes appreciating others' similarities and differences easier to accept.

Enduring Understandings

- I. Truly knowing oneself means knowing one's values, culture, communication style, beliefs, and mission and how they influence everyday life and relationships.
- II. **Identity is not just defined by how a person looks; rather identity is a complex web that includes values, behaviors, traditions, and beliefs.**

Essential Questions

- I. What is my communication style and why is it important that I know it? (I)
- II. **How do I define my identity? (II)**
- III. **What beliefs and values define my personal mission in life? (II)**

Lesson Objective(s)

Students will continue to define themselves through a self-exploration of their culture.

Lesson 4.8

Lesson 4.9

Lesson 4.10

Lesson 5.1

Lesson 5.2

Directions:

1. Before students enter the classroom, display the definition of "culture." **See Page 2.**
2. Now that students have had the opportunity through a variety of lessons and activities to think about and define who they are, it's time to think of these values, qualities, characteristics, etc. in terms of "culture." This process of "describing" one's culture will serve as a gateway into the exploration of others in Module #5.
3. Distribute the "My Culture" worksheet to students. **(Included below)** Have students list the characteristics of their culture inside the circle.
4. Upon completion, divide the students into small groups (one group per student leader) to discuss what they included and why.
5. Collect the worksheets from students for later use in Module #5.

Materials & Supplies

- Copies of the "My Culture" worksheet

**FOCUS
POINT**

This culminating activity will be a perfect segue into the exploration of others. Your freshmen will have thought about and expressed in writing, after a variety of activities, exactly what it is that makes them who they are.

- Culture has sometimes been described as the "background music" of our lives. It's always there and in some way influencing what we do and how we behave. Have students think of the "background" music that would best describe all or part of their culture. Consider having students share their music with the class.

**resources
&
extension**

What is Culture?

Culture refers to the total system of values, beliefs, attitudes, traditions, and standards of behavior that regulate life within a particular group of people. Culture includes components that organize people into social groups and that regulate both individual and group behavior. It includes norms, which are rules regarding appropriate ways of behaving of certain people based upon their gender, social position, or area of responsibility in the society. It includes spiritual or religious systems and institutions. It includes language, which is the principle tool for communication among group members. Culture also includes the products of life, including the art and artifacts produced by the group.

Culture includes the following:

Religion	Food Preferences	Educational System
Language	Traditions	Rituals
Art	Music	Family Rules
Values	Attitudes	Beliefs
Money	Work Habits	Behavior
Discipline Styles	Coping Strategies	Family Structure
Dress Codes & Styles	Child Rearing Practices	Extended Family



MY CULTURE

