

Lesson 1: To Be Myself

Human Beings are basically good, free and rational.

Human Beings are capable of self-consciousness. They can know and reflect on what they know and do. Human Beings are also free. They are able to decide what to think about and what to do. They have the ability to choose between good and evil. At the core, Human Beings are GOOD. However, they need to work a lot in order to nurture that goodness in themselves.

To Be Myself is a beautiful lesson that speaks of the identity and dignity of every Human Being. Through the stories of Sunarsih and Kuol, we get a glimpse of what we can be as Human Beings. The resilience, ability and power of every human spirit can move us to rise above every challenge in life and become who we truly are - Human Beings. Students reflect on what it means to be an authentic Person with dignity.

Lesson 2: To Be Free

A fully Human Person is a free person.

Freedom is a serious issue - especially among adolescents! They tend to want more of it.

Every Person is born free. This is an important aspect of being Human which no one can take away. It is the inner capacity to be the kind of Person one ought to be. The right to exercise freedom, especially in making choices, is a requirement in human dignity.

To Be Free guides the students in understanding what it means to be free. It helps them explore the differences between the capacity to choose and the ability to carry out the choices made. Through the use of moral dilemmas and discussions, students become more aware of the relationship between freedom and the choices we make.

Lesson 3: Making Good Choices

Making good choices is an important part of daily life.

Good choices promote freedom. It is essential in our quest to be fully human. The more good choices you make, the easier it is for you to be good and to do whatever is right. The process of choosing requires reflection and prioritizing. It is very important to make well-reflected decisions and work towards developing the skills needed in this area.

Making Good Choices invites students to reflect and evaluate the ways in which they make choices be it in small or big things in life. The lesson offers a process that students can easily follow when making decisions. It also provides some basic pointers for students to know when a decision made is good.