

## Lesson 1: Goodness of the Human Person

*The Human Person is an end in himself/herself and should never be used for any other purpose.*

The uniqueness of the Human Person is evident in his/her capacity for self-direction. At the core of our identity lies that sense of a “deeper me” where my interiority, convictions in life and important decisions reside. This aspect of the self is “intimate and personal” to each person. Every Person must be respected, never used, minimized or treated as an object.

**Goodness of the Human Person** helps students understand that our bodies have a natural language that communicates for us; we are able to understand another person’s response through the language of the body; our bodies are the platform of our identity as Human Beings; our body is very intimate to each of us – it must never be treated as an “object” or detached from ‘me’ and used as a means to other ends.

## Lesson 2: Free to Flourish

*We become better persons through the exercise of our freedom that enables us to make right decisions.*

Ethics is not about not doing things to avoid harming others. It is about flourishing as Human Beings through our decisions. We are given life to make the best out of it. To be truly happy, we need to conquer freedom in ways that change us into Persons of better character. Freedom exists at the heart of every Human Person and every choice we make, in freedom, matters.

As Nelson Mandela said, “To be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the freedom of others.”

**Free to Flourish** is a lesson about making informed choices; becoming a self-disciplined person who pursues a healthy lifestyle; and about developing skills necessary in making informed choices as well as taking responsibilities for the choices made.

Using various activities, students are helped to understand the value of relationships and the importance of self-discipline that is rooted in freedom and awareness of self.

## Lesson 3: Limited and Vulnerable

*We find within ourselves many inconsistencies that prevent us from doing the good that we are called to do; we find ourselves vulnerable to harm and failure.*

Our challenge has always been to live a more consistent life. When we live according to our limitations, we create a disposition of self that loses sight of our true and ultimate goals. Wrong desires and dispositions make us pursue wrong goals in life. Our deepest search for meaning and purpose in life runs the risk of being falsified when we look for them through our limited and vulnerable lenses.

**Limited and Vulnerable** is a beautiful lesson that guides the students in recognizing the inner capacity to overcome human weaknesses; the inner potential for much progress and greater good amidst destructive tendencies. Students explore in depth, through discussions and reflections, the disintegration within us as well as our capability to live a more integrated/ congruent life.

## Lesson 4: Growing Towards Wholeness

*WE are all on a journey of growth towards wholeness*

Growth towards wholeness is a lifetime process. However, students need to recognize the path that guides them to it. That they have the capacity, talent, intelligence and potential to move beyond where they are – become whole and work towards finding their meaning and fulfillment in life. Becoming better persons is something that we acquire through constant practice of our personal skills – until they become like a skin to us.

**Growing towards Wholeness** is the concluding lesson of Theme 4. It shows the students how good character integrates us through real life examples and stories.

It emphasises how our decisions change us.

## Lesson 5: Made for More (VIDEO for Assembly Talk)

**Made for More** is a 4-part video presentation about people in relationships. The stories illustrate the key concepts learned in the previous 4 lessons. The video clip stories are as follows:

My body is Me

My body communicates

My friendships are personal

My decisions make Me

A teacher's guide/manual comes with the video.

This presentation must be done in an assembly format after all 4 lessons have been taught in the classroom.