

## CHECKLIST 5.1 Promoting Personal and Social Responsibility

Rate yourself regarding the following statements in your own physical activity or practicum setting, or you can answer these checklists based on your intent.

	Consistently	Inconsistently	Never
<b>Adult Talk</b>			
I am aware of how my verbal and nonverbal language affects participants' self-esteem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Participant Talk</b>			
I do not allow participants to blame others for their problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I teach participants how to rephrase their comments to reflect personal and social responsibility.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Adult Actions</b>			
I determine what responsibility means to me in a situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I determine why such responsibility is important.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I give participants a list of the responsible behaviors I expect from them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I ask participants to make a checklist of behaviors they are willing to take responsibility for, thereby encouraging them to evaluate themselves.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I work with participants to establish correct consequences for behaving responsibly and irresponsibly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I apply the consequences consistently.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I encourage participants to understand the connection between feelings and behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I design activities that nurture personal responsibility.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I give participants choices of activities and levels of difficulty within each activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I support participants and encourage them to support each other in their choices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I assign personal responsibility projects.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Participant Actions</b>			
I give participants opportunities to demonstrate responsible behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I design activities that promote social responsibility.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use cooperative games.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I show participants how to deal with peer pressure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>