

# Lesson #4

## Taking Responsibility

# Objectives

- Differentiate between an internal and external locus of control
- Analyze the role of individual responsibility in enhancing emotional health
- Analyze how prosocial behaviors can benefit overall health
- Summarize the characteristics of someone who has self-respect and self-control

# Journal Entry Question

- Describe what it means to be responsible

# Class Discussion Notes

# Pro-Social Behaviors

- a social behavior that benefits other people or society as a whole
  - Example: such as helping, sharing, donating, co-operating, and volunteering
- actions may be motivated by empathy and by concern about the welfare and rights of others, as well as for egoistic or practical concerns

# Exit Ticket

- Explain the difference between an internal and an external locus of control, and give a specific example of each one.