

Plan (roughly 2 form  
time slots)

Discussion question

5 min video

Reflect and discuss

Class select 1 activity  
from the options  
(reading and activity)

Final reflection slide

# Thought for CHA

Role Models

As a class:

- What do we mean by the term ‘role model’?
- Why might a role model be useful?
- Who can be a role model?

**6th form considerations:**

Do your role models change over time? Have your role models changed from Y7 to Y12?

Why do you think this is? Is it linked with your friends, work, maturity, development of purpose, clear goals, how you are treated?



<https://youtu.be/v6n52uy3iRg>

## Small Groups: **What do you want from a role model?**

Are they someone...

- you want to be like?
- who offers you advice?
- a political, social or cultural figure to guide your opinions?
- Or something else?

Feed back ideas to the whole class

### **6th form considerations:**

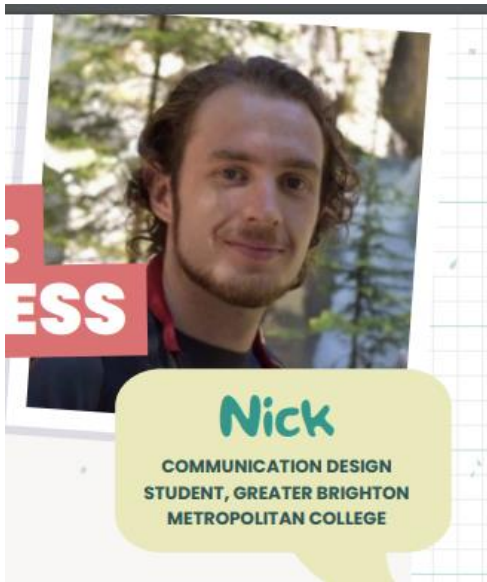
Are your role models symbolic (fictional/celebrities) or live (people you interact with)? Which have more impact and why?

# As a class select 1 activity (click)

1. [The Role of a Role Model- Terminators's Determination](#)
2. [Role Models in the Community- an Ode to Aunties](#)
3. [Model Friends- Lollipop Moments](#)

All complete the [final slide activity](#)

# The Role of a Role Model- Terminators's Determination



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page: [https://www.sussexlearningnetwork.org.uk/uploads/Documents/toolkits/role%20models/role\\_models\\_booklet\\_Role\\_Models\\_accessible\\_final.pdf](https://www.sussexlearningnetwork.org.uk/uploads/Documents/toolkits/role%20models/role_models_booklet_Role_Models_accessible_final.pdf)

This is difficult as for me as I have been inspired by so many people of all ages and walks of life. However, right now the experiences and lessons spoken by one man really resonate, as I too work to make my dreams come true.

That man is Arnold Schwarzenegger. When I was struggling with a lack of direction after feeling like I had one negative experience after the other, I heard a speech of his. His words struck me in such a way that I felt empowered. And his rules of success were like a guide to get myself back on track. These rules were:

- 1) Trust yourself
- 2) Break some rules
- 3) Don't be afraid to fail
- 4) Ignore the naysayers
- 5) Work like hell
- 6) Give something back

We have to have a vision of what we want to do, not what someone else wants for us. Arnie wanted to be a world champion in bodybuilding. His parents wanted a different vision for him. He wanted to go to America, to be a champion. He had total trust and confidence in that decision and went after it. He had **trust in himself**.

People said he could not become an actor. The rules said that actors with accents could not be leading men. He broke that rule. He didn't care if no one in history had ever done it before. He worked hard and became a leading

Nick

COMMUNICATION DESIGN  
STUDENT, GREATER BRIGHTON  
METROPOLITAN COLLEGE

man. His accent is what makes the line, 'I'll be back.' Sometimes you have to **break some rules!**

He failed many times trying to lift a heavy weight or get an acting part. Everyone at some point fails. So, don't be afraid to attack your goal, **don't be afraid to fail** and remember if you do fail just get straight back up.

When Arnie ran for Governor of California everyone said he couldn't. But he felt passionate about public service and giving something back. So, he **ignored the naysayers**, ran for election and became Governor of California.

Arnie hates it when people say, 'I don't have enough time'. He says we have 24 hours in the day, and if we sleep 6, we still have 18 hours to do what we need to do. No one becomes successful without hard work. If you have a goal **work like hell** to get there!

Finally, he talks very modestly about his success. And he explains that he would have never got where he is now without the help of others. We are all the same. We all need help in some way. What is really important is that we don't forget that help, and that we **give something back**. Whether it be to those that helped us or to people we meet along the way that need our help.

## MY ONE BIT OF ADVICE...

Arnold Schwarzenegger's rule 'Ignore the naysayers' is, for me, the most powerful. Personally, I have come up against so many, as I am sure you have too. But no matter what anyone says, if you truly believe in something, you should do all you can to make it happen. I'm not saying we will always be successful. But even in failure there is success. So, if I could chose one bit of advice above all else it would be to never stop dreaming and believing.

As we get older it's natural that we believe less in things like change and hope. We get comfortable with our lives, and comfortable with the idea of what we won't be. But this, for me, is wrong!

Yes, I have changed my way of thinking in many ways - this is natural. However, I still love to dream and I have not yet, and am determined to never, give up hope on my dreams.

People may also tell us that 'We are dreaming' and that it's not possible for us to accomplish our dreams, I say, we use that like rocket fuel to propel us even closer to reaching our dreams. Make them happen because by doing so, not only do we succeed for ourselves, but we also succeed for those around us.

I have learned a lot from Arnold's '6 Rules' and I hope you can too. It is so important to have role models to help us strive to achieve our dreams. Don't be afraid to change them either. Over time new people will appear to us and inspire us as we too grow as individuals. Never stop dreaming! Never stop believing!

Take a look at this quote by Marianne Williamson which I love and explains this point really well:

<https://www.goodreads.com/quotes/928-our-deepest-fear-is-not-that-we-are-inadequate-our>

# Discuss

**Nick says: ‘When I was struggling with a lack of direction after feeling like I had one negative experience after the other, I heard a speech of his (Arnold Schwarzenegger). His words struck me in such a way that I felt empowered. And his rules of success were like a guide to get myself back on track.’**

For Nick, his role model has offered him very specific life advice that helped motivate and inspire him when things were difficult.

- Have you ever taken advice from a famous person (indirectly)? Was it helpful?
- Who do you regard as good famous role models for young people today?

## 6th form considerations:

Does the advice from a famous person hold more value than advice from a ‘non-famous’ person? To you? In our society? Justify your answer.



Consider this quote about famous people who are seen as role models:

***‘The gap between their life and ours is too great, the effect is not one of encouragement but of disillusionment.’***

Mark Brown, BBC Blog: 2013

What are the pros and cons of celebrity role models?

**6th form considerations:** Part of your role as a 6th form student at CHA is to provide positive role models for younger students. Reflect on your choices, behaviour, work- what kind of role model are you? Discuss if there is anything you need to be more aware of when you are around younger students? Eg, language.

## Role Models in the Community- an Ode to Aunties



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Sat between her legs as she gelled my edges, my auntie once told me that I could live forever through the things, good or bad, that I taught people around me to be.

“You can fill your coffin with all the money you make and all your material possessions in the world, but it will disappear with you. What you really leave behind is what is in people’s hearts. That’s how you live forever,” she said.

I’ve been in conversation with my aunties since before I can remember – and by aunties, I mean African aunties – anyone from my mum’s sisters, to her best friends, to the chit-chatters at church, to the ladies that braid my hair as Nollywood plays in the background. They are a culture of maternal tough love, a collective of miracle-worker mothers, proud business owners, the flashiest spinsters, but always advice-givers.

I struggled looking for role models growing up – people that looked like me, did the things I wanted to do, had the perspective on life I was so desperately looking to emulate. And it’s only with retrospect that I realise I was looking in all the wrong places. I had a whole generational movement of role models raising me in ways they probably didn’t notice either. Whether it was the lady in the local afro hair shop who saw me once in a while as I stocked up on hair clips and Cantu shampoo, or the auntie who always reminded me she used to change my nappies, I was adopted by women who were exactly that – my role models. They did everything and went through everything I

could possibly hope or fear to – only in the 90’s in double denim with eyebrows half the width.

As inspiring and successful they each were in whatever path in life they were on, they were, and are, my role models because they help me figure out how to be a person. And as strange as that sounds, I sometimes really struggle with that. You’re taught how to be a student, how to be an employee, how to ride a bike and how to swim, but no one ever sits you down and explains what it’s like to make mistakes, what it’s like to be heartbroken, to be poor, to fail, to be unsure of yourself, to be happy, conflicted, confident, how to love yourself and most importantly, how to be a good person throughout it all. And while many of these things come with life experience, I found comfort in looking to my aunties and seeing myself, just 30 years later.

Sitting in on grown-up kitchen conversations as I chopped the onions or made the tea, often teary with laughter, I learnt the most spectacular moments I could hope for were ones like these. Role models, at least to me, were always presented as people in your career field you aspired to be, or people that looked like you on TV. But I say they are much more than that. My aunties, in their most everyday element, whatever that may be, are everything I could hope to be: good people, with good hearts, who have taught me kindness.

As someone often crippled by her own fear of failure, or that I am not where I am supposed to be, I find my deepest comfort in looking through photographs of my mum and her friends 'back in the day'. All doing exactly as I am – figuring life out one outfit at a time. They all grew up to be different things, but they all made it just fine. And I will too.

You are always going to have 'elders,' as I like to call them – whoever they may be to you, giving you advice, or at least curious about your life in some way. Whether it be your

favourite subjects at school, the dreaded teasing of your adolescent love life or your thoughts about the future (in whatever regard that may be). My advice to you is to be just as curious in return. There is beauty in the people around you – a lifetime of stories lived, mistakes made, and lessons learned. Once you spend time being curious about the people around you, your window of life, what it was, is and could be, will be that much wider. Figure out where you came from so where you're going doesn't seem so dimly lit.

# Discuss

What does this word mean?

Hope says: *'I struggled looking for role models growing up - people that looked like me, did the things I wanted to do, had the perspective on life I was so desperately looking to emulate. And it's only with retrospect that I realised I was looking in all the wrong places.'*

Hope discusses how difficult it was for her to find role models that looked like her and had similar experiences.

The phrase 'you have to see it to be it' is often used when discussing role models.

Why might it be important that your role model looks like you and/or has shared similar experiences?

**6th form considerations:** Part of your role as a 6th form student at CHA is to provide positive role models for younger students. Reflect on your choices, behaviour, work- what kind of role model are you? Discuss if there is anything you need to be more aware of when you are around younger students? Eg, language.

For Hope, a role model is someone who lives their life in a way she admires and demonstrates that in their everyday behaviour. Her role models surround her and play a part in her life.

Think about someone in your community who you admire for the way they treat other people.

This might be a family member, a carer, a coach, a teacher, a family friend etc.

- What are the qualities you admire in them?
- Are there any specific examples of the way they treat others that demonstrate why you admire them?

# Model Friends- Lollipop Moments



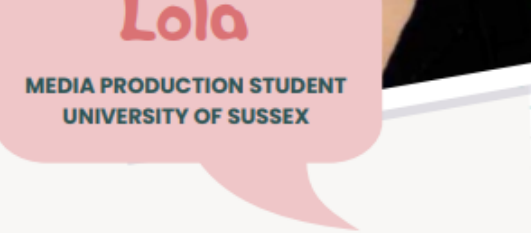
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**Have you ever looked back at your life and realised that if you hadn't met one specific person things would be totally different by now?**

Good or bad, I hadn't reflected until I heard about a TedTalk that focused on a term called '*Lollipop Moments*': moments in time where somebody said or did something that made you feel fundamentally better. I'm going to talk about one of my most memorable lollipop moments and how meeting this one person changed my outlook on things. Growing up in my early teens, when it came to friendships, I always gravitated towards people that were similar to me. I thought because we were similar, I would just relate to them more.

I wasn't well off and I struggled quite a bit in secondary school finding genuine connections. I went to my friends 15<sup>th</sup> birthday party and that's where I met Aditi. The most profound lollipop experience to date.

My 15-year-old self was in awe of the authenticity and the excitement which Aditi brought to any room. Any small experience was a moment to spread joy, from the music being played at the party to the snack section served. Aditi never failed to share gratitude and openly spoke to everyone, including me. We spoke briefly and found out we lived not too far from each other. After the party we headed in the same direction and spoke on the bus home.



At fifteen, her life experience was already so much more extensive than mine. From family holidays across the globe to her school curriculum. Throughout the bus journey I learnt about her family, our shared passion for filmmaking, her newest shoes and her love for salsa music. I was overwhelmed by how much of the world Aditi had seen, yet she was still talking to raggedy, lost, little me. We exchanged Facebooks before she got off the bus and I then continued my journey. I hadn't had an open conversation like that in what felt like forever. Sometimes until you hear someone talk about an experience it is at that point, where the prospect of you yourself attaining it becomes real.

I was just grateful to speak to someone who I doubt I would have crossed paths with otherwise. A few days later Aditi messaged me about a free summer film course located not too far from me, suggesting I should check it out and join her in the program. At the time I was so nervous, going outside of my comfort zone was something 15-year-old me didn't do. Aditi made the idea of going to somewhere new, learning a new skill and meeting new people sound extremely fun. We spent the summer creating short films and collaborating with all the cool people we met on the scheme. It was amazing how doing something I was so afraid to do turned out to be one of the best summers.

In life there will be people that will be different to you in many ways. Aditi and I are from different backgrounds and similar to many people, we had different upbringings. Yet I owe so much to her for showing me that there is more to life than the small bubble I was isolating myself in.

Seven years later and we're still the bestest of friends. And although we don't see each other often, we make sure that every time we do, we make it count.

We've backpacked through South East Asia, visited Seville (her passion for salsa is very much the same) and experienced so many more lollipop moments together. She's my role model because I genuinely wouldn't be who I am

today without having that initial conversation on the bus. I often ask myself, what would Aditi do in a situation? I've never met someone who achieves everything she sets out to do.

The most valuable lesson Aditi taught me was to fill my life with adventures, not things. Have stories to tell, not stuff to show.

Sometimes I think back to how different my life would be if I hadn't joined that summer film making program. We still acknowledge that we've lived different lives, but we also love the fact we share and celebrate our similar interests and explore and unpack our differences together.

If you haven't already met your 'Aditi', chances are they are one conversation away from happening. 'Lollipop' friendships can occur at any time and at any age. Maybe you have been someone else's 'Lollipop Moment'. Let that sink in.



'Lollipop  
Moments'  
task

# Discuss

Describing her friendship with Aditi, Lola says: ‘Sometimes I think back to how different my life would be if I hadn’t joined that summer film making program. We still acknowledge that we’ve lived different lives, but we also love the fact we share and celebrate our similar interests and explore and unpack our differences together.’

Aditi is quite different to Lola. But Lola suggests it is Aditi’s different approach to life that she finds inspiring.

- How do you decide who is going to be a friend?
- How important is it that your friends agree with you or have similar tastes or backgrounds?
- Do you consider any of your friends to be role models?

**6th form considerations:** Reflect on your experiences from Y7 to now, have you found that your friends become more or less of a role model? Why could this be? Is it due to independence and personal goals? Could it be that you have stronger friendships, so they become more influential?  
When does this go wrong?



Lola says: Have you ever looked back at your life and realised that if you hadn't met one specific person things would be totally different by now?

Lollipop moments are 'moments in time where somebody said or did something that made you feel fundamentally better'. Select a 'Lollipop' moment from your own life.

- This might be a conversation or experience shared with a friend or someone you know well.
- Or it might be a conversation you had with one person, once. Yet it made you feel better in some way.

Reflect- have you ever had a lollipop moment? Can your form tutor share a possible lollipop moment they have experienced?

# Final Slide

**As a pair, select a question from below and be prepared to share with the group in 4 minutes.**

- A. Who are your role models?
- B. Are you someone's role model?
- C. Role models can influence behaviour, but what else can then influence?
- D. How does the concept of a role model link to our CHA values?

Sixth Form: How can 6th form develop to ensure all Y12/13 students are positive and active role models in the CHA community?