


ACCOUNTABLE ME ACADEMY[©]

PERSONAL DEVELOPMENT FOR TEENS

www.conciousedu.org
+1 (832) 732-2257



**PROGRAM
ALIGNMENT WITH
CHARACTER
EDUCATION**

CHARACTER.ORG:

Coming together in 1999, Character.org is a non-partisan organization comprised of educators, researchers, business and civic leaders who care deeply about the vital role that character will play in our future. Their worldwide network empowers people of all ages to practice and model core values that shape hearts, minds, and choices of people. Their mission is to provide global leadership, voice, and resources for developing character in families, schools, and organizations. They are most known for their “11 Principles Framework,” which they developed based on decades of research on effective schools.

THE 11 PRINCIPLES FRAMEWORK:

PRINCIPLE 1.


A set of core values are selected, defined, embedded, and modeled throughout the school culture.

Our *ACCOUNTABLE ME ACADEMY* program is crucial for helping educational leaders, teachers and students to determine their values. Our video-lesson, “Living In Alignment” particularly focuses on determining beliefs and values and matching those values with action. Our video-lesson “Embody Your Vision for Joy” facilitates student and faculty creation of a personal vision board. Collective core values are emphasized, displayed, and woven into campus culture through our whole-campus extension activities: the “Accountable Me Parade” and “Campus Vision Quest.”

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THE 11 PRINCIPLES FRAMEWORK (CONT'D.):

PRINCIPLE 2.

Character involves understanding, caring about and practicing your culture's core values.


Our program's whole-campus approach allows for our concepts to be taught in every classroom, during an advisory period, as well as to be used in detention centers, so a common language is used throughout the campus. Educational leaders, faculty, and students ALL receive the same lessons and this common language is woven throughout school culture. A Multi Tiered Support System (MTSS) for small-groups and intensive supports are woven throughout our program for those students needing extra help and attention. Additional extension activities throughout the year provide continuance of the values being taught in our program - a focus on personal change and growth through the character traits and awareness tools that are taught.

Much of the *ACCOUNTABLE ME ACADEMY* program is focused on CASEL domains, self-awareness, self-management, social awareness, relationships, and responsibility. Character education is woven throughout. However, as students come to understand themselves more, they learn to empathize with those around them and begin to care about others, including all on their campus. Our video-lesson, "Faulty Beliefs & A Growth Mindset" allows participants to become aware of faulty beliefs, personal biases, and negative emotions which can prevent focusing on the good values we wish to have. Students and faculty are given opportunities in every video (37 total) to reflect on their values. Our module, *Humility & Openness*, has twelve videos "The Barriers of Pressure" which reflect on the things that block humility and openness. We address empathy for family issues, cultural struggles, mental health issues, various disabilities, loss, poverty, homelessness, and fear. The benefits of humility and openness are taught, which are receptivity, transparency, vulnerability, flexibility, and inclusiveness, and how all of these character traits can help mitigate various pressures and help us to be and feel empathetic towards others.

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THE 11 PRINCIPLES FRAMEWORK (CONT'D.):

PRINCIPLE 3.

Your character development approach is proactive and comprehensive.

Our *ACCOUNTABLE ME ACADEMY* program provides structure and time, woven into every week, campus-wide, to reflect and journal about each participant's core values, as well as personal and campus alignment to those values. Our program consists of 37 video-lessons which are 20-25 minutes long and ALL campus leaders, teachers and students are encouraged to participate and do the work of self-reflection together. It can be woven into the schedule throughout the year, or in a marking period. There is some flexibility. Detention reminders keep the common language consistent and provide further journal reflection to help mitigate continuing adverse behaviors. Extension activities allow the language and motivation to continue all through the year, reflected in campus club activities. Using our program not only provides the structure for students and faculty to work on personal development, but encourages further and ongoing self-reflection - not just about personal values, but about campus values.

PRINCIPLE 4.


Caring attachments and relationships foster a sense of belonging and connection.

The *ACCOUNTABLE ME ACADEMY* program encourages greater self-love and compassion for the self through a trauma-informed lens. Because our lessons begin with a primer on unhealed childhood attachment wounding, campuses begin to learn the "why" behind behavior and relationship problems. Whole-campus connection and belonging are only possible when all people on campus are working on themselves and fostering true self-esteem and self-compassion. Caring attachments and relationships fostering a sense of belonging naturally begin to strengthen with a focus on healing our own emotional wounding first. Our module *Building Relationships* has lessons on "Healthy Boundaries," while our module *Nurturing Relationships* has lessons on "Attunement," and "Allowance," all of which inspire compassion, understanding, and belonging.

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THE 11 PRINCIPLES FRAMEWORK (CONT'D.):

PRINCIPLE 5.

There are ample opportunities for everyone to live their core values, especially opportunities to serve others.

In our module *Meaning & Purpose* one of our video-lessons is “Serving From Abundance.” Students are taught multiple science-based ways that service benefits their emotional well-being. Multiple ideas for ways to serve others are given, including serving with food, donating our time, donating our resources, volunteering our physical strength, serving through social media, and holding emotional space for others. Students and faculty are invited to reflect on ways that they serve from a place of abundance, and areas they give from a place of lack or depletion. We discuss cognitive distortions that surround the idea of sacrifice, so that when students and faculty give, they are giving abundantly and appropriately. At the end of the program, the campus has the opportunity to serve each other and the campus through a “Campus Vision Quest.” All clubs and students will unite to create a campus mural reflecting their values to be seen by all on campus. It is elaborate in nature. All on campus are surveyed first to determine campus core values, and then everyone works together to make the mural happen.

PRINCIPLE 6.


Your culture of character strives to develop everyone’s “best self,” including the four areas of character, moral, civic, performance, and intellectual.

In our module *Humility & Openness* there is a focus on receptivity, transparency (honesty), vulnerability, flexibility, and inclusiveness. Students also learn the role of humility and openness in a growth mindset (owning mistakes, seeking feedback, taking risks, building connections, and developing resilience.) These twelve video-lessons will foster growth in student and faculty character, morals, foster a transparent attitude, and enhance their attitude towards their overall academic performance. In the “Barrier of Pressure Part I” video-lesson we overtly discuss the reality of academic pressure and provide coping skills so students can maintain their values.

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THE 11 PRINCIPLES FRAMEWORK (CONT'D.):

PRINCIPLE 7.

A culture of character emphasizes intrinsic motivation rather than recognition of material awards.

Our *ACCOUNTABLE ME ACADEMY* program strives to use scientific reason to instill internal and intrinsic motivation in our participants. Our module, *Empowerment*, has a video-lesson which is called “Resilience & Responsibility,” and participants discover how much of what we create in our lives has psychological roots. We discuss the six main qualities of resilient people and how ALL of these qualities require personal responsibility.


In our module, *Humility & Openness*, in our video-lesson, “The Pressure Barrier Part IV,” we address workload overwhelm and lack of motivation very specifically. The students learn several coping strategies that assist them with this issue.

In our module, *Empowerment*, there is a video lesson, “Embody Your Vision for Joy,” in which faculty and students are invited and (through much detail) guided to create a personal vision board for what they want their life to look like in 15 years. This gives participants an opportunity to really reflect on what they want to create in their life. Then, after learning about attention and focus, we discuss a very specific formula for success.

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THE 11 PRINCIPLES FRAMEWORK (CONT'D.):

PRINCIPLE 8.

Everyone shares the responsibility to model, practice and uphold the core values.

The *ACCOUNTABLE ME ACADEMY* “Program Guide” training video discusses at length the efficacy of personal development/SEL programs like ours: When leaders and faculty model top-down personal change, then students follow suit and the entire campus benefits. We encourage this at the beginning of our program and this initiative is built-in before beginning video-lessons with the students. Leaders and teachers are required to view all of our video-lessons beforehand, so that they are comfortable participating with the students, and so they can model personal change. Leaders are overtly encouraged to be vulnerable, and share with the campus through loud-speaker or emails, any less-personal changes that they made the prior day or week, what the result was, and how the change they made improved their lives. Teachers are encouraged to allow students to share their experiences in the classroom and to also share their own personal changes. In our program there is a heavy emphasis on modeling change for the students.

PRINCIPLE 9.


All stakeholders are encouraged to take a leadership role and suggest ways to embed and practice the core values.

In addition to leaders and teachers modeling personal change for students (see PRINCIPLE 8 above), we also have included in our training instructions several ways to involve school counselors or other mental health professionals on campus, especially during the roll-out of our first module, *Empathy*, in which all video-lessons have a hard focus on personal and ancestral trauma. Teachers are instructed to utilize support services and always allow students to see their counselor if they experience a heightened emotional response to the material on trauma. As a soft mental health solution, a parent night is provided where parents can preview all of the *Empathy* module video lessons on trauma, with the school counseling team present. In this way parents are provided an opportunity to learn, as well, and are encouraged to talk with their children at home about what they will be learning.

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THE 11 PRINCIPLES FRAMEWORK (CONT'D.):

PRINCIPLE 10.

Your character initiative engages a range of partners (family members, parents, community members, etc.)

Though our video-lessons are only available on campus to faculty and students, our *ACCOUNTABLE ME ACADEMY* “Program Instructions” encourage educational leaders and faculty to facilitate a parent night as a soft mental health solution in the community for both parents and students, our program copyright permits our “Tips & Tools” printables to be distributed to families as well as students and faculty. Faculty can enlarge them for posters in the classroom or use them during video lessons on campus. Families can use them at home to offer reminders about the coping strategies we have shared with their children. This will promote family conversations and allow parents to continue promoting these values in their home. Our trademarked logo transparency, *ACCOUNTABLE ME ACADEMY*, is also included in our program for the sole purpose of igniting positive campus change through fundraising for the “Vision Quest Mural” and the “Accountable Me Parade.” This logo is intended to unite the campus through school spirit and extend the message of positive change into the community.

PRINCIPLE 11.

Core values are reaffirmed or revised each year to ensure that your character initiative is always improving and growing.

Access to our *ACCOUNTABLE ME ACADEMY* program video-lessons is a one-year subscription. At a minimum, our program will provide two, new, elaborate, whole-campus extension activities with each yearly renewal, allowing for increased motivation for personal and campus change, as each new year approaches.