



My Character: My Life, Your Life, Our Future

Name:

My School:

My Teacher:

My Class:

Helping Others

The My Character Resources have been developed by the Jubilee Centre for Character and Virtues at the University of Birmingham, alongside young people across the UK. This is one of a set of 10 eResources, each aiming to encourage young people to be more future minded and to think about who they are and who they want to become.

The other eResources in this series are

Having a Dream
Saving for the Future
Having Patience
Being Determined
Having Courage
Working Together
Thinking Creatively
My Character – Review

Please go to www.mycharacter.co.uk to download them.

Current location:



Keywords

Compassionate
Caring
Sharing
Helping
Assistance
Charity
Make a Difference
Volunteer
Giving Time
Understanding
Supporting

Helping Others

Make it easier or possible for someone to do something by offering them help



Life is not just about helping ourselves, it is also about helping others along the way.

The saying 'you get what you give' is very true – if you help others, they will no doubt be more open to helping you! If you refuse to ever help others, there is going to be a time in the future when you are really stuck, and nobody will be prepared to give you their time or expertise.

Would you want to be successful by climbing on everyone else to get to the top, or would you rather work with them to create a ladder together to reach both your goals?

My Inspirations

My favourite quote is:

Because:

'Be the change you want to see in the world.'
– Mahatma Ghandi

'Use your smile to change this world. Don't let this world change your smile.' – Anon

'One must be poor to know the luxury of giving.'
– George Eliot

'Well done is better than well said' – Benjamin Franklin

'You will never make a difference in the world until you make a difference in your world' – Matthew Barnett

'Don't try and change the world, just the bit around you'
– Anon

'We can do no great things, only small things with great love.'
– Mother Teresa

'He who gives when he is asked has waited too long'
– Anon

'Nobody can do everything, but everyone can do something'. – Anon

'We make a living by what we get, but we make a life by what we give.' – Winston Churchill

'It's easy to make money. It's a lot tougher to make a difference.'
– Tom Browkaw

Inspirational People

Mother Teresa (1910 – 1997)

Nun, founder of Missionaries of Charity



Mother Teresa was born in Macedonia in 1910. After her father's death when she was nine, her mother raised her as a Roman Catholic and by 12 years old Mother Teresa was convinced she should commit herself to a Religious life. Her final vows were taken 6 years later while serving as a teacher at the Loreto Convent School in Calcutta, India. She served there for almost twenty years and was appointed Headmistress.

Increasingly concerned by the poverty surrounding her, she felt that God was telling her to leave the convent and live among the poor. She adopted Indian citizenship, received some basic medical training and then went out into the slums, initially starting a school and then focusing on helping the poor and the starving.

In 1950, with permission from the Vatican, Mother Teresa began the Order that would become the Missionaries of Charity. It was, in her words, to care for "the hungry, the naked, the homeless, the crippled, the blind, the lepers, all those people who feel unwanted, unloved, uncared for throughout society, people that have become a burden to the society and are shunned by everyone."

It began as a small order with 13 members in Calcutta; by 1997 it had grown to more than 4,000 nuns running orphanages, AIDS hospices and charity centres worldwide, and caring for refugees, the blind, disabled, aged, alcoholics, the poor and homeless, and victims of floods, epidemics, and famine. When she died in September 1997, she was beatified by Pope John Paul II and given the title "Blessed Teresa of Calcutta".



Mother Teresa devoted her whole life to caring for people across the world and inspired millions of people around the world to show compassion and take action.

Spread love everywhere you go. Let no one ever come to you without leaving happier. – Mother Teresa

Inspirational People

Camila Batmanghelidjh (1963 - present day)
Charity Founder, Author



Camila Batmanghelidjh is a businesswoman, charity leader and author who is the founder of two charities - The Place 2 Be and Kids Company. Both charities work with over 14,000 vulnerable young people in London.

Born in Tehran, Iran, in 1963, Camila's family had to leave Iran during the revolution in 1979. Her father, a close ally of the Shah, was arrested and imprisoned and their mother went missing, leaving Camila and her sister stranded in the UK with no access to money.

Camila was able to gain political asylum in the UK and went on to gain a First in Theatre Arts at Warwick University, then numerous psychotherapy qualifications. She soon discovered a knack for helping emotionally damaged children and eventually started working as a children's psychotherapist. At 25 she got a job working in Camberwell in South London as part of the Family Services Unit funded by Comic Relief.

She founded Kids Company in 1996, motivated by the desire to make vulnerable children and young people the centre of services. Kids Company helps young people by providing a support system that includes psychotherapy, counselling, arts, sports, education and more practical help. The team fill the role of parent, something that is lacking for so many of the children; they cook hot, nutritious meals, they help them with their homework, take them to the dentist, get them new clothes when they need them, help them to look for jobs or find college places, and ensure they have access to the services they are entitled to.

In the 13 years that Kids Company has been open for business, the organisation, through its street-level centres and the centres that it runs in schools, has helped thousands of children. Many of these children just



turn up, on their own initiative, drawn by the promise of emotional and physical support and a safe place where people care.

The model used by Kids Company has succeeded in helping emotionally vulnerable children who have often been failed repeatedly by the state sector, mostly down to Camila's vision, drive and strong desire to help those around her.

"The way you do it is you put a collection of staff on a premises and let the children come when they like. Those who desperately need it will come seven days a week. You provide three meals a day. You have your doctor, your dentist, your psychiatric nurse, optician, youth worker, artists and sports workers. You don't open and close files on children, you just get to know them. It's a partnership with the parents and the centre where possible." – Camila Batmanghelidjh

Add a Picture of
your inspirational
person here

Having Patience: My Hero

Can you think of an inspirational person who has helped others? This could be someone famous, or someone you know personally and lives locally. Explain their life story and what they did to help others:

Activity 13: My hero.....Me

Imagine what it would feel like to really help someone. Now imagine you being the hero in a film helping that person. Draw the comic script of a film that stars you as the helping hero.

Picture

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Text

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Well done, you get the Oscar for being the best actor
in a film about heroes!

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Activity 14: What could I do to help others?

List three things

you do to help at home

- 1.
- 2.
- 3.

you do to help your friends

- 1.
- 2.
- 3.

you do to help at school

- 1.
- 2.
- 3.

you do (or could do) to help in
your community

- 1.
- 2.
- 3.

you do (or could do) to help
your country

- 1.
- 2.
- 3.

you do (or could do) to help
the world

- 1.
- 2.
- 3.

Volunteering

Volunteering is giving your time to help someone else. It can be a formal volunteering opportunity, like becoming a Maths Mentor and meeting once a week with someone who needs some support with school work, or joining a charity to paint a community centre one weekend. However, volunteering doesn't have to be organised and can be more informal: maybe you go shopping for your neighbour sometimes, if she can't get to the shops? Or you help out with your Church youth group? If you are giving your time for free, you are volunteering.

Volunteering says a great deal about you as a person. It shows that you are someone who has many virtues. For example

Compassion: Taking on a caring role for someone or something else shows you are a compassionate person who wants to help others.

Courage: Volunteering somewhere new or in a community other than your own takes a great deal of courage.

Integrity: Volunteering shows that you are a person of integrity, that you have principles and know what is right and wrong.

A Sense of Humor: Not everything is easy when you volunteer and you may face many challenges. Meeting these challenges in an upbeat way will show you have a sense of humor.

Tolerance: When you volunteer you will invariably come across a range of people probably very different from yourself. Getting on with these people shows you are tolerant and sensitive.

Trustworthy: By volunteering you are making a statement that you will give up your time without reward. This shows that you are someone who can be trusted to do the right thing and is sincere and fair.

Humility: The important thing when you volunteer is that you are being self-less. This shows that you have humility and a respect for others.

15 Activity 15: Why Volunteer?

You might need to do some research on the Internet, or talk to friends and family to complete this activity

What charity could you volunteer for?

.....
.....

Make a difference to others and yourself – Volunteer

Volunteering is about giving your time to others, but you can also gain a great deal personally from volunteering. By becoming a volunteer you are making a statement to others about the sort of person you are. Volunteering shows that you are a good citizen and a person of good character.

You may have many motivations to volunteer. One of them might be to give something back to society, but you should never ignore how much you can gain personally from the experience.

Volunteering is about giving your time, but it also says a great deal about the sort of person you are.

What do the volunteers do?

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.....
.....

Where and when do they need volunteers?

.....
.....

What is the benefit of volunteers for the charity?

.....
.....
.....

What is the benefit of volunteering for the volunteer?

.....
.....

Would you like to be a volunteer for this charity?
Explain your answer.

.....
.....
.....
.....
.....

What Does it Mean?

Important words

Character

is who you are. It is what makes you.....you. It is what you believe in and how you act with others and when on your own. It is your values and your virtues.

Character trait

a feature of an individual or group of people, it tells you about their personality.

Virtue

a quality that is considered desirable in a person, all the good things about you that can be used to describe your character

The Eight Character Traits

Being determined

the ability to keep going whatever happens

Having a dream

having an aspiration, ambition or goal

Having courage

the ability to do the right thing even when it is difficult

Having patience

The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious.

Helping others

Make it easier or possible for someone to do something by offering them help

Saving for the future

the quality of using money and other resources carefully and not wastefully

Thinking creatively

the use of imagination or original ideas to create something new

Working together

the combined action of a group, especially when effective and efficient

Other Character Traits

Ambitious

a person with a strong desire to want to achieve something or reach a certain goal

Anxious

a person that is often worried that something may go wrong or not as planned

Charismatic

a character trait that includes traits such as leadership, charm and persuasiveness, an ability to inspire other people. You might often hear people say that a certain person is a charismatic leader; it means that people are naturally drawn to them, they are inspiring.

Compassionate

a person with the desire to help others

Delayed gratification

the ability of a person to wait for something that they want and not get it straight away

Doggedness

determined in effort, a very determined person

Endurance

finishing an unpleasant or difficult activity or process without giving up

Fortitude

being courageous or brave in the face of something difficult, painful or scary

Frugal

being very careful with your money, buying only things that are needed

Honesty

the ability to be truthful, sincere and fair

Humble

to feel that you are no more important than anyone else no matter what the situation, even you are the Queen or richest person in the world

Humility

the ability to be modest and respectful

Innovative

a person that starts something new, creates something or comes up with new ideas or ways to do something

Inspirational

making you feel hopeful or encouraged

Integrity

the possession of firm principles, for example if you are willing to do the right thing – even if nobody is watching

Optimistic

being positive and confident about what will happen

Prudent

acting with and showing care for the future, a person who is careful and sensible

Resilient

the ability to recover quickly from something, for example change, misfortune, illness

Risk averse

the dislike of, and desire, to avoid any type of risk

Sense of humour

the ability to face danger, difficulty, uncertainty and fear

Tenacious

a person that has an opinion in a determined way

Thrifty

a person that is careful with money, avoids waste

Tolerance

the ability to be able to accept difference

Will power

ability to control your own thoughts and how you behave

Other words you may not know**Academic**

relating to school or higher education

Aspiration

a strong desire to achieve something

Audit

looking at previous records to see if they are correct

Credit card

a card issued by a bank for the purchase of items on credit – money that a person does not physically have but they are borrowing from a bank and will pay interest on (a percentage of extra money on top of what they are paying for an item)

Entrepreneur

a person who organises and works in a business, and takes on a financial (money) risk doing so.

Humiliation

to feel very embarrassed or ashamed

Mentor

a person who advises and guides people

Personal statement

a piece of writing about you to describe your character, what you are good at and your passion, normally to give to universities or potential employers.

Philanthropist

a person who makes charitable donations to help others, in time or money

Self-reflection

to think about yourself and reflect on who you are

Reflect

to think about

Resources

an available supply that can

be drawn on when needed, for example a natural resource is a resource supplied by nature including water, wood and air. Vocational providing skills and education that prepare you for a job

Volunteer

a person who does something without receiving money for their work or being forced to do it, normally involves helping other people in some way

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For more information about the My Character Project or the Jubilee Centre for Character and Virtues, please contact t.j.harrison@bham.ac.uk or see www.jubileecentre.ac.uk.

