

~ I Am Who I Am ~

Book I

Coop Di Leu® books are written from experiences with youth development over the past twenty years. The content of each story is based on evidence from ongoing qualitative research and works for most 5th–9th graders needing support with character and social learning development.

This book will help you learn lessons about why it's important to think good things about yourself and others. It's written to deal with self-awareness, identity crisis, socialization, and peer support.

Overarching Benefit

The book sets the stage for self-discovery and deals with self-inflicted grief. It emphasizes the importance of peer support and the challenge of accepting news about oneself from others. It raises confidence and builds stronger, healthier relationships. It also helps manage misbehavior.

Primary Goals Applying to This Book (in bold type):

- 1. Improve family relations.**
2. Help better understand cultural differences.
3. Engage with parents/adults.
4. Identify better ways to think about others.
- 5. Facilitate peer leadership.**
6. Prevent bullying.
7. Reduce stereotyping.
8. Build capacity for self-improvement.
9. Increase cross-cultural awareness.
- 10. Increase self-consciousness.**
- 11. Facilitate peer acceptance.**
- 12. Reveal the impact of imaginary audiences.**
13. Identify specific stages of character development
14. Shed light on the influence of group cliques.
15. Expand the categories of stereotypes.
16. Deal with cultural encapsulation (boxed-in beliefs).
17. Deal with issues of masculinity.
18. Ethnic identity development.
- 19. Roles of friends and peers.**