ABOUT:

Just Be You is a 501(c)3 nonprofit organization whose mission is to build teens confidence through self-compassion. Through workshops, school assemblies and motivational speakers, Just Be You focuses on the daily challenges of life as a modern teen, offering them a safe environment to be kind to themselves, share, learn and grow into their most confident self. The Just Be You team encourages and celebrates all levels of what it means to be bold, be brilliant, and just be you.

INCLUDED IN THIS PACKET

- Pre-Event Lyric Activity
- Post-Event Mirror Message Activity

SC STANDARDS FOR HEALTH AND SAFETY EDUCATION

- M-7.4.2 Describe ways to treat self and others with dignity and respect.
- M- 8.1.1. Examine factors that contribute to a positive self-concept.
- M-HS.7.1 Implement a plan to increase personal resiliency.

OUR MISSION

IS TO BUILD TEENS CONFIDENCE THROUGH SELF-COMPASSION.
WHO WE ARE:

MEET THE JUST BE YOU TEAM!

BETH LEONARD RUCKER
FOUNDER & CHAIR OF THE BOARD

Beth attended the Citadel Clinical Counseling program and received a Masters in Psychology in Charleston, SC. Creating a non-profit organization has always been the goal, being the catalyst for Beth to continue furthering her education. She is focused on giving back to the community by helping those who want and desire the tools to unlock, inspire, and accept their full potential through self love, care, and compassion.

AUSTIN NELSON
EXECUTIVE DIRECTOR

Austin attended Clemson University and received her BS in Business Management. A Charleston native, Austin has dedicated the last decade to non-profit work within the Charleston community. As the Director of Just Be You, she committed to bringing high quality speakers, programs and workshops to our students in an effort to encourage them to love and accept their uniques selves.
MEET THE SPEAKERS:

ANGEL ROBERTS

With 20 years of dance and production experience, Angel is an award winning choreographer and founder of the national dance movement Peace Love Hip Hop. She has toured the country teaching a positive message with a twist of creative choreography and her unique costume design. As a former Hollywood designer, she won an Emmy for her costume work on That 70's Show.

COREY MILLER

Corey Miller grew up in Pageland, SC with six sisters and four brothers. In 1987, he went to the University of South Carolina on a full football scholarship and earned three letters while there. In 1991, Pastor Miller was drafted in the sixth round by the NY Giants. He played eight years with the Giants, seven of those as a starting outside linebacker. He played his final season with the Minnesota Vikings.

After retirement, he worked in television in New York City and in South Carolina where he hosted a local afternoon drive sports radio show, as well. Pastor Miller became an ordained minister in 2003 and founded the ministry Giants 4 Christ. He is married to Missy Miller and has two sons, CJ and Christian. Most recently, Christian was drafted in 2019 to the Carolina Panthers.

DARIUS Rucker

Rucker first attained multi-Platinum status in the music industry as the lead singer and rhythm guitarist of GRAMMY award-winning Hootie & the Blowfish. Since releasing his first country album in 2008, he has celebrated four summits to the top of the Billboard Country Albums chart and earned a whole new legion of fans. In 2014, Rucker won his third career GRAMMY award for Best Solo Country Performance for his 4x Platinum-selling cover of Old Crow Medicine Show’s “Wagon Wheel,” the No. 1 single off his album True Believers.
Lyrics Activity  *(Pre-Program)*

20-25 minutes

Objective

Through analyzing the lyrics to the song, students will realize that perceived obstacles can turn into positive endings. Students should walk away from this with a lesson in resiliency. That even though something didn't go the way they planned it to, it can turn into a positive.

Directions

- Make copies of or project lyrics of Darius Rucker's "This" provided on page 5.
- Make copies of the Lyrics Activity Worksheet.
- Either listen to the song or read the lyrics out loud as a group.
- Have a whole-group, guided discussion asking the following questions:
  1. Have you ever heard this song?
  2. Do you know that Darius Rucker lives in Charleston?
  3. What do you think this song is about?
  4. What is a lesson Darius learned in this song?
  5. What is the take away message from this song?
- Pass out the Lyrics Activity Worksheet and guide students through the first question, helping them to understand like the lyrics in the song, sometimes things don't work out that way we planned.
- Give students 5 minutes to write their response.
- Have students come up with one positive thing that came out of the situations they listed in question one.
This
DARIUS RUCKER

Got a baby girl sleepin’ in my bedroom
And her momma laughing in my arms
There’s a sound of rain on the rooftop
And the game’s about to start
I don’t really know how I got here
But I’m so glad that I did
And it’s crazy to think that one little thing
Could have changed all of this

Maybe it didn’t turn out like I planned
Maybe that’s why I’m such, such a lucky man

For every stoplight I didn’t make
Every chance I did or I didn’t take
All the nights I went too far
All the girls that broke my heart
All the doors that I had to close
All the things I knew but I didn’t know
Thank God for all I missed
’Cause it led me here to this

Like the girl that I loved in high school
Who said she could do better
Or the college I wanted to go to
Till I got that letter
All the fights and the tears and the heartache
I thought I’d never get through
And the moment I almost gave up
All led me here to you
I didn’t understand it way back when
But sittin’ here right now
It all makes perfect sense

Every stoplight I didn’t make
Every chance I did or I didn’t take
All the nights I went too far
All the girls that broke my heart
All the doors that I had to close
All the things I knew but I didn’t know
Thank God for all I missed
’Cause it led me here to this

Oh I cried when my momma passed away
And now I got an angel
Looking out for me today
So nothing’s a mistake

Every stoplight I didn’t make
Every chance I did or I didn’t take
All the nights I went too far
All the girls that broke my heart
All the doors that I had to close
Everything I knew but I didn’t know
Thank God for all I missed
’Cause it led me here to this

It led me here to this

Source: LyricFind,
JUST BE YOU: LYRICS ACTIVITY

DIRECTIONS:
Before starting this activity, read the lyrics to Darius Rucker’s *This*. Each student should answer the following questions by pulling from one’s own personal experiences.

EXPLAIN A TIME WHEN SOMETHING DIDN'T GO AS PLANNED:
Rucker talks about heartbreak, not getting in to the school he wanted to and being told he was not good enough. Detail a challenging time that you have experienced below,

POSITIVE SPIN:
Using what you learned from Rucker’s song, describe how your challenging experience could be viewed as a positive. What lesson did you learn by going through your experience?
Mirror Message Activity (Post-Program)
20 minutes

Objective
Have students learn to use positive affirmations in order to build a circle of positive energy and attract positive outcomes for themselves. This will help students build a positive self-concept.

Directions
- Make copies of the Mirror Message Activity Worksheet
- Ask the students to reflect on the motivation speaking program at the Charleston Gaillard Center. Use questions such as:
  1. What was your favorite part about the program?
  2. What was one thing you learned from the experience?
- Have class do the Mirror Message Activity Worksheet
- Encourage students to think of a positive affirmation and have them fill it out on the worksheet.
- For the chance to be featured on Just Be You’s official Instagram, have students take a picture of their affirmations and upload it to Instagram using the hashtag: #justbeyoumirror
TIPS FOR WRITING YOUR OWN POSITIVE AFFIRMATIONS:

1. WRITE AFFIRMATIONS IN THE PRESENT TENSE

   Everything happens in the present moment for the brain. It doesn’t communicate in future or past tense. For example if you’re worried about failing a test you have a month from now, you experience anxiety in the moment. It responds to your fearful thoughts as if you’re taking the test right now. So saying “I am getting good grades” is more effective than saying “I will get good grades.”

2. KEEP AFFIRMATIONS POSITIVE

   Instead of saying “I am not a bad friend,” a better option would be to say “I am a good friend.” When you say I’m not a bad friend, your brain needs more information to make the leap that you’re trying to affirm that you’re a good friend.

3. KEEP AFFIRMATIONS SHORT AND TO THE POINT

   When affirmations are too long, we tend to spend too much time trying to memorize them instead of focusing on internalizing and truly believing them.

4. DECIDE WHAT AFFIRMATIONS FEEL BEST FOR YOU

   It doesn’t have to make sense to anyone else. Affirmations are for you, so customize them to your personal life circumstances.

EXAMPLES:

   I am enough
   I love myself unconditionally
   I have people who care about me and will help me if I need it
   I stand up for myself and others
   I am awesome
   I am not lost, I’m still creating myself
   I can absolutely do anything I put my mind to
   My life is a gift and I appreciate everything I have.

HOW DO POSITIVE AFFIRMATIONS WORK?

In order to understand how affirmations work, we need to know a little about the brain. The brain has centralized control over all the other organs in the body. It is constantly sending and receiving messages to help the body function properly.

Since the brain processes all this information on the spot, it takes everything we say and think literally. The brain doesn’t distinguish between real and fantasy. This is why scary movies frighten some people even though they know what’s happening is not real.

Therefore, when we repeat positive affirmations for self-esteem, our brain receives it as truth. Even if we haven’t fully internalized and owned the positive statement.
**POSITIVE AFFIRMATIONS:**

Positive affirmations are positive thoughts and statements that we tell ourselves to raise our self-esteem and boost our confidence.

**TIPS FOR WRITING YOUR OWN POSITIVE AFFIRMATIONS:**

1. Write affirmations in the present tense
2. Keep affirmations positive
3. Keep affirmations short and to the point
4. Decide what affirmations feel best for YOU

**WRITE YOUR OWN AFFIRMATIONS:**

Using the tips you just read, practice writing your own positive affirmation.

**MY MORNING AFFIRMATION CHALLENGE:**

Grab a sticky note or notecard and write your favorite uplifting affirmation on it. Stick this affirmation on your mirror and each morning say it to yourself five times. Make it part of your daily routine, like brushing your teeth. Regularly reciting your positive affirmations can interrupt the pesky negative thoughts we all can have and help boost our confidence!