



## superstar

- purpose**
- To connect influence with behavior
  - To identify the characteristics of people who are able to influence other people’s behavior and examine how they help or hinder youth–adult partnerships

**time** 45 minutes

**group size** 6 to 20 participants

- materials**
- Flip chart
  - Marker
  - Paper and pencil

### introduction

Describe for the participants one or two famous “superstars”—people with high profiles in the news, alive or dead, who have gained your admiration. Explain what it is about that person that wins your admiration, and list on a flip chart five characteristics that you can imagine or think the person has or had.

#### for example:

Sally Ride, first female astronaut: driven, determined, dedicated, risk-taker, physically fit

Michael Jordan, basketball player: team player, physically fit, dedicated, personable, parent



### step one

Now ask participants to identify famous personalities whom they admire and to imagine the personal qualities of those people. Have them write down those qualities.

### step two

Ask the participants to think of someone who is in their environment (school, home, youth agency, or community) who appears to have some or all of the same characteristics—a local superstar.

### step three

Have the participants share their superstars, emphasizing the characteristics the superstars have in common. Write the characteristics on the flip chart.

### reflection and discussion

Lead a discussion by asking the following questions:

- How old is your local superstar? (You may write the ages on the flip chart.)
- What does this say about the people we see as influential?
- Which influential characteristics would make our local superstar easy to partner with?
- What characteristics would get in the way of a partnership?
- How does our perception of influential people affect our own behavior in a youth–adult partnership?
- Name two things you’ll do differently as a result of this discussion.

**trainer note:** With a large group, have them complete Step Three in small groups and report out shared characteristics. With a mixed group of youth and adults, consider targeting the discussion questions to each group to get an even representation of ideas.