



## CORE LESSON 26: BE A GO-TO PERSON

Young people often turn to their peers for support when they are facing a problem or are feeling frustrated, unhappy or concerned about something. Although young people want to help one another, they may not know how to go about it.

Core Lesson 26 deals with peer helping, a broad term covering a variety of activities in which PLAYers help others. Peer helping can range from simply being a friend and a good listener to more formal roles such as tutoring, mediating, volunteering or mentoring.

The more structured roles—such as serving as a conflict resolution mediator—usually call for special training to ensure that the role is performed effectively. The purpose of this core lesson is more modest. It simply aims to make PLAYers aware of the value of helping others, to have them examine ways they could help others, and to give them some basic guidelines for giving advice and support.

Building on earlier core lessons about support networks, PLAYers are urged to become “Go-to Persons”—people whom others can go to for help and are provided a variety of ways to volunteer their time and talents to help others within their communities.

### GENERAL LEARNER OBJECTIVES

After completing multiple classes on Core Lesson 26, Eagle-level PLAYers should be able to:

- Describe the benefits of helping others
- Identify ways they could help others
- Identify life skills they have learned that will help them assist others
- Utilize A-L-R on more than one occasion in the context of being a Go-to Person
- Utilize STAR on more than one occasion in the context of being a Go-to Person

- Demonstrate and exhibit they are a Go-to Person in a golf-related setting; share experience with coaches and other PLAYers in follow-up classes on this core lesson
- Utilize their skills as a Go-to Person away from The First Tee on more than one occasion; share experiences with coaches and other PLAYers in follow-up classes on this core lesson
- Consistently use their method for each of The First Tee Nine Golf Fundamentals (distance-response, target awareness, get ready to swing, body balance, clubface and ball contact, swing rhythm, routines: preshot and postshot, ball flight and on-course strategies)
- Exhibit the physical healthy habits of energy, play and safety

### **LIFE SKILL CATEGORIES ADDRESSED**

- Self-management
- Interpersonal skills

### **SPECIFIC LIFE SKILL STRATEGY DEVELOPED THROUGH THIS CORE LESSON:**

- Be a Go-to Person

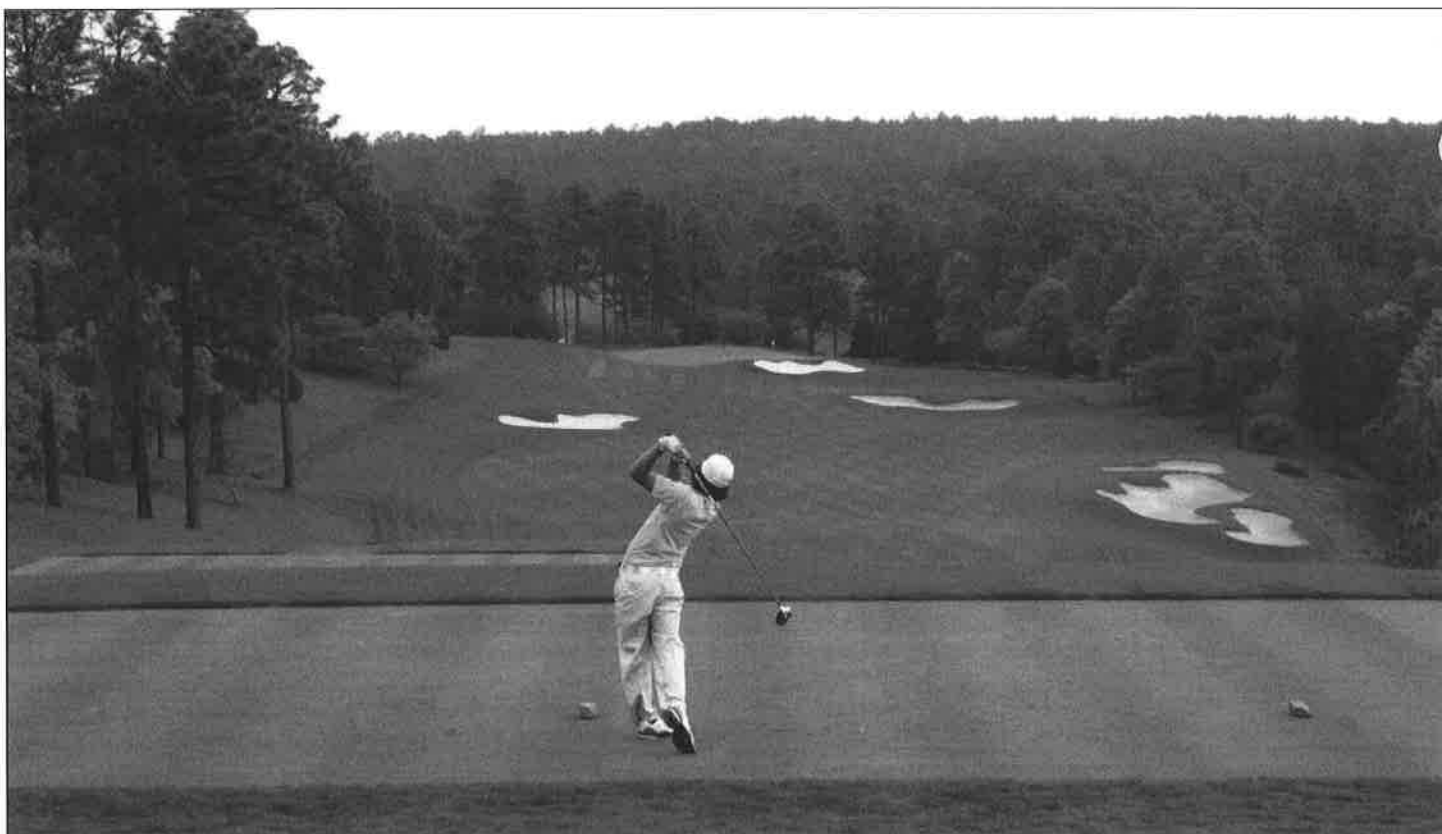
### **SUGGESTED EAGLE PROGRESSION FOR GOLF SKILL CATEGORIES AND GOLF FUNDAMENTALS**

- Any of The First Tee Nine Golf Fundamentals (for putt, chip, pitch, full-swing)
  - All of the factors of influence—including those listed in the right hand column—of the “fundamentals quick glance” (see Golf Skills section, p. 118) should be seamlessly integrated at the Eagle level.

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**AT THE EAGLE LEVEL, COACHES MAY IDENTIFY THE INTERACTION BETWEEN SOME OF THE FUNDAMENTALS AND DELIVER IN COMBINATION FOR ADVANCED PLAYERS—FOR EXAMPLE TARGET AWARENESS REQUIRES A CONNECTION TO THE DISTANCE TO THE TARGET; CLUBFACE AND BALL CONTACT AFFECTS THE DISTANCE A BALL TRAVELS; A PRESHOT ROUTINE INCLUDES KNOWING THE DISTANCE TO THE TARGET AND ALSO IMAGINING THE BALL FLIGHT, ETC. WITH THAT SAID, MULTIPLE CLASSES SHOULD STILL BE DELIVERED FOR EACH CORE LESSON IN ORDER FOR PLAYERS TO NOT ONLY UNDERSTAND, BUT ALSO DEMONSTRATE AND EXHIBIT SKILL DEVELOPMENT.**

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## LIFE SKILL CORE ACTIVITIES

During each class on Core Lesson 26, coaches should deliver at least one core activity below seamlessly with at least two golf skill categories (putt, chip, pitch and full-swing) and one of The First Tee Nine Golf Fundamentals. (See suggested Eagle progression as well as Golf Skills section of this guide for more information.)

Depending upon time available per class and the total number of classes, coaches may save some activities for subsequent classes. Coaches are encouraged to deliver each core activity and, as they gain experience, develop additional activities for their PLAYers.

During the first class on Core Lesson 26, incorporate “Helping Others” into the warm-up.

- Explain that there are many ways of helping others, this lesson focuses on peer helping. Tell a personal story about a peer who helped you with a golf or life challenge.
- Have PLAYers identify and describe peers who have helped them with golf and life challenges.
- Point out that they will be exploring ways to become a Go-to Person.



Go to the members’ side of **[www.thefirsttee.org](http://www.thefirsttee.org)** to find additional Life Skill Core Activities and/or downloadable PDFs from the Eagle Yardage Book.

**Life Skill Core Activity 26.1: Benefits of Helping Others**

Have PLAYers identify the value of helping others, including the benefits to themselves. Using the Yardage Book, PLAYers list the benefits considered most important.

**Life Skill Core Activity 26.2: How I Want to Help Others**

Have PLAYers identify and discuss how they could help others with golf and life challenges. Using the Yardage Book, PLAYers list ways they could personally help others.

**Life Skill Core Activity 26.3: Being a Go-to Person**

Give the group some guidelines for giving advice and support to others. Prompt the group to consider how the life skills they have learned at The First Tee can help them help others. In golf-related roleplays, have the group practice giving one-on-one support using a life skill such as active listening, the 4Rs, STAR or CARE.

**Life Skill Core Activity 26.4: Ask-Listen-Respond (A-L-R)**

The group reviews Core Activities 12.4 and 12.5 in the Par level. Have PLAYers engage in roleplays in which they apply active listening skills to a conversation with a friend who is feeling frustrated (or enthusiastic).

**Life Skill Core Activity 26.5: Making Good Decisions (STAR)**

The group reviews the STAR process for decision-making from Core Lesson 21 in the Birdie level. Have PLAYers teach each other how to use STAR to make good choices in a variety of situations.

**Life Skill Core Activity 26.6: How I Will Help in My Community**

Lead a discussion of other ways PLAYers can help by volunteering time in their communities. Ask for stories from those already volunteering their time. Using their Yardage Book, have PLAYers decide on two possible ways they could help.

## CORE LESSON 26: INTRODUCTION—HELPING OTHERS

**Supplies needed:** The First Tee Eagle Yardage Books, pencils

1. Using the introduction in the Eagle Yardage Book as a resource, explain there are many ways for us to help people—by volunteering in the community, helping out at senior citizens centers, doing errands for house-bound people, participating in neighborhood clean-up crews, etc. Ask PLAYers for other suggestions or examples. Then, explain that today we will focus on what is called peer helping—providing help to friends and classmates.
2. Have PLAYers use their Eagle Yardage Book to identify and describe peers who have helped them with golf and life challenges.
3. Have them describe what kind of assistance they received and what qualities they found most helpful about that person. For example, they may have:
  - Offered advice
  - Showed them how to perform a task
  - Tutored them in an academic subject
  - Given sympathy and comfort in a time of tragedy or crisis
  - Served as an advocate (“went to bat” or “stuck up” for them)
  - Served as a positive role model
  - Helped them find other helpful people or resources
  - Been a good listener
  - Seemed to care and respect them (and others)
  - Really seemed to want to help
4. Ask if someone can describe a situation where they sought help, but the outcome was unsatisfactory. *Was it just a case of getting bad advice or was it something about the way the person acted?* For example, the person may have:
  - Been unsympathetic
  - Been opinionated and inflexible in giving advice
  - Acted superior and thought they had all the answers
  - Never really listened
  - Not taken them or their problem seriously
  - Supported negative attitudes or behaviors
5. Refer to an earlier core lesson’s discussion on building a Go-to Team (Core Lesson 23). Ask if there were any peers on anyone’s personal Go-to Team. Point out they will be exploring ways that they too can become a Go-to Person.

## LIFE SKILL CORE ACTIVITY 26.1: Benefits of Helping Others

**Supplies needed:** The First Tee Eagle Yardage Books, paper, pencils

A person receiving help obviously benefits—for example, by learning how to overcome a challenge, gain a new skill or become better able to cope emotionally. The point of this activity is to explore how other people can also benefit—both the person providing the help as well as the larger community.

1. Break the group into teams of four (or twosomes, depending on the size of the group). Pass out paper and pencils to each team. Give each team approximately 10 minutes to list as many benefits as possible to either the person providing the help or to the community as a whole. In essence, they are answering the question, “Why should they help someone?”.
2. Go over the list to see who has the most valid answers to that question, giving one point for each acceptable answer.
3. Hold a group discussion of the answers provided by all the teams. Be sure to emphasize the benefits gained by the person who provides the help.

Examples of possible answers include:

- It is a way to “give back” for the help you received from someone in the past.
  - You feel satisfaction in helping someone become a happier or better person, actually making a difference in their lives.
  - You sharpen and become more aware of your own communication, decision-making and other life skills.
  - You gain respect as a person who others can look to for help.
  - You feel better because you are “doing the right thing.”
  - It helps build a climate of caring and respect in the community.
  - It expands the number of people who can be reached and helped.
  - It could help prevent substance abuse, promote health and support achievement.
  - It could help reduce violence, vandalism, truancy and dropouts.
4. Have PLAYers use their Yardage Book to record the three benefits of helping others that are most important to them.