



LEADERSHIP EDUCATION 100

TRADITIONS, WELLNESS, AND FOUNDATIONS OF CITIZENSHIP

Excerpts taken from:

AGS Life Skills Health Student Text

Civics: Government and Economics in Action, Student Edition
by James E. Davis, Phyllis Fernlund, and Peter Woll



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Preface

Leadership Education 100: Traditions, Wellness, and Foundations of Citizenship is the first component of Junior Reserve Officers Training Corps (JROTC) leadership education. It is intended for students who are entering the JROTC program and beginning their high school studies. This textbook, and the course it has been designed for, will help prepare you for success as a member of JROTC and a high school student.

You will be introduced to the history, organization, mission, goals, and objectives of JROTC for the Air Force, Army, Navy, Marine Corps, and Coast Guard. You will learn how the military uniform embodies a tradition of proper grooming and uniform wear for today's male and female cadets. You'll look at key military customs and courtesies, and learn how to project the positive attitude and discipline expected of cadets and leaders by examining the principles and practice of ethics, values, and morals.

You'll also learn study skills and note taking, as tools for academic success. You will learn how to be emotionally, mentally, and physically healthy. Avoiding and preventing violence in today's society will also be covered, including how to recognize types of bullying and how to be an advocate for preventing violence. You will learn about healthy living, physical fitness, and making safe, drug-free, and responsible decisions. By examining the negative effects of air and water pollution, you'll learn what you can do to keep our environment safe.

You will be introduced to civics and our national government, including a historical understanding of the American flag and other important national symbols. You will learn how the Constitution protects our rights and freedom as American citizens.

All chapters and lessons contain full-color diagrams and other visual information. Each lesson includes a "Quick Write" exercise at the start of each lesson. A "Learn About" box tells you what you should take away from the lesson. A vocabulary list ensures that students will understand the terms they encounter throughout the text.

At selected points in each lesson, "Keys to Leadership" and other learning aids highlight useful information, including stories from people who have been successful applying these keys. Each lesson is followed by "Checkpoints" to allow cadets to review what they have learned. An "Applying Your Learning" section at each lesson's end presents one or more discussion questions to further reinforce what students have learned.

The text has five chapters, each divided into multiple lessons.

Chapter 1: Introduction to JROTC Programs explains the purpose and structure of the nation's JROTC programs. In this chapter, you will discuss the history and current organization of each JROTC program, including the lines of responsibility and authority. You will learn about the military uniform, including how to properly wear the uniform and meet the appearance and grooming standards expected of a cadet.

You'll also learn to recognize the different US military ranks and grades. You'll learn military customs and courtesies such as saluting, many based on historic practices, which distinguish the JROTC as an important part of our nation's traditions.

Through understanding JROTC as an environment that builds leadership and good citizenship through respect for others, you'll learn how to project a positive attitude and self-discipline. You will consider how to apply ethical and moral concepts, including those of the military services and various cultures. The chapter's final lesson will help build your social skills through proper behavior, personal hygiene, and grooming. You'll learn how to plan and participate in military functions, especially Military Balls, Dining-Ins, and Dining-Outs.

Chapter 2: Personal Behavior focuses on success in school, personal life, and community. You'll learn effective methods for taking notes and studying. You'll also learn to manage stress in school and elsewhere by recognizing its main causes, positive versus negative stress, and stress' effects on the body. Stress-handling strategies, including time management, can make you more productive in all aspects of your life. The chapter then covers how to make positive decisions on your behavior through goal setting and effective communications—important for success and leadership in today's high-tech environment.

You will find out how to recognize emotional problems, and how to seek professional mental health care for yourself and others. You'll then learn about factors that contribute to teen violence in our society, from bullying and cyberbullying to gangs and drug use. You'll identify ways to deal with violence in schools and elsewhere, including ways of preventing bullying, rape, and other sexual violence.

Chapter 3: Be Health Smart first examines your body systems by identifying the key components of the human body. You will explore the functions of the skeletal, muscular, circulatory and respiratory systems, as well as those of the nervous, digestive, and waste systems. Applying this knowledge, you'll learn how to make healthful dietary decisions. You will then consider the importance of physical fitness and the benefits of an active lifestyle. You will also consider how body image, eating, and physical activity affect health. To reduce risks of physical injury during exercise, you will identify safety concerns for participating in sports, and consider the risks of performance-enhancing drugs (PEDs).

This chapter also covers first aid for treating yourself or others in a medical emergency. You'll learn how to recognize and treat common emergencies, from sprains, choking, and shock to heat-related illnesses. You'll also learn how cardiopulmonary resuscitation (CPR) and the Automated External Defibrillator (AED) can save lives.

Chapter 4: Making Safe, Drug-Free Decisions focuses on staying mentally and physically fit by avoiding illegal drugs. Understanding how medicines differ from drugs will help you see how substances can be used for good or harm. You will compare drug misuse with drug abuse, and learn the effects and dangers of popular drugs. Cadets will study the history of tobacco, the harmful substances it contains, and its terrible costs to society. You'll learn how to avoid tobacco use, and proven ways to quit the habit.

You'll also study alcohol's effects, and why it can be harmful. You'll consider why some teens drink alcohol, examining how what teens may say can be different from the truth about drinking. Finally, you'll learn refusal techniques to overcome peer pressure to drink, and review the healthy alternatives to drinking alcohol.

The chapter's final lesson considers how the environment relates to your health. You'll study different types of pollution, including air, water, land, and other forms. You'll examine aspects of the greenhouse effect, and learn about methods of preventing and reducing pollution, including laws and community actions, as well as things you can do individually to make the environment healthier.

Chapter 5: Foundations of United States Citizenship opens with a history of the American flag, and discusses the courtesies rendered to the flag, the National Anthem, the Pledge of Allegiance, and the American's Creed. You'll learn about the Great Seal of the United States and the military services' seals. You will consider the role of civics in society and the need for effective government. You will study the nature of citizenship and how the naturalization process grants this lifelong privilege to those who were not born citizens. The lesson will then cover the duties and responsibilities of citizenship.

You will then learn about the fundamental document of our government, the United States Constitution, by studying its parts and what they mean. You will also cover the process of amending the Constitution and be able to explain how the Constitution is interpreted. You will look at each amendment to identify ways the Bill of Rights and other amendments to the Constitution protect the rights of all Americans, in all possible situations.

The final lesson of this chapter covers the three branches of the national government. By analyzing the functions of the legislative, executive, and judicial branches, you will understand the concept of checks and balances. By looking at the political system in operation in the House of Representatives and the Senate, you will be able to see how Congress works to meet the nation's needs and interests.

At the end of the textbook, you will find a glossary defining all the vocabulary words and telling you which page each term appears on. You'll also find an index organized by subject at the end of the text, as well as a list of references.

This textbook will increase your awareness of the knowledge, skills, and attitudes you'll need to succeed in your high school career and beyond. Here at the beginning of your high school career, recognize that you are one of our nation's most treasured assets: a citizen of character and a future leader. Through applying the knowledge and skills you will learn as a student and cadet over the next four years, you'll make the future a brighter one for you, your friends, your community, and your nation. Every one of us involved in the production of this book wishes you the best throughout your time in high school, and in JROTC.

LEADERSHIP EDUCATION 100

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Acknowledgments

The AFJROTC mission is to develop citizens of character dedicated to serving their nation and communities. This new edition of *Leadership Education 100: Traditions, Wellness, and Foundations of Citizenship* was developed to meet the needs of students beginning their high school studies and their roles as JROTC cadets. Revision of this textbook is based in part on suggestions from JROTC instructors, who are responsible for implementing this curriculum.

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All the people identified above came together on this project and combined their efforts to form one great team, providing 21st-century learning materials to all our schools. We believe this curriculum will continue the precedent of providing world-class curriculum materials. Our goal is to create materials that provide a solid foundation for educating future members of society to be productive and responsible citizens.