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## LESSON A

### Identifying Resources

**FOCUS:** Resources are assets we have to help us achieve what we want. An awareness of our resources and how we use them can determine whether they will be renewed or used up. Even our bodies need renewal--rest and food--in order to have the energy to do things. When teens begin to live on their own, they need to evaluate and manage their own resources.

### ACTIVITIES:

1. Stress the difference between **resources** and **consumer**. "Re" means: again or renew. Resources refer to sources that have the possibility of being recovered or renewed. "Consume" means: destroy or expend by use; use up. A "consumer" is a person or thing that consumes. Use Student Handout, "Re: Sources."
2. Illustrate the difference between "resource" and "consumer" with an apple. We can count the seeds in an apple, but we are not able to count the apples in a seed. People consume apples, seeds are resources.
3. Have students list and categorize their personal resources, both human and material. They should decide which resources are abundant, scarce; their own, shared; and which ones they have or need to develop. Use Student Handout, "My Resources."
4. With the class, discuss: How will my resources affect choices I make when I live on my own?

[Students should realize that choices are limited by what resources are available. When they live independently, they will have to practice assessing what they have and what they can do with what they have. Many of their resources (energy, money, food, etc.) need constant renewing. People can't spend resources carelessly for a very long time before they feel the consequences. For example, a person may want to eat out rather than cook, but eating out can be expensive or lack many nutrients. The choice of eating out or eating in is limited to some extent by money available. Energy and skill are other resources to consider. When people begin to live independently they have to learn to be responsible for the way they use their resources. Successful independent living requires wise assessment of what is available and how best to use resources to achieve personal goals. Student's personal use of resources must also account for best interests of others involved.]

**CORE ISSUE 4****“Re: Sources”**

*How will my resources  
affect choices I make when I  
live on my own?*

Resources are assets we have to help us achieve what we want. The prefix “re” means again or anew. Resources, then refer to those sources that have the possibility of being recovered or renewed, according to Webster. What are other words with the prefix “re” with similar meanings?

RE \_\_\_\_\_ (to make new or strong again)  
RE \_\_\_\_\_ (usable again)  
RE \_\_\_\_\_ (bring back to original state)  
RE \_\_\_\_\_ (to fill or restore to capacity)  
RE \_\_\_\_\_  
RE \_\_\_\_\_

In contrast, a term used for our society today is “consumer”. What does the word consumer mean?

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An awareness of our resources and how we use them can determine whether they will be renewed or used up. Even our bodies need renewal—rest and food—in order to have the energy to do things.

## "My Resources"

Imagine you are going to move out of your home and live on your own next month. Categorize your resources as either human or material. You need to be able to recognize that some resources are abundant, others scarce. Some are our own and some have to be shared. Some are inherited, and still others have to be developed. After you have listed as many as you can in each category, determine whether your resources are abundant or scarce, your own or shared, and if you already have them or have to develop them.

## Journal Entry #1



*What is the most important resource I can develop now?*

Human Resources	Abundant	Scarce	My own	Shared	Have	Need
Material Resources						