



activity standard operating procedure (SOP).

Introduction to Values (WS#1)

Purpose.

This activity is designed to introduce the concept of values. It explores some values and their meanings, then giving participants the opportunity to explore what their values might be. This will then lead into a Values Contract session in the following workshop.

Equipment.

- Paper
- pencils

Delivery.

Begin with a short discussion:

- *What is a value?*
- *Why are they important?*

Values are beliefs and ideas about what is important in life and what good behaviour might be. Values influence how a person makes decisions or what they do in different situations. Values are different for everyone, and they can change over time as we learn, grow and change. Values are verbs, they are words put into action, people's values can often be observed in one's actions. We are going to explore values a little more now.

Divide the group into 3 or 4 groups.

Ask each group to choose a famous role model that they might look up to or aspire to be like. Ensure participants are choosing well-known famous people or characters that the group is familiar with. Upon deciding on their role model have the group think about two values their role model must live by, remembering values are actions, how this person behaviours would demonstrate their values. The group must determine two values of their role model and how they demonstrate these values.

Come together in a circle and have each group share their chosen role model and their values, after each share ask the group for any thoughts or comments, this is about opening up the conversation around values. Do they agree on the values mentioned? Do they see this famous person in a different light? etc.

Next:

Considering our discussions just now and understanding that values are behaviours, I'd like you to consider, what is your most important value that you will bring to the group today? Why Is It Important to you and how will you show up demonstrating that value throughout the day?

Have everyone write their chosen value on one piece of paper as commitment to showing up with this value for the day.

I'm going to ask you to keep this value sheet somewhere safe and to bring it with you next time we meet. We will revisit values next term when we see you again and determine some group values moving forward. From now on this values piece of paper becomes your responsibility.



Debrief notes.

- *Why might it be important to become aware of our values? How can this support us as we step into adulthood?*

Success looks like

- ✓ Participants demonstrate understanding of values
- ✓ Conduct of the participants is reflective of the values chosen