

Program Support Notes

Classroom
VIDEO

EDUCATION WITH VISION



Developing Personal Values

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For Teachers

Introduction

Each and every one of us has personal values that are distinct and different. Our values develop and change during various stages of life, shaping what we say, what we do and who we are. During adolescence, identities are shaped through a variety of influences including our families, peers, culture, role models and the media. In this program we look at what personal values are and how they are developed. We look at the role that people and experiences can have in shaping one's identity. Special attention is given to positive and negative risk taking, and how we cope with conflicting values. The program features interviews with volunteers from Big Brothers and Big Sisters, an internationally recognised organisation committed to providing strong role models and mentors for adolescents.

Timeline

00:00:00	Introduction
00:01:32	What are Values?
00:04:39	Identity
00:07:09	Influences
00:10:18	Risks
00:12:24	Values conflict
00:14:56	To recap
00:15:26	Credits
00:16:17	End program

Related Titles

Standing Tall - Stories of Resilience
A Sense of Identity

Please visit our website for more relevant programs www.ClassroomVideo.com.au

Recommended Resources

<http://www.curriculum.edu.au/values/>
http://changingminds.org/explanations/values/values_morals_ethics.htm
<http://www.cyh.sa.gov.au/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=286&id=182>
<http://au.reachout.com/find/articles/peer-pressure>

Student Worksheet

Initiate Prior Learning

1. Define the following terms:

a) Values

b) Identity

c) Mentor

d) Role model

e) Culture

f) Influences

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2. Develop a list of your own role models.

Explain how a person's role models influence your response to peer pressure. Consider the models that you had as a child.

3. Visit the reach out web site at <http://au.reachout.com/find/articles/peer-pressure> to find out more about peer pressure. Read the information on the home page and using your own words complete the following (Be sure not to cut and paste):

a) What is peer pressure?

b) How does peer pressure affect young people?

c) List the three areas peer pressure can come from.

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4. Watch the video a Tale of Two Girls on the WHO web site at: <http://www.who.int/features/2003/11/en/index.html>. Explain how the culture of these two girls will influence the development of their own personal values.

5. Peace, freedom and quality of life are important to most individuals. Explain what these words mean to you.

a) Peace

b) Freedom

c) Quality of life

Active Viewing Guide

1. What has helped to shape your life?

2. What is the Big Brothers and Big Sisters program?

3. How do mentors help young people?

4. Using the information provided in the program explain the term personal values.

5. List your own set of personal values.

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6. How can role models influence lives?

7. Why are teachers such important role models?

8. Which of your teachers do you admire and ask for advice or assistance? What qualities does this teacher have that you value?

9. Explain the relationship between adolescence and identity.

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10. List the four aspects of development.

11. List the three stages of adolescence.

12. Select two of the most important influences in your life.

13. List the influences on values identified in the program.

14. Risk taking is?

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15. Define positive low risks and negative risk taking. Provide an example to help with your definition.

16. What is a peer group?

17. Complete the table with some examples of each:

Positive effect of peer groups you have experienced	Negative effect of peer groups you have experienced

18. How do values conflict? Use an example to help with your explanation.

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19.What conflicting values do you hold?

20.Why is decision making a personal choice?

21.List factors that must be taken into consideration when making decisions.

Extension Activities

1. The program posed the questions “Who are you?” and “What are your own life, values, beliefs and role models and answer these two questions.

2. Complete the table below to develop a list of your own personal positive and negative values.

Positive values	Negative values

3. Risk taking is a way in which young people develop their own ideas, thoughts and independence. Develop a list of risks that you have taken. Classify these as positive – low risk and negative risks.

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4. Investigate the stages of adolescence further. Develop a list of the major changes that occur during each of the three stages of development. An example is given to help get you started.

Early adolescence	<p>Influence of peer group</p> <p>Trying new clothes, hair styles</p> <p>Checking out new ideas and thoughts</p> <p>Developing own opinions</p>
Middle adolescence	<p>Opposite sex</p> <p>Ability to control emotions</p> <p>Manage time</p> <p>Ability to manage behaviours</p> <p>Understanding of own thoughts and opinions</p>
Late adolescence	<p>New partners</p> <p>Ability to accept others and their opinions</p> <p>Decrease reliance on parents</p> <p>Choosing careers</p>

Suggested Student Responses

Initiate Prior Learning

1. Define the following terms:

- a) Values
The beliefs that people have about what is most important in life and what is right and wrong.
- b) Identity
Expression of feelings and thoughts, often done through fashion and risk taking activities
- c) Mentor
Older person who acts as a role model or support.
- d) Role model
Family, peers, media or other significant person whose behaviours, opinions and trust is valued
- e) Culture
Experiences or beliefs often based on religion or passed down through time.
- f) Influences
A person, event or “thing” which has some long term effect on an individual’s attitudes or beliefs.

2. Develop a list of your own role models.

Explain how a person’s role models can change over time. In y
that you had as a child.

Students need to develop a list of their own role models and explain how these have changed over time.

3. Visit the reach out web site at <http://au.reachout.com/find/articles/peer-pressure> to find out more about peer pressure. Read the information on the home page and using your own words complete the following (Be sure not to cut and paste):

- a) What is peer pressure?
Peer pressure is felling like you have to do something that you would not normally do, or not do something you normally would, just to fit in.
- b) How does peer pressure affect young people?
Peer pressure can affect us in positive ways such as going to school, not skipping class. It can also affect us in negative ways, such as pressure to do drugs, have sex, and skip school
- c) List the three areas where peer pressure can come from.
 - **Directly – someone telling you to do something you know you shouldn’t**
 - **Indirectly – doing something because everyone else is doing it**
 - **Individually – Doing something so you feel more like part of the group, for instance changing your clothing style.**

4. Watch the video a Tale of Two Girls on the WHO web site at:
<http://www.who.int/features/2003/11/en/index.html>. Explain how the culture of these two girls will influence the development of their own personal values.
These two girls live in vastly different “worlds”; their culture will influence their access to education, health care and access to quality food. This will therefore influence their values. One will value access to food and education will be way down on her list. Whilst the other will place a high emphasis on education and money.
5. Peace, freedom and quality of life are important to most individuals. Explain what these words mean to you.
- a) Peace
Answers will vary depending on life experiences.
 - b) Freedom
Answers will vary depending on life experiences.
 - c) Quality of life
Answers will vary depending on life experiences.

Active Viewing Guide

1. What has helped to shape your life?
Answers will vary depending on life experiences.
2. What is the Big Brothers and Big Sisters program?
A program for young people to connect with other young adults or role models.
3. How do mentors help young people?
Teach, model and help young people to understand the development that is occurring, provide support and help when required. Act like a big brother or sister might.
4. Using the information provided in the program explain the term personal values.
The aspects of a person's life that they hold close or see as important.
5. List your own set of personal values.
Answers will vary depending on life experiences.
6. How can role models influence lives?
Influence appearance, clothing choice, eating patterns and risk taking activities.
7. Why are teachers such important role models?
Can be positive role models, a person that an adolescent interacts with often and may be a trusted adult that provide assistance, guidance and advice.
8. Which of your teachers do you admire and ask for advice or assistance? What qualities does this teacher have that you value?
Answers will vary
9. Explain the relationship between adolescence and identity.
Adolescence is a crucial period in life for decision making and identity development.
10. List the four aspects of development.
**Obtaining an identity
Independence
Friends
Careers**
11. List the three stages of adolescence.
**Early
Middle
Late**
12. Select two of the most important influences on your life.
Answers will vary
13. List the influences on values identified in the program.
Family, peers, role models, media
14. Risk taking is?
A way of expressing who we are and what we want

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15. Define positive low risks and negative risk taking. Provide an example to help with your definition.
Low risk taking does not result in harm, ie public speaking. Negative risk taking can result in harm to oneself or another person, ie drug taking.

Positive low risks: have a gain, e.g. learning a new skill

Negative risk taking: cause harm, e.g. drink driving

16. What is a peer group?

A group of people who share common values and goals.

17. Complete the table with some examples of each:

Positive effect of peer groups you have experienced	Negative effect of peer groups you have experienced
Answers will vary	Answers will vary

18. How do values conflict? Use an example to help with your explanation.

Sometimes the values held by our parents may conflict with those of our peer groups. For example our parents value going to church on Sunday whereas our peers like to hang out at the local shops and socialise.

19. What conflicting values do you hold?

Answers will vary

20. Why is decision making a personal choice?

This is due to the fact that decisions we make are a result of the values that we hold.

21. List factors that must be taken into consideration when making decisions.

Is it likely to hurt someone?

Will it have positive consequences?

Will it have negative consequences?