



Sexual & Reproductive Health Day · February 12, 2010
Journée de sensibilisation à la santé sexuelle et génésique · Le 12 février 2010

What Do I Value?

(Adapted with permission from: Patriquin, Ruthie (1995) Can We Talk? _Amherst: Cumberland County Family Planning.)
Level I/II (grades 4-9)

Note: Some young people may be unable to complete this assignment with their parent(s) or guardian(s). Allow them the opportunity to complete the assignment with another trusted adult such as an aunt, uncle, sports coach, or member of the clergy.

Procedure

1. Explain that it is easier to deal with pressures if we know what's important to us—or what we value.
2. Ask participants to take home and complete the participant section of the "What Do I Value?" handout.
3. Once each person has individually completed the worksheet, instruct participants to ask an older person they trust (e.g. parent, guardian, aunt, uncle, member of the clergy, neighbour, etc.) to also fill it out.
4. In order to maintain the privacy of participants, ask participants to submit the Declaration of Completion slip once the assignment is done.
5. In follow-up, ask the following discussion questions: What was it like doing this activity? Was it easy or difficult? What did you learn about yourself: your adult support person?
6. Conclude the activity by pointing out how useful it can be to consult with people we trust and care about when clarifying our values and making decisions.



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Handout

What Do I Value?

Participants: Draw a circle around the number that shows how important each value is to you.

Adult support person: Draw a square around the number that shows how important it is to you that the participant values each item on this list.

Important	Very Important	A little Important	Not
1. Being honest	1	2	3
2. Feeling good about myself	1	2	3
3. Being happy	1	2	3
4. Caring for others	1	2	3
5. Doing what my parents think is right	1	2	3
6. Having fun	1	2	3
7. Being popular	1	2	3
8. Looking good	1	2	3
9. Having the "right" clothes	1	2	3
10. Being good in sports	1	2	3
11. Having a boyfriend or girlfriend	1	2	3
12. Having a good education	1	2	3
13. Taking responsibility for my actions	1	2	3
14. Getting along with my parents	1	2	3
15. Standing up for a friend who is picked on	1	2	3

 (Detach and hand in this slip only)

We completed the What Do I Value? homework assignment.

 Participant

 Adult Support Person



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