

Participant handout (side 1): My Personal Values

Values and descriptions (listed in alphabetical order)

ACCOUNTABILITY Being obliged to answer for one's own actions
ATTRACTIVENESS to be physically attractive
BEAUTY An appreciation for and seeing the beauty in all things
COMPASSION Understanding the suffering of others and wanting to do something about it
COOPERATION Working together for a common purpose
CREATIVITY A high degree of innovation and originality
DEDICATION The act of binding yourself (intellectually or emotionally) to a course of action
EMPATHY Feeling concern for and understanding another's situation or feelings
FAITH A strong belief in a supernatural power or powers that control human destiny
FREEDOM The power to act, speak or think without externally imposed restraints
GOD'S WILL To seek and obey the will of God
HEALTH Physical and mental well-being
HELPFULNESS Sense of concern for and outreach to the needs of others
HONESTY A high regard for fairness, straightforwardness, sincerity, truthfulness
INDEPENDENCE Freedom from control or influence of another or others, self sufficient
INTEGRITY The quality or state of being of sound moral principle; uprightness, honesty, sincerity
INTIMACY to share my innermost experiences with others
JUSTICE Fairness, balance, equality
KNOWLEDGE Seeking and learning new information and insights
LIFE An appreciation and respect for all living things
LOVE Strong personal feelings of caring and affection
LOYALTY Faithfulness to another person or group
MORALITY Desire for high ethical standards; a strong sense of right and wrong
PATIENCE The capacity for enduring hardship or inconvenience
POWER Ability to lead, direct, persuade, control
RECOGNITION To receive special attention, to feel important
RELIGION Belonging to an organized religion
RESPECT Unbiased consideration and regard for the rights, values, beliefs and property of all people
RESPONSIBILITY Being answerable to someone for something or being responsible for one's own conduct
SECURITY Having the essentials you need to live and be safe
SUCCESS Attainment of professional position, favor or eminence; achieving your goals
TRUSTWORTHINESS Dependability, deserving of confidence
WEALTH Desire for substantial monetary income
WISDOM The ability to apply knowledge, experience, understanding, common sense and insight
Other:
Other:
Other:
Other:

Participant handout (side 2):

My 5 Core Values:

1. _
2. _
3. _
4. _
5. _

My personal values statement:

Reflection: Living according to my values statement...

1. What behaviors do I do or say that show that I am living according to my personal values statement:

At home...

At school...

With my friends...

2. Would others around me agree that these are my core values? How would they know that I am living according to my values statement?

What would my teachers say?

What would my parents/caregivers say?

What would my friends say?

3. Which of my core values do I need to work on in order to live according to my values?

My sexual ethic:

Reflection: Living according to my sexual ethic...

4. Thinking specifically about past, current or future romantic or intimate relationships:
How would my romantic partner(s) know that I am living according to my sexual ethic?
5. How can I enlist those around me (parents/caregivers, teachers, youth group leaders, friends, romantic partners, etc) to help me live according to my personal values statement and according to my sexual ethic?