

# A guide to being you

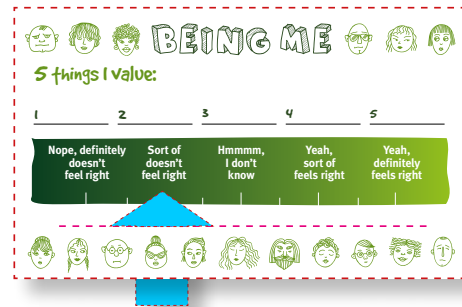
## - Teacher's notes -

### Aim of resource

The slider aims to equip students with a tool that helps them identify their values and ensure their decisions support and reflect these. It is not designed to push particular values onto students but rather to help them know themselves and engage in self-reflection.

### Materials needed

- **Print-outs of slider** (one for each student and one for teacher)
- **Paddle pop sticks** (two for each student and two for teacher)
- **Sticky tape**



Finished sample



### Instructions

- Introduce activity and ask students to start thinking about the types of things they value most, giving some examples. Ask students where they got their values from (discuss in pairs and report back to class). Explain the slider is aimed at helping students identify their own values as these form a big part of who they are and how they will make decisions.
- Ask students to suggest scenarios/decisions where a particular value would be demonstrated and also not demonstrated. Topics could include drug use, relationships, study and politics.
- Demonstrate how to cut out and construct slider and write their top five values that are important to them in the space provided i.e. honesty, loyalty, being healthy, kindness, strength, determination etc.
- Ask students to construct their slider and hand out the scenarios list to pairs. Pairs discuss why they have chosen a particular point on the values slider and identify which value/s are being supported/not.
- Ask pairs to come up with their own scenarios and use their slider.
- Feedback with each pair discussing one of their own scenarios and how it reflects (or not) their values.
- Alternatively, this can be undertaken as a whole class activity, where the scenario is presented, students use their slider to indicate their response and then the class discusses what values are affected by the scenario.

### Sample scenarios

- 1** You are at a party with a group of mates, and one of your mates, Sam, pulls out a few rolled joints, lights one up and offers it around. As the joint comes to you, you remember when you first tried weed – your friends had to drop you home vomiting and freaking out. Your mum was panicked even though no one told her what was going on with you, and she woke your dad up so they could both sit with you until you came back to normal. You don't want to worry your mum again, and you don't want to feel paranoid again, but everyone else is doing it.
- 2** You're hanging out with your boyfriend or girlfriend and they spy a bottle of vodka in your pantry which belongs to your mum. You are home alone so he/she thinks it's a great idea to liven things up by stealing the bottle and drinking it while watching some horror movies. You know you're parents won't be home until late, but you also know your mum will notice the bottle missing.
- 3** You've just turned 16, and you have been dating your boyfriend for seven months. You're out for a drive and he pulls into a spot by the beach where no one can see you and things start to get pretty heavy. Even though you're into it, you know if you let it go much longer, he's going to want to do more than you really want to. As you think about it, he starts getting even more intense and when you playfully push him away he just mutters 'please baby' and keeps going. You really like this guy and you're worried he won't want to be with you if you don't do what he wants.
- 4** You and a friend have snuck into a dance party in a club with her older brother and you're jumping around really getting into the beat. After a while, her brother leans over, opens his hand and offers you one of the four little pills he has had tucked away. You know the pill is ecstasy and you've heard some people have a bad reaction to it and it can mess with your head longer-term, but you also think it might make the party even more exciting.
- 5** You've just started at a new school and even though the guy who first showed you around, Dave, was a little nerdy, he was really nice to you, helped more than he needed to and let you sit with him and his friends for the first few lunch breaks. You've now made a group of friends who like the things you like a little more than Dave does so you're hanging with them. One of your new friends sees Dave coming and convinces one of the hot girls in the group that it would be really funny to make Dave think she likes him and wants to be his girlfriend, then to publically dump him when he's head over heels. You think the idea is really cruel and humiliating, but if you say something these guys may not be mates with you.