

Peer Support Australia gratefully acknowledges funding provided under the Australian Government National Suicide Prevention Program and the NSW Department of Health.

BEHAVING WITH INTEGRITY

Values are the important ideals and beliefs influencing our decisions and behaviours. They provide a framework to guide us in our interactions with others and in our sense of self. Our values define who we are and give purpose and meaning to our lives.

Behaving with Integrity provides students with opportunities to explore values in the context of their individual school communities. The module's eight peer led sessions support students to develop the skills, knowledge and attitudes necessary to actively and critically construct shared values.

Behaving with Integrity is an eight session peer led module that encourages students to develop the skills, knowledge and attitudes necessary to actively and critically construct shared values. Students will learn to clarify their values and identify the qualities they admire in others. They will be encouraged to recognise that their values guide their interactions with others.

Implementing *Behaving with Integrity* assists in creating a harmonious school community that espouses a set of values by which to live. Students, teachers and parents will develop a shared vision of the environment in which they want students to learn and participate.

Behaving with Integrity has an underlying philosophy that values can be developed in young people through strategies to assist them to identify their personal values and apply these to their lives.

"Our values define who we are and are reflected in our thoughts, words and actions."
- Peer Support Australia, 2007

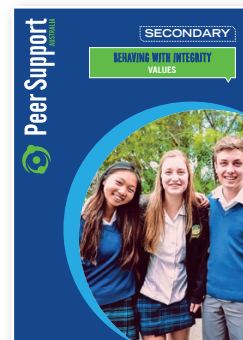
Values education is essential in fostering positive relationships and improving student wellbeing across the school community. Schools use values education to build students' social skills, resilience and sense of responsibility. Key outcomes include empowering students to take risks within safe boundaries and encouraging active participation in the school community.

The responsibility of teaching values rests with schools in as much as it does with parents. School communities are significant environments where students develop skills to meaningfully participate in society.

Professor Lovat, 2006, University of Newcastle, states, *"Values education has the potential to go to the very heart of what it is that teachers, schools and education systems are about."*

Behaving with Integrity develops skills in:

- Values clarification
- Relationship building
- Assertiveness
- Decision making



What is covered in the eight peer led sessions?

- Session 1: Getting to know the group
- Session 2: Important people in our lives
- Session 3: How we show respect
- Session 4: Responsibilities
- Session 5: Appreciating diversity
- Session 6: Positive choices
- Session 7: Personal qualities
- Session 8: Personal values

Behaving with Integrity helps students to:

- Identify personal and community values
- Demonstrate how to show respect for self and others
- Identify how responsibilities change over time
- Appreciate the need for diversity and inclusivity
- Recognise our choices reflect our values to others
- Discuss ways of serving the community

Module Updated: 2014



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