

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

PROMOTING HARMONY

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

Values education is essential in fostering positive relationships and improving student wellbeing across the school community. The responsibility of teaching values rests with schools in as much as it does with parents. School communities are significant environments for the socialisation of students into meaningful participants in society. 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.

"Values are our personal beliefs which help us choose how to behave and what we think is important."

- Peer Support Australia, 2007

Promoting Harmony is an eight session peer led module that supports students to develop the skills, knowledge and attitudes necessary to actively and critically construct shared values. Promoting Harmony provides students with opportunities to explore values in the context of their school community. This module assists students in defining individual and community values, building relationships and improving decision making skills. A key element of Promoting Harmony is encouraging students to identify and accept differences amongst people and demonstrate care for others.

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."*

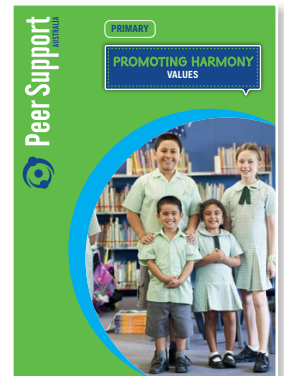
A Peer Support Program which focuses on values assists students to develop the skills, understandings and knowledge necessary to face challenges in the future and contribute to a socially just society.

Promoting Harmony explores the values of:

- Care
- Respect
- Responsibility
- Fair go

Promoting Harmony focuses on developing skills in:

- Values clarification
- Relationship building
- Assertiveness
- Decision making



What is covered in the eight peer led sessions?

- Session 1: Valuing Each Other
- Session 2: Showing You Care
- Session 3: Caring Friends
- Session 4: Respecting Others
- Session 5: Our Rights
- Session 6: Making Choices
- Session 7: Doing My Best
- Session 8: What Can I Do?

Nine core values emerged from the 2003 Values Education Study:

1. Care and Compassion
2. Doing your best
3. Fair go
4. Freedom
5. Honesty and Trustworthiness
6. Integrity
7. Respect
8. Responsibility
9. Understanding, Tolerance and Inclusion.

Module Updated: 2007



ORDER RESOURCES ONLINE

www.peersupport.edu.au

All prices are listed online. Schools will be invoiced for their purchase once an online order is received. All prices are inclusive of GST and postage.



CONTACT US

Tel: 1300 579 963 Email: office@peersupport.edu.au

