



DETERMINING WHAT YOU VALUE

Unit: Getting to Know Yourself

From a cross-Canada study of people's values, a list of values important to teenagers was developed. There are 10. Rank them in order of importance to you by writing a number from 1-10 next to each one (1 = not important, 10 - very important).

- friendship
- freedom
- privacy
- being popular
- recognition
- excitement
- being loved
- success
- a comfortable life
- and family life


How do you compare to teenagers across Canada? Are you surprised by these results?

List ways your family and friends have influenced your values and behaviour.




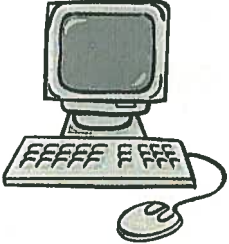

Family	Friends






Has anyone else influenced you? If so, list them on the back of this paper.

VALUES & ATTITUDES

Category	Activities	Beliefs
<p data-bbox="321 296 427 327">Friends</p> 		
<p data-bbox="272 569 472 600">Helping Others</p> 		
<p data-bbox="261 852 480 884">Family & Culture</p> 		
<p data-bbox="256 1152 475 1184">Health & Fitness</p> 		
<p data-bbox="305 1457 423 1488">Attitudes</p> <p data-bbox="269 1493 459 1541"><i>Got a little</i></p>  <p data-bbox="272 1638 443 1686"><i>Attitude?</i></p>		

INTERESTS, APTITUDES, & SKILLS

Category	In School	Out of School
<p style="text-align: center;">Art</p> 		
<p style="text-align: center;">Music</p> 		
<p style="text-align: center;">Sports</p> 		
<p style="text-align: center;">Technology</p> 		
<p style="text-align: center;">Math</p> 		

Category	In School	Out of School
<p>Science</p> 		
<p>English</p> 		
<p>Languages</p> 		
<p>Media</p> 		
<p>Jobs/Chores</p>  <p>chores, chores, chores, poohey!</p>		