

Values Education Guide

Ideas to accompany the New Start Program

Please refer to www.beaconmedia.com.au for related resources

Value 1: Care and compassion

Value 2: Doing your best

Value 3: Honesty and trustworthiness

Value 4: Integrity

Value 5: Responsibility:

Value 6: Understanding, tolerance, inclusion

Value 7: Thankfulness

Value 8: Self-control

VALUE 1: CARE AND COMPASSION

Care for self and others

Care for self: Students can realize the importance of valuing themselves and understand that they are created in God's image, a piece of His workmanship and loved by the Creator.

Care for others: Students can be made aware of the abundance of healthy food available to us, and be encouraged to look for ways of helping those in countries affected by famine.

DEFINITIONS

Compassion is...

- doing my best to help when they are hurt
- giving up my own time to make someone feel better
- listening to someone's problems
- being sensitive to the needs of others
- trying to understand how people feel

Generosity is...

- sharing my things with others.
- giving my time and talents to help others.
- giving to people in need.
- giving cheerfully.
- not being selfish
- not being greedy
- giving without expecting to receive something in return.

KEY BIBLE PASSAGE

Psalm 139 – We are wonderfully made. (Care for self)

Proverbs 22:9 – Share your food with the hungry and open your homes to the poor. GNB (Care for others)

VALUE 2: DOING YOUR BEST

Seek to accomplish something worthy and admirable, try hard, pursue excellence.

Doing your best means to strive for excellence in every respect, including self-discipline in fitness activities and food choices.

DEFINITION

Striving for excellence...

- doing something properly
- working hard
- not giving up (*perseverance*)

KEY BIBLE PASSAGES

Phillipians 3:12-14 – I run straight towards the goal to win the prize.

1 Corinthians 9:25-26 – Run in such a way as to win the prize.

VALUE 3: HONESTY AND TRUSTWORTHINESS

Be honest, sincere and seek the truth

As well as demonstrating the character traits of honesty and trustworthiness in our personal lives, we can also discern dishonesty in the world around us. This includes being aware of the tactics of the hidden persuaders of the advertising world, who encourage us to buy the things we don't need.

“All that glitters is not gold.” (Old proverb)

DEFINITIONS

Honesty is...

- speaking the truth
- not cheating
- not stealing
- not exaggerating
- being trustworthy
- being yourself and not trying to be someone you are not.

Seeking the truth is...

- knowing what is true and what is false.

- listening carefully and thinking carefully when we hear new ideas.
- being alert, and watching out for things that are not right.

KEY BIBLE PASSAGES

Matthew 7:15-21 – Wolves in sheep’s clothing
Matthew 7:7 – Seek and you shall find

VALUE 4: INTEGRITY

Act in accordance with principles of moral and ethical conduct, ensure consistency between words and deeds.

Wisdom is: “knowing the right thing to do, and doing it.” When we know the rules for healthy living, then we owe it to ourselves to live up to these standards.

DEFINITION

Integrity is...

- doing what we say we will do
- doing the right thing

KEY BIBLE PASSAGES

1 Peter 1:14 – Be obedient to God
Psalm 37: 18 – The Lord takes care of those who obey Him (GNB).
James 1:22 – Be doers of the word, not just hearers.

VALUE 5: RESPONSIBILITY

Be accountable for one's own actions.

When we know how to care for our bodies we have a responsibility to do our best to keep fit and healthy. We also have a responsibility to be an example to others.

DEFINITION

Responsibility is...

- being reliable.
- being accountable.
- being dependable
- doing the things I should do.
- being in charge of the way I act.

KEY BIBLE PASSAGES

Deuteronomy 6:18 Do that which is right and good.
Ephesians 5:8-11 Live as children of the light.

VALUE 6: UNDERSTANDING, TOLERANCE AND INCLUSION

Be aware of others and their cultures; accept diversity within a democratic society; aim to be included and include others.

Students can learn about and appreciate different cultural food traditions. God loves all the people of the world.

DEFINITION

Inclusion is:

- being interested in others
- being friendly towards those of different cultural traditions
- allowing others to join in
- being kind

KEY BIBLE PASSAGE

Mark 10:13-16 – Jesus, friend of children, (of every nationality).
Luke 10:25-38 – Love your neighbour as yourself. (Neighbour refers to people of other nationalities)

VALUE 7: THANKFULNESS AND APPRECIATION

Be thankful to God for all that He has given us; appreciate the food that He has given us through the creation. Also remember to thank those who do things for us or give to us.

DEFINITION

Thankfulness is...

- being grateful for what I have.
- being content, and not wanting what others have.
- saying ‘thank you’ to those who do things for us.

KEY BIBLE PASSAGES

Luke 17:11-19 – The leper who said “Thank you”.
Psalm 36:5-8 – The goodness of God

VALUE 8: SELF-CONTROL

Self-control includes having control over our food choices.

Self-control is...

- controlling *myself*.
- being careful about what I do and say.
- not doing the wrong thing when I *know* it is wrong.
- being careful about the way I use my time.
- not losing my temper.
- not being greedy.
- knowing when to stop.
- saying 'no'.
- being in charge of the things I do.
- choosing to do the right thing

KEY BIBLE PASSAGE

Galatians 5:22 The fruit of the Spirit

References:

Values for Australian Schools

(National Framework for Values Education in Australian Schools, page 4)