

# Beliefs and values

## Values for modern living

Name:

Date:

Certificate of Personal Effectiveness Levels 1 and 2

Challenge: 12A9

### Find out the meaning of the following words

Find the dictionary definition for each of these terms, then write it in your own words.

empathy



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respect



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tolerance



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acceptance



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### What do these values look like in real life?

Come up with examples of behaviours or actions that demonstrate these values and list your ideas in the left-hand column.

Think about behaviours or actions that are the opposite of these values and write your ideas in the right-hand column.

✔ What this looks like		✘ What this doesn't look like
<i>considering other people's feelings</i>	empathy	<i>being selfish and only caring about yourself</i>
	respect	
	tolerance	
	acceptance	

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### Group discussion – why are these values and qualities important?

As a group, discuss the importance of these qualities in a modern, multicultural society. Record the main points from your discussion below.

#### Points that I made


#### Points made by other people that I agree with

#### Points made by other people that I disagree with


#### The conclusions we came to as a group
