

# Positive Values

## RESPECT FOR YOURSELF AND OTHERS

Being thoughtful about the needs, beliefs and feelings of yourself and others

Addressing an unknown person by Mr or Ms.

## KINDNESS

Showing care and concern for others

Helping someone carry things such as packages or heavy objects

## HEALTHY LIFESTYLE

Taking care of your body and avoiding anything harmful to your mental or physical well-being

Eating right and getting regular exercise

## RESPONSIBILITY

Using good judgement, making positive decisions, keeping promises and being dependable

Keeping a commitment to go somewhere or do something

## HONESTY

Being truthful, fair and trustworthy

Telling the truth even when it is difficult

## COURAGE

Being brave, standing up for your beliefs and ideals, and showing determination in the face of hardship

Standing up for your beliefs even when others disagree

## SELF-DISCIPLINE

Controlling yourself, developing your skills and talents, and achieving what you set out to accomplish

Thinking before speaking

## SERVICE

Helping and serving others

Volunteering in your community

## COMMITMENT TO FAMILY

Helping to build a strong and supportive family

Helping parents, siblings and other family members