



The 6 Principles of Full Value



BE HERE

- Listen attentively.
- Give your full effort.
- Be aware of those around you.

BE SAFE

- Follow school rules.
- Respect others' space.
- Keep your hands to yourself.
- Think before acting

BE HONEST

- Tell the truth.
- Use kind words.

COMMIT TO GOALS

- Figure out what you want to do.
- Make a plan.
- Follow through.

LET GO AND MOVE ON

- Forgive mistakes.
- Look toward the future, instead of dwelling on the past.

CARE FOR SELF AND OTHERS

- Help others.
- Include others.
- Treat others as you would like to be treated.



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CARE FOR SELF AND OTHERS

3 BIG IDEAS:

Is it just joking around?

What is *empathy*?

How can I fix a conflict?



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Is it just “joking around?”

A student tells his friend about a scene in a movie he saw over the weekend that he thought was funny. They both laugh.

A student trips while carrying his tray across the cafeteria, spilling his food all over himself and the floor. The next day, a classmate at his table reminds everyone about it, and everyone except the student who fell, laughs.

A student makes up a nickname that she thinks is funny for one of her friends.



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Is it just “joking around?”

It is NOT joking around when:

- Someone is being laughed at
- Someone’s feelings could be hurt
- It is happening behind someone’s back
- It is mean
- It is insulting

It IS joking around when:

- Everyone can laugh about it
- It does not hurt people’s feelings



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What is *empathy*?

How would you feel if...

- Someone made up a nickname for you and encouraged others to use it.
- You did something that bothered someone but, rather than telling you that they were annoyed, they started calling you names.
- Two of your friends started ignoring you, but didn't tell you why.



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What is *empathy*?

Ask yourself: How would I feel if this happened to me?

Rather than reacting angrily, try to understand why someone is acting like they are. Then, it is easier to find a solution.

RESOLVING CONFLICT:

“Use KIND WORDS, not ANGRY HANDS.”



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How can I fix a conflict?

REMEMBER:

- Own your part in the conflict.
- Use **KIND WORDS**, not **ANGRY HANDS**: Your words are powerful.
- Use “empathy”-Think about how the other person feels, and why they are acting like they are.
- If you cannot resolve it, find an adult to help you.
- **DO NOT** take part in an argument; it only makes a bad situation worse.



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CARE FOR SELF AND OTHERS

3 BIG IDEAS:

Is it just joking around? **How can you tell?**

What is *empathy*? **What does it mean?**

How can I fix a conflict? **What steps can you take?**