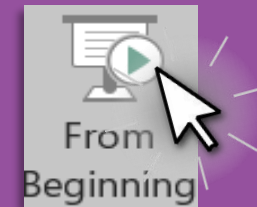


# Growing Careers for Positive Change

Home-learning KS3 lesson 1: Identifying values and aligning actions

**To start, play this  
slideshow from  
beginning**



*Adapted for home learning  
with kind permission from  
the Environment Agency*





## **We are learning:**

- ✓ About values and how these influence people's actions.



## **We will be able to:**

- ✓ describe different types of values and how these affect people's wellbeing.
- ✓ explain the connection between people's values and their goals.

# What do you think?

You overhear the conversation below. To what extent do you agree with each view?

Which do you agree with more and why?

**The most important thing is winning awards for what you do, so that people know you're the best at it.**

*Write down your thoughts on a piece of paper.*

*You will return to this at the end of the session.*

**Nah, I don't really care about winning trophies or what other people think. I just do things I enjoy.**

# What are values?

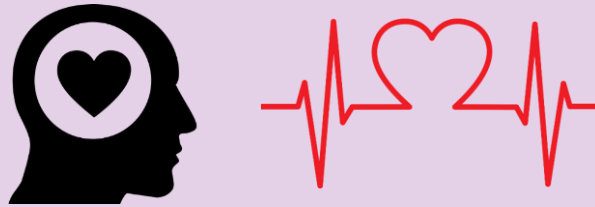
In the overheard conversation on the previous slide, the people talking disagree because they hold different **values**.

A **value** is something that a person, or group of people, believes is important. Values can influence our behaviour and decisions.

Some examples include:



Valuing a feeling of connection to a community, healthy friendships or valuing the environment.



Valuing feeling healthy and having a sense of positive wellbeing, or a feeling of self-acceptance.



Valuing being wealthy, being popular or famous or feeling recognised by winning awards.

# Values in daily life

Sort **Resource 1** values cards into the categories below.

You might want to change the colour of each card without printing (for example to blue and orange as below) or you may want to print, cut out and sort the cards.

**Values about supporting  
ourselves or others**

***Click here to reveal answers***

**Values about comparing a  
person to others**

***Click here to reveal answers***

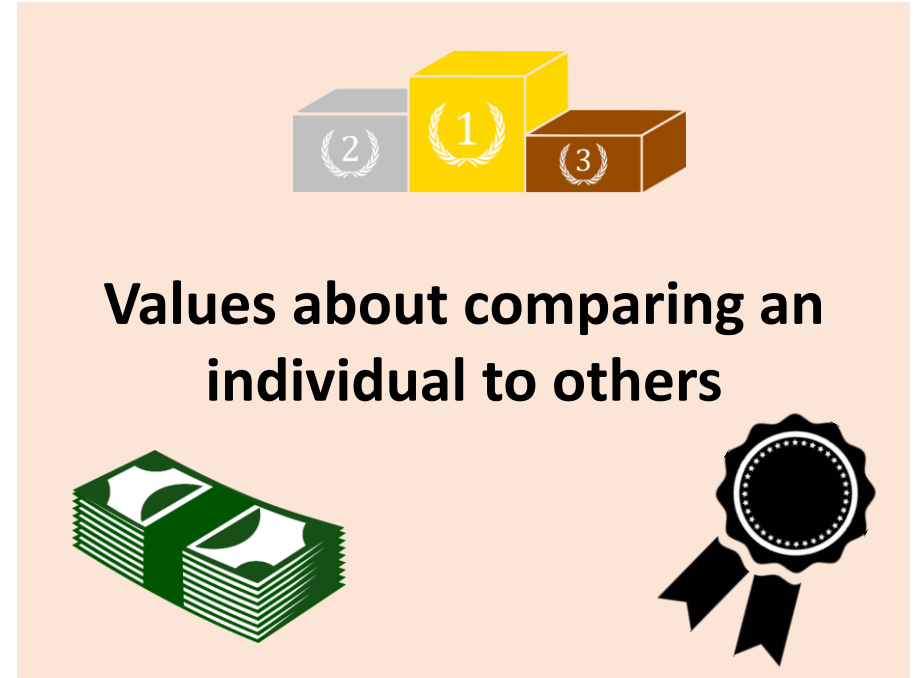
# Values in daily life



Values about supporting  
ourselves or others

These are called **intrinsic values** and they help us to fulfil our needs. For example, connecting with others in a community or healthy relationship, or developing our knowledge and skills.

They support our wellbeing and that of others by helping us to learn and grow, or connect with each other and our wider world.



Values about comparing an  
individual to others

These are called **extrinsic values** and they only have value when compared to something external, such as how much money someone has or what clothes they wear.

They often involve competition, and while a little competition can be healthy, too much focus on this can be less helpful to our wellbeing and even damage the environment.

# Personal values

Different people consider different values to be more or less important.

Choose three values from **Resource 1** value cards that you think would be of high importance to each of the characters on the next slide.

*You may want to use the same value card more than once!*





# Click on each person to learn about them

Since having children, Billy has been more aware of the need to keep the planet safe for future generations.

Billy currently has a job mapping the oceans, but he has been offered a higher pay by an oil company which he could use to buy a bigger house.

Eli has worked hard to get a job designing luxury cars. His family are very proud of him and he likes being able to donate to environmental charities.

Eli's doing really well in his job. He wonders if he should continue doing what he's good at, or if he should look for something more challenging.

Nicola is a fitness vlogger and often makes vlogs with other people who have similar interests. She is a popular person and enjoys working with others.

Nicola's friend has just won an award for their vlogs. Nicola feels happy for her friend, but wonders if she should have an award too.

Sabina volunteers in after school clubs with lots of sports and activities to help children who have moved to the UK make new friends.

Sabina can't decide on her next step, should she start a research degree about migration or become a teacher?

Billy



Since having children, Billy has been more aware of the need to keep the planet safe for future generations. Billy currently has a job mapping the oceans, but he has been offered a higher pay by an oil company which he could use to buy a bigger house.

Nicola



Nicola is a fitness vlogger and often makes vlogs with other people who have similar interests. She is a popular person and enjoys working with others. Nicola's friend has just won an award for their vlogs. Nicola feels happy for her friend, but wonders if she should have an award too.

Eli



Eli has worked hard to get a job designing luxury cars. His family are very proud of him and he likes being able to donate to environmental charities. Eli's doing really well in his job. He wonders if he should continue doing what he's good at, or if he should look for something more challenging.

Sabina



Sabina volunteers in after school clubs with lots of sports and activities to help children who have moved to the UK make new friends. Sabina can't decide on her next step, should she start a research degree about migration or become a teacher?

# Personal values

You may have suggested that Billy prioritises protecting the environment or that Sabina prioritises building a sense of community.

If you are able to speak to your classmates, you may find you have different suggestions – there is no one correct answer in this case.

**Are there any values that two or more of the characters have in common?**

Sometimes people can hold similar values, but can act on these in different ways. They may act on these through their career choice, or through other actions in their daily lives.

# Match the value to the action a person might take.

## Values

Building a  
sense of  
community

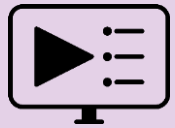
Pursuing  
knowledge

Protecting the  
environment

Fostering self-  
acceptance

Having high  
social status

## Actions



Starting an  
online course  
to learn a new  
skill.



Reducing  
single-use  
plastic bought  
and recycling  
at home.



Keeping a  
journal to log  
personal  
strengths and  
challenges.



Checking in on  
friends on the  
phone and  
asking how  
they are.



Buying new  
clothes every  
few weeks to  
follow the  
latest trends.

# Personal reflection

Looking at the value cards we used earlier, what are your values?

What do you already do to act on these values in your life?

Set yourself one goal or action point that aligns with your values.



# What do you think?

Revisit the conversation from earlier.

Have your views changed? If so, how?

If not, why do you still hold the same view?

**The most important thing is winning awards for what you do, so that people know you're the best at it.**

**Nah, I don't really care about winning trophies or what other people think.  
I just do things I enjoy.**

# Support

If you have questions or concerns about topics explored here, you can always speak to your parent or carer, or contact a teacher in school for more advice and support.

There are lots of places to get advice about career pathways:



For information, advice and guidance about a wide range of careers and education pathways, visit the national careers service.

**[nationalcareers.service.gov.uk](https://nationalcareers.service.gov.uk)**



For information, advice and guidance about career options should you choose to go to university, visit prospects.

**[www.prospects.ac.uk](https://www.prospects.ac.uk)**