



YEAR 9: VALUES AND INTEGRITY

"Your values shape your choices, and your choices shape your future." - Tony Robbins

WORKSHOP DESCRIPTION

The second session on our Year 9: Building Self-Esteem program focuses on identifying personal values, understanding their importance, and how they influence self-esteem. Students will engage in activities that promote self-reflection, collaboration, and decision-making aligned with their values, fostering a deeper sense of integrity.

WORKSHOP OUTCOMES

For each participant to:

- Understand the role of values in shaping identity and guiding choices.
- Recognise their own values and their importance in decision-making.
- Explore how integrity and alignment with values influence self-esteem.
- Appreciate the diversity of values among peers.

HOW TO BEST SUPPORT DURING THESE WORKSHOPS

- **Be alongside the youth:** Participate fully in the activities, modeling curiosity and openness as if you were a student yourself.
- **Meet them where they are:** Be relatable and approachable. Find common ground by engaging in conversations about shared interests or experiences.
- **Share your story:** When appropriate, share your own experiences to build trust and offer insight into the workshop topics.
- **Foster self-reflection:** Encourage students to think deeply about their choices, values, and connections by asking thoughtful, open-ended questions.
- **Be authentic:** Show up as your true self—your honesty and vulnerability can inspire students to open up and engage more deeply.
- **Support their growth:** Recognize their efforts and encourage them to embrace challenges as opportunities for learning and building resilience.