



OUR VALUES

help us to decide which direction to follow in life based on our beliefs

WHY DO THEY MATTER?

Our values define the way we treat everyone in our lives, including ourselves.

- Positive values include respect, care, and honesty.
- If we follow positive values, we are more likely to achieve our goals and to protect and care for ourselves and our loved ones, and less likely to have unprotected sex or abuse drugs or alcohol.
- Negative values include disrespect, carelessness and dishonesty.
- If we follow negative values, we are more likely to adopt risky behaviour and damage ourselves and others.



REMEMBER:

Knowing your values gives you control over your decisions about relationships and sex.

For more information: www.bwisehealth.com • Help lines: **Childline:** 0800 05 5555 **Lifeline:** 0861 322 322 • **Police:** 10111



basic education

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Basic Education
REPUBLIC OF SOUTH AFRICA

