

Personal values



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Personal Values There appears to many varying definitions of the term ??? personal values.??™ Thomas (1994: p164) defines values as “ beliefs and preferences that guide the process of human decisions” and Rohan (2000) believes that values are ideals that individuals and groups uphold. Individuals thus think, feel, make choices and act from within well-known values, which are a person??™s own moral judgement about his or her morality. As a nurse I am bound by the Nursing and Midwifery Council understanding of values. They state that a nurse??™s values should be accountable, fair, professional and progressive. I believe that personal values are difficult to describe and are probably a combination of all of the above.

My own definition of a personal value is an ideal that reflects your beliefs and influences your choices, behaviour, actions and often serves as a guide to what is right or wrong. Personal values develop and form over a lifetime and are learned by observation and are based on experience, religion education and culture. We receive our values from the important people in our lives: parents; family members, friends, and other influential people, such as religious leaders and teachers. PSHE provides children with the knowledge and understanding to make healthy, informed and safe choices. I believe it should reflect the 5 outcomes of the Every Child Matters (2003) framework so children can expect to be healthy, stay safe, enjoy and achieve, make a positive contribution and achieve economic well-being. PSHE allows children to reflect on their own values and cope with difficult values they encounter may encounter in life. My father was quite a tyrannical, bullying parent.

He never allowed me or my siblings to express an opinion and if we showed any emotions we were considered to be weak. Rather than adopting these

traits as an adult I have made a conscious effort to resist this behaviour, and I feel that during teaching sessions I encourage a open and trusting relationship with the students to enable them to explore their own and others' values in a safe and supportive atmosphere. School is often the first place that we experience other people's values. Some of these values we encounter can contradict our parent's values.

However I attended a strict Catholic convent high school and their values mirrored my parents. I was taught that sex, abortion and divorce were a sin. For sometime I agreed with these ideas until my friend became pregnant at 15.

Overnight this crisis changed my values as I realised that my friend needed my support and compassion and this made me a more empathetic, considerate person. My personal values have changed throughout my nursing career and I have sometimes found it hard to be non-judgemental in challenging circumstances. This was evident whilst I was working as a practitioner in a walk centre and I would encounter teenagers repeatedly requiring emergency contraception and suffering from the ill effects of binge drinking and drugs. Nursing is a caring profession, but on occasions I wanted to scream and shout at these teenagers, I felt no empathy or connection with them and at times offered no health promotion as I felt it lay on deaf ears. I have worked hard on preventing these feelings from entering the classroom and I believe I am able to allow students to express their own opinions provided they do not offend another student and I feel I can present the lessons in an unbiased, informative approach. Teenage pregnancy in Derby ward is higher than the borough's average. I think that PSHE throughout

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the curriculum ??” from early years right through to secondary education ??” is one forum for improving sexual health.

It is fundamental that children learn that they have the right to control and choose how contact is made with their bodies. When I have facilitated sensitive material during PHSE sessions I have felt it necessary to develop “ground rules,” to ensure open and respectful dialogue to promote maximum participation. I believe these boundaries are important as it highlights what type of behaviour is acceptable and it maintains a safe environment by making the children aware of the expectations on themselves. As part of the ground rules I feel it is necessary to inform the children that what is said during the session will be kept confidential, providing they don’t disclose that they are somehow being hurt.

High Quality Care for All (2008) states that every primary care trust in order to improve the health and well being of their local populations will work in partnership with other agencies. On reflection I feel that the most effective PHSE lessons I have facilitated have been in partnership with teachers, as they have been able to support me and inform me of the student’s prior knowledge and group dynamics. essay about online education and traditional education I hope this course enables me to deliver effective PHSE as I feel it is essential if young people are to make responsible and well informed decisions about their lives.