

Values & Impulsive Behavior Activity

My Code



ETHICS — A theory or system of moral values pertaining to what is good and bad, right, and wrong; the principles of conduct governing individuals or groups.

MY CODE — A simple set of rules an individual lives by and bases their decisions on, even when it might be easier to react impulsively and exhibit a behavior that went against one's own ethics code.

IMPULSIVITY — Behavior without adequate thought. To react rapidly, without thinking or planning, to internal or external stimuli without regard to the negative consequences of these reactions.

IMPULSE CONTROL — The ability to resist the temptation to speak on a thought, or act on a desire, until thinking through one's values and the consequences. This executive function skill takes the longest to fully mature because it is dependent on the development of our prefrontal cortex.

Materials	Activity
<ol style="list-style-type: none">Poster boardMarkers, Crayons, Pencils, or PensNotebook paper	<ol style="list-style-type: none">Lead a values activity to create a Code of Ethics.Validate that everyone may have a different code of ethics from others. Discuss the implications of living with others who have different codes of ethics.With notebook paper in hand, begin the brainstorming session.Ask everyone what values they would like to represent as a person. Some values are listed here. Use the Internet to search for others, if needed.Narrow down the list to 3-5 core values that best represent each person's aspirations.Next, make a list of risky behaviors each person feels strongly about saying 'no' to.Write sentences that combine the core values and high-risk behaviors each person feels strongly about preventing.Combine the Code text with a drawing or graphic that represents you and the values you represent.Proudly, share and display the Code.Discuss how knowing one's values can assist in preventing risky behavior.
<h3>Values</h3> <ul style="list-style-type: none">ConnectednessHealthBalanceCourageDeterminationFeelingsHonestyFamilySecurityGratitudeOpennessFreedomResiliencyResponsibilitySobrietyHealthSupportTrust	

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