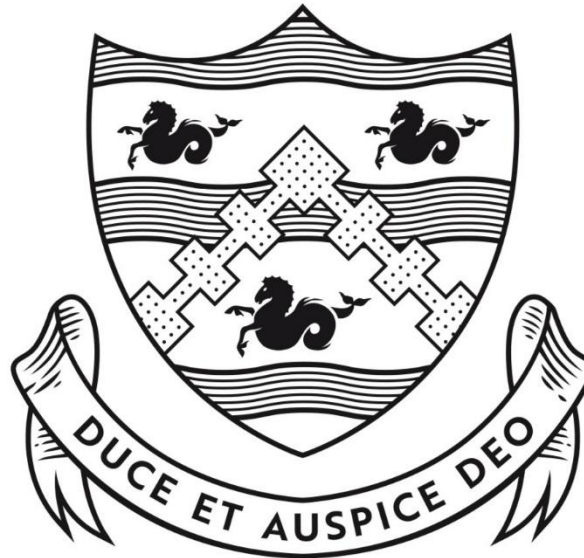


# Social Pressures

Doing the right thing



Ambition • Service • Kindness

# There are lots of pressures on us...

**Most of us want to just ‘fit in’ because people are often judgemental about:**

- What we look like – our size, height & body type, hair, looks, clothes
- Our character/personality/sexuality
- How popular we are perceived to be – our friendship groups, social media use & how we are ‘seen’ by others
- How well we perform – socially, academic and in sport & the arts
- What our family is like including *where* and *how* we live
- Our behaviour and how we interact with others

BUT, Social pressure isn’t always negative. It *can* help us make positive choices

# How can we navigate our way through all this?

- Associate with people who share what you think is important
- Be true to yourself
- Focus on, and be proud of, the positive qualities your friends and family see in you
- Do what's right, not what is easy
  
- **Be ambitious**
- **Help others**
- **Be kind**

# Your 'Values' shape how you behave

## In school we have our own set of values

- These are behaviours we wish everyone to display for the good of everyone and our community.
- Students, Staff and Governors have all contributed to shaping these.
- There is still some work to do, but they currently centre around 3 core behaviours:

**Ambition**


**Service**

**Kindness**



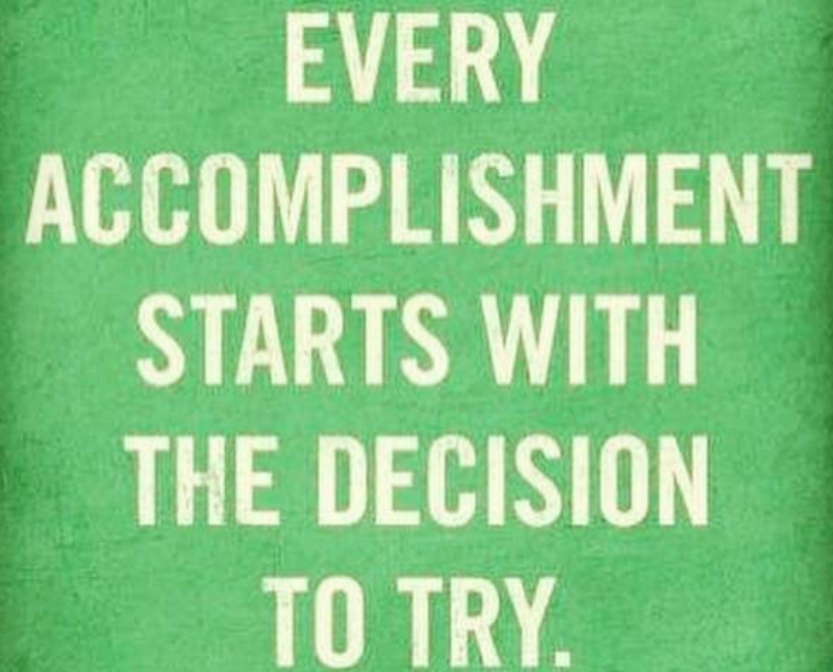
# Ambition

**'A strong desire to achieve something'**



**"The only one  
who can tell you  
'you can't' is you.  
And you don't  
have to listen."**

Nike



**★  
EVERY  
ACCOMPLISHMENT  
STARTS WITH  
THE DECISION  
TO TRY.  
★**

# Ambition

- **Demonstrate courage and determination**

Strive for excellence and challenge yourself daily. Be curious and creative. Take risks. Be proud of your achievements and recognise the endeavours, perseverance and success of others

- **Have high aspirations for yourself and others**

Take responsibility for your own learning. Commit to being the very best you can be - in all areas of your life and encourage others to do the same

- **Be resourceful, resilient and optimistic**

Look for opportunities to be positive about your achievements and potential. Be diligent. Work enthusiastically and relentlessly to the highest possible standards.







# Service

**‘The action of helping or doing work for someone’**

"Life's most persistent  
and urgent question is,  
**What are you  
doing for  
others?"**  
- Martin Luther King, Jr

“Success has  
nothing to do with  
what you gain in  
life or accomplish  
for yourself. It’s  
what you do for  
others.”

~ Danny Thomas



# Service

- **Demonstrate stewardship**

Protect, promote, enrich, appreciate and care for yourself, others and the environment. Only when you demonstrate self-care and resilience can you effectively tend to the well-being and needs of others

- **Help develop a sense of community**

Be tolerant and accepting of others. Value, empower and support those around you. Build meaningful and selfless relationships and create a sense of family, fellowship, harmony and hope. Treat others as you would wish to be treated

- **Share your time, knowledge and wisdom**

Engage, encourage and challenge yourself so that you may guide others. Contribute positively to making those around you feel safe and secure. Take satisfaction and enjoyment from all that we collectively do and achieve together. Lead by example.

# Kindness

‘The quality of being friendly, generous and considerate’





# Kindness

**'The quality of being friendly, generous and considerate'**

*Kindness* is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.

~Plato



# Kindness

- **Demonstrate moral strength**

Through integrity, dignity, respect and reverence, make the right choices. Be thankful, humble and balanced in all that you think, say and do. Be honest and open, but when your words may be difficult for someone to hear, be sensitive and compassionate

- **Be patient, kind and caring to others**

Take responsibility for your attitudes and behaviour. Show warmth, empathy, generosity and love. In demonstrating these daily acts you will also contribute to your own happiness and well-being

- **Be kind to yourself**

Invest in the health of your own body, mind and spirit. Foster meaningful relationships and find time to be quiet, still, mindful and reflective each day



So.....

If we wish to be happy and fulfilled,  
perhaps we should all just simply 'ASK'

Be Ambitious

Serve others

Be Kind