

# VALUES CONTINUUM

TIME 20–40 minutes

## SUPPLIES

- › List of “Sample Continuum Statements” below

**THE GAME** Set up a values continuum along one wall of a room. One end of an imaginary line represents “I strongly agree;” the other end represents “I strongly disagree.” Tell participants to take a stand along the continuum at the point that best describes their views on the statements you’ll read. Encourage participants to get off the fence and take a stand, one way or another, and to think about how they would defend their position.

Read one statement at a time. Give participants 1–2 minutes to discuss and clarify their viewpoints, and then call “take a stand.” Once participants have decided where they’ll stand, give volunteers the opportunity to explain why they chose a certain point along the continuum.

## SAMPLE CONTINUUM STATEMENTS

1. I treat everybody equally.
2. I sometimes wish I were the opposite gender.
3. The world is getting better.
4. I think same-gender marriages should be legalized.
5. When I was young, life was better.
6. I’m a different person at school than I am with friends.
7. I like to be carefree.
8. People are nicer to me than I am to them.
9. I don’t think anyone deserves to get AIDS.
10. It is necessary to get a college degree to lead a happy, productive life.
11. I take my stress out on others.
12. I think hitchhiking is safe.
13. I am an optimist.
14. I am happy with the direction of my life.
15. I prefer night to day.
16. I believe in a higher power.

17. I would rather be a forest than an ocean.
18. I wish I could live in my own fantasy world.
19. I am affected by my surroundings.
20. I am proud of my family’s heritage.
21. I want to travel the world.
22. Certain topics make me nervous.
23. I enjoy my parents.
24. I do things to show off.
25. I think keeping a journal is a helpful thing to do.
26. I am often stereotyped.
27. I enjoy dancing.
28. Our justice system works.
29. Progress is more important than preservation.
30. Community service should be required for everyone.
31. A salesperson is just as important as a doctor.
32. Life would be okay without art.
33. People should take responsibility for themselves.
34. School uniforms are a good idea.
35. Mandatory service hours are a good idea for high school students.
36. Everyone can be a leader.
37. I am a leader.
38. I trust our local (or national or international) leaders.

## GOING DEEPER

- › What did you learn about your own values and viewpoints?
- › Were there times you changed your mind after hearing others share their point of view? What changed your mind?
- › How influential are other’s views on the stands we take and on the decisions we make?
- › Who or what helps shape your values?
- › How can you make good values-based decisions?
- › How can you be true to your personal values and still accept others whose views are different but equally passionate?