



**VALUE  
CLARIFICATION**

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# WHAT IS A VALUE?

- Qualities, characteristics, or ideas about which we feel strongly.
- A value is a statement of one's personal beliefs.
- Our values affect our decisions, goals and behavior.
- Values define what is of worth, what is beneficial, and what is harmful
- Values are standards to guide your action, judgments, and attitudes.
- Values can change over a life-time as your experiences change your view.

# WHAT IS VALUES CLARIFICATION ?

- In order for our choices and actions to be the result of informed, reasoned thoughts and feelings, values clarification (VC) was developed. VC is both a theory and an intervention. The theory was inspired by the field of humanistic psychology led by such thinkers as Abraham Maslow and Carl Rogers, who believed that people are responsible for discovering their values through honest, open-minded self-examination.
- As an intervention, VC was originally developed as a component of public school education to help address the social consequences of unclear values.

Liberal abortion laws lead to more irresponsible sexual behaviour, especially among young women.

Young, unmarried women should be required to get their parents' consent in order to have an abortion.

A husband should have the right to divorce his wife if she had an abortion without his knowledge or consent.

Young women should be able to have a second-trimester abortion if they need one.

The rise in teenage abortion incidences means increase in the number of teenage pregnancies



Women who have an abortion are ending a life.

Reproductive rights include the choice to select the sex of the baby.

# **SOME TOOLS FROM NAF**

- Examining the Role of Spiritual Beliefs on the Formation of Our Values
- Examining the Role of Life Stage on the Formation of Our Current Views
- Examining Our Own Experiences with Sexual Intimacy and Risk-Taking.

- **Examining Our Comfort Level with Circumstances of Each Woman's Abortion Decision**

- *Sometimes we are comfortable with one woman's abortion decision, but are challenged by the circumstances surrounding another woman's decision.*
- *This exercise was designed for you to reflect on your personal responses to the a situations. It also illustrates the wide range of circumstances that may influence a woman to decide to have an abortion.*

# *the abortion option*



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