

# FRIENDS AND FAMILY LITE BITE ACTIVITY

**Resources you will need / preparation:** Nothing

**Time it will take:** 30 – 90 minutes depending on debate

**Group size and age:** Any size, any age

**Purpose:** First activity - To think about how people make decisions about what is right and what is wrong, what is fair and what is unfair. How there are always at least two sides to a story.

Second activity - Who or what helps them to decide between right and wrong – how have they acquired their values and beliefs and who or what influences them?

**How it works:**

## 1<sup>st</sup> Activity

- Ask the young people to think about real life scenarios in which they had to decide between right and wrong / fair and unfair – it is important that they know that this scenario will later be shared.
  - In small groups ask the young people to share their examples and decide on one that they are going to act out.
  - When acting out the scenarios the audience can ask the actors to 'freeze' at any time, and ask a particular actor what they are feeling – or what they are thinking about in order to make the 'right' decision.
  - At the end of each scenario ask the audience whether they can understand the different people's perspectives in the scenario.
  - Ask the young people what or who helps them to make decisions about what is right or wrong, what is fair or unfair.
- \*\* Care should be taken as the young people could feel vulnerable sharing their personal stories \*\*

## 2<sup>nd</sup> Activity

- Ask the young people to think about what or who has influenced what they believe in / their morals.
- Make a list and then share in small groups – was it particular people? Something that happened in their lives? Are there some beliefs they think they were just born with?
- Are their beliefs the same as most people they know – if yes, why? If no, why?

**Adaptations:**

This activity may need to be simplified depending on the needs of the group.

**What next:**

The discussion can move on to talking about beliefs, morals and values in other parts of the world. Do the young people think their beliefs and values are fixed or might they change as they grow older? Do the young people think that there are a core set of human values that are the same wherever you live in the world? What human values do they think make the world a good place?

Any number of global issues can be discussed – shared different beliefs and values.

**Useful Information:**

Morals = Distinction between right and wrong / goodness and badness

Beliefs = Acceptance as true or existing

Ethics = Set of principles or morals

Connect: Different Faiths, Shared Values - [www.interfaith.org](http://www.interfaith.org)

More activities about values [www.livingvalues.net](http://www.livingvalues.net)

[www.respect.org.uk](http://www.respect.org.uk)

