



## Digital Engagement

# Connecting With Your Personal Values

We all want to feel safe, comfortable and included, online and offline. In the digital world, we have the power of our voice, and it's up to each of us to decide how to use it to support others and create a welcoming and respectful space where everyone can be themselves and connect in authentic and meaningful ways.

Here's an activity from our friends at Greater Good Science Center at UC Berkeley, to help you explore how to be a stellar digital citizen:

## ACTIVITY

In order to create a space that aligns with our values, we first need to understand who we are and what we really care about. Your personal values are core to your purpose in life. The things you believe in and value deeply are likely to shape the aims that give your life purpose.

With that in mind, take a few minutes to complete the following questions:

Read each of the items below. Think about how these items relate to YOU. Place a "1" by three items that are EXACTLY LIKE YOU.

- |   |   |
|---|---|
| _____ Serving my family is very important to me.  | _____ Pursuing a calling, rather than just a job is very important to me.                     |
| _____ Expressing myself through my artwork (music, painting, etc.) is very important to me. | _____ Living life according to my religious beliefs is very important to me.                  |
| _____ Being able to support a family of my own in the future is very important to me.       | _____ Finding a career that is consistent with my values and beliefs is very important to me. |
| _____ Being there for my friends is very important to me.                                   | _____ Serving my country is very important to me.   |
| _____ Being a spiritual person is very important to me.                                     | _____ Volunteering is very important to me.   |
| _____ Supporting social issues is very important to me.                                     | _____ Helping others is very important to me.   |

Reflect on how connecting with your values might influence the way you interact with friends and peers, online and offline.

- 1 Communication technology is messages, photos and videos that can reach massive audiences through social media networks, which can be used to distribute messages, conduct operations, communicate within the organization and achieve goals.
- 2 How do they influence your daily life, online and offline?
- 3 Do they influence the way you hope to leave your mark? If so, how? If not, are there things you want to do more of or less of?
- 4 Think about these realizations

**SOURCE** This is derived from Educator Materials at Greater Good Science Center:  
[https://ggie.berkeley.edu/practice/exploring-your-personal-values/#tab\\_\\_2](https://ggie.berkeley.edu/practice/exploring-your-personal-values/#tab__2)