

## Lesson 3-Personal Standards

What is a standard?

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Standards are expectations for various situations.

Standards can be set by a building, for example, in this school we have set the standard that there is a dress code that will be followed. Movie theatres have set the standard that you do not use your phone or put your feet up on the seats.

Standards can be set by a person, for example, Miss Padayachee has set the standard that you must come to my class with a pencil.

Standards can also be set by society, for example, when joining a line up you join at the back. Knocking on a closed door before entering is a standard set by most businesses and by society.

Standards created by society are often called **social norms**.

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Can you think of any examples?

### NORMS VERSUS VALUES

NORMS	VALUES
Norms are accepted standards of behaviour	Values are principles that help you to decide what is right and wrong
Specific guidelines	General guidelines
Behaviours that are accepted by the society	Principals believed by an individual
May vary from society to society	May vary from individual to individual
Ex: covering your mouth when coughing, shaking hands when you meet someone, saying sorry when you bump into someone, etc.	Ex: honesty, integrity, courage, kindness, fairness, and generosity

## Lesson 3-Personal Standards

Standards created by society are often called **social norms**.

Can you think of any examples?

-read examples

## Lesson 3-Personal Standards

What is a personal standard?

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What factors influence our personal standards?

## What is a personal standard?

**Personal standards are expectations you have for yourself and your life, based on your values.** Often, our standards are influenced by our parents because we grew up with their standards. These standards are set by yourself, not by a building or another person.

You may not be conscious of your standards, but you behave according to them. For example, if you are always on time and never late, your standard is that it is not acceptable to be late. This standard came from the value punctuality (being on time.)

You may have the personal standard to achieve only 3-4's in your classes. (This was not set by the school because we have a 1-4 scale. This standard is set by you and the value of achieving these grades. These standards might also be set by your goals. For example, if your goal was to go to university, your standards of grades may be higher. In Grade 10,11,12, you send your marks to universities and you only get in if they're high enough. So you may have to raise your personal standards to meet the standards set by the university.

### Lesson 3-Personal Standards

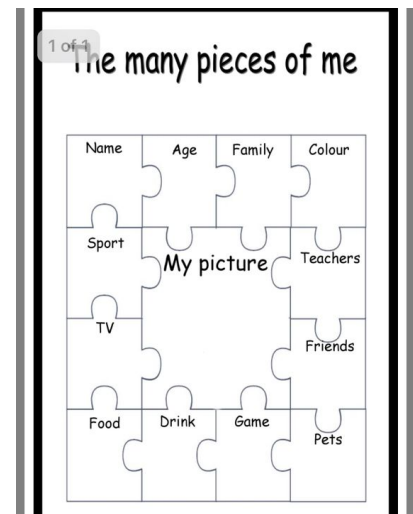
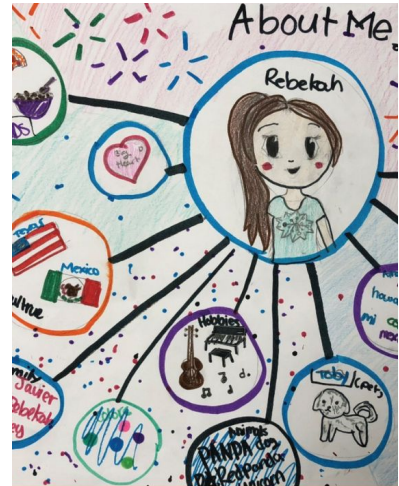
Your standards are not only referring to your behaviors, but how you let others treat you. You may have a standard for how you let your friends treat you, or any other relationship. We will explore this idea further in our next unit about relationships.



## Final Project:

### Identity Chart: Good Copy

Make sure to include pieces of your identity including your values and personal standards!



Step 1: Brainstorm your ideas on a piece of paper.

You must include:

**5 pieces of your identity.**

**5 personal values**

**3 personal standards (these cannot be social norms.)**

End of unit!

Review for Test