At Junior Certificate level the student can:

**Apply the skills needed to clarify values and make lifestyle decisions**

**Learning Targets** - This has been demonstrated by your ability to:

1. Identify some of the key values which are important in our society, for example respect, freedom and honesty
2. Explain how these values might affect our everyday lives at home and in school
3. Identify which values are personally important
4. Explain how everyday actions and behaviour are linked to one’s value system
5. Identify some of the choices which people make in deciding which values are important to them
6. List the main steps involved in effective decision making
7. Explain the link between decision making and personal responsibility
8. Define the main aspects of self control
9. Give examples of how some people under pressure deal with their problems, for example addiction
10. Suggest ways of handling these responses, for example accessing support services
11. Explain how to access important information, for example through social services, support systems, community and personal networks

**Refer also to:** English, Civic Social and Political Education, Drama, Physical Education, Religious Education