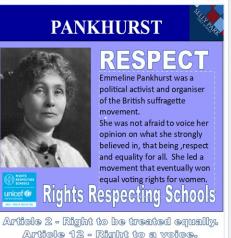
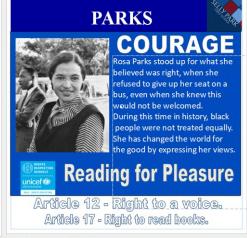


Article 15 - Freedom of association Article 27 - Right to adequate standard of living.



Article 31 - Right to leisure, play and culture.





Rosa Parks is one of our inspirational women. She showed great courage during her life when she stood up for what she believed was right. Courage means having the ability to keep going whatever happens.

It is easy to stay in your comfort zone, close to your friends, in a place you know, doing the things you always do. It's easier than being brave and trying something different. But unless you are willing to try new things and step outside of your comfort zone, how will you ever find out what else is out there and what other surprises life has in store for you?

Doing something new often means we feel vulnerable and uncomfortable, and because we've never done it before we will probably make mistakes and could look silly in front of others. If we can be brave and still do these things anyway, we have expanded our lives and experiences, met new people and possibly learnt new skills. Being courageous could change your life for the better! Sometimes being courageous means standing up for something you believe is right even when everyone around you thinks it's wrong. If someone you know is bullying someone, and everybody around you is laughing along with them, would you speak up? Even if everyone tells you it's just a joke, and to stop being so sensitive? It takes a lot of courage to go against the people around you. Go on...be brave....try it.

At Selly Park we want to help you become successful, well-rounded individuals. That is why we teach through a values-based character education.

Character is who you are. It is what makes you.....you. It is what you believe in and how you act with others and when on your own. It is your values and your virtues. Character traits are a feature of an individual or group of people, it tells you about their personality.

Virtue a quality that is considered desirable in a person, all the good things about you that can be used to describe your character.

## Possible tasks:

- Our inspirational women (Tutor Groups to the left) show good character. Read through them and think about/write for each one (Dedicated, Aspirational, Empathetic, Resilience, Respect, Courage) a time when you have shown that particular characteristic.
- Think of an inspirational person who has shown great courage? This could be someone famous, or someone you know personally and lives locally. Explain their life story and what they did to show courage. Add a picture!

Whatever you create, send it or a picture of it to transition@sellyparkgirls.org

We look forward to seeing what you produce!