

## Values & attitudes exercise:

- Get people into 2 groups
- Lay down continuum 'end' cards for each group (I value this @one end, I don't value this at the other)
- Distribute statement cards (tell people not to look at them)
- Explain there are no right or wrong answers
- One at a time Participants each take their turn to place their card along the continuum
- The person whose card it is decides where it should be placed, reading out the statement & saying if they value it for themselves or not
- Cards are placed in a line – not side by side (this helps to generate discussion)
- Once all cards have been placed swap groups/circulate & look at where the other group have placed their cards (each group has same set of statements so differences are highlighted & discussion then shared back in the big group)

**\*\*Participants can either lay & own their statement as above or discuss & agree where to place with the group - the latter takes longer**

### Feedback/Processing:

- What issues did this raise for you?
- Did you notice differences between the groups? Why might this be?
- What influences our values?
- This was an opportunity to hear views & consider what you & others value most - what did you notice?
- What influenced your own decision?
- Did you notice issues relating to: gender, class, etc? Do our values change & why might this be?



Cards needed:

**I value this for myself**

**I don't value this for  
myself**

Statements can include but these can be changed/added to:

**Being paid/paying for sex**

**Being in a long term relationship**

**Having sex in a semi-private place**

**Having more than one sexual partner**

**Being pregnant**

**Planning a family**

**Having my family introduce me to a  
suitable partner**

**Having a civil partnership**

**Being married**

**Coming out**

**Having a private place to have sex**

**Being able to confide in a friend about my relationship**

**Having access to a good GUM clinic**

**Being celibate**

**Feeling safe coming home from a nightclub late with my partner**

**Having access to a sex therapist**

**Being able to have a termination**

**Taking the contraceptive pill**

**Speed/internet dating – using the  
internet to find a partner**

**Being able to divorce my spouse if I was  
unhappy**



Shine