

The
Faith
& Belief
Forum



My Identity, Beliefs & Values Story

VALUES



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The importance of understanding your Identity



Importance
Of
Understanding
Your
Identity

NCS

Knowing your Identity fosters...

- **Self-Awareness** – Recognise strengths, weaknesses, & motivations
- **Purpose** – Guides life choices in alignment with values & goals
- **Relationships** – Encourages genuine connections with others
- **Decision-Making** – Ensures choices reflect personal values
- **Resilience & Confidence** – Strengthens self-esteem & adaptability
- **Community Belonging** – Enhances connection to social groups.

TED Talk by actor America Ferrera 'Your identity is your superpower'

Importance
Of
Understandin
g
Your
Identity

NCES



Importance
Of
Understanding
Your
Identity



Questions:

Understanding influence on Identity

1. What are some stereotypes America Ferrera faced, and how did they impact her?
2. What do you think she means when she says, “My identity is my superpower”?

Embracing Who You Are

3. What helped America Ferrera feel proud of her identity instead of hiding it?
4. How can people feel more confident about who they are?

Other thoughts & reflections...



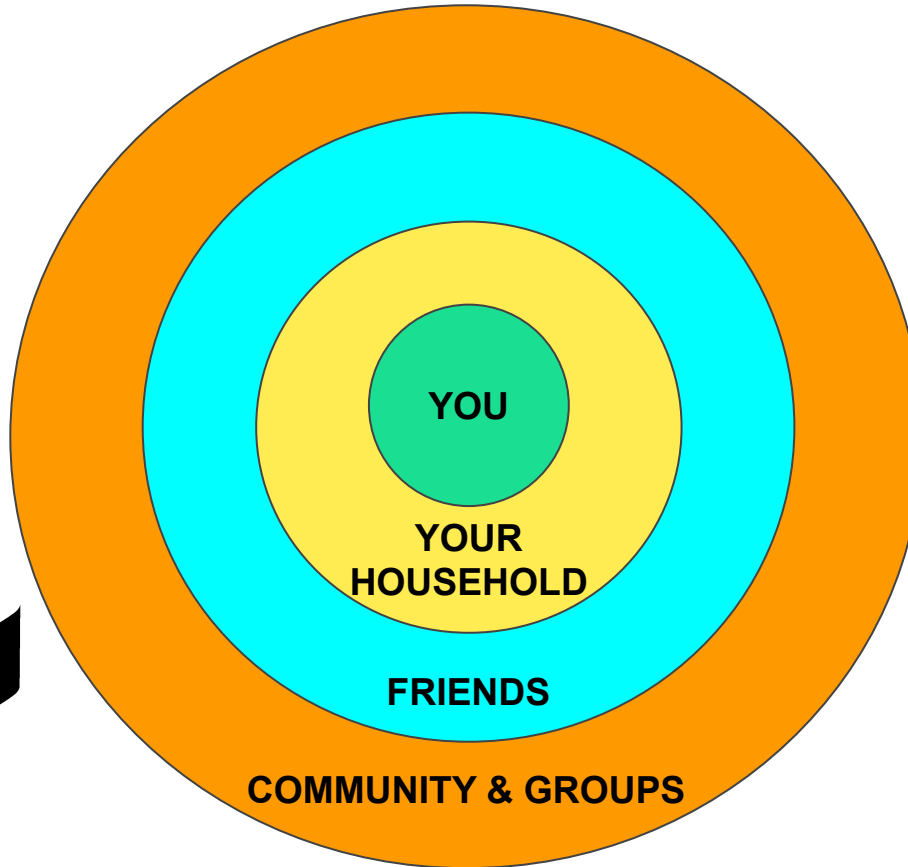
My Values & Beliefs

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Circles of Influence & Values

My
Values
&
Beliefs

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Task:

YOU Circle

- What you enjoy doing
- Faith, religion or belief
- Hopes for the future

YOUR HOUSEHOLD Circle

- Who?
- What you learnt from them?
- Influence have they had
- Shared experiences

FRIENDS Circle

- What you learnt from them?
- Influence have they had
- Shared experiences

COMMUNITY & GROUPS Circle

- Places that you go; groups & people that you met outside of family / school; religious community you belong to.
- What you learnt from these experiences?
- Have they changed you?



Writing My Story

ACES

Writing My Story



The Power of Stories

Sharing stories is a brilliant way to learn about each other. Why? We believe that they are an effective way to

- **Inform & educate** about different faiths, beliefs, real life experiences and diversity
- Help people **see connections** with their own lives and those of people of different faiths / beliefs
- Create safe and brave spaces for **practising dialogue** and asking questions, including some that may be difficult
- **Model good relations** between people of different faiths / beliefs / values / views
- **Build empathy and curiosity** through the power of storytelling

Writing My Story

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Let's Write...

Use the structure below as a guide...

Section 1: ABOUT ME	Section 2: MY FAITH / BELIEF / VALUES
Your name & Family Identity (use your circles) Background Important places	An important belief/teaching/value Favourite festival/ceremony/celebration & why? Significant moments / experiences

Section 3: TOPICS to choose from (pick 2 or 3)

Tell us about someone who is important to you:

Family member/ friend / teacher.
Who is this person?
Why are they important to you?

Tell us about an achievement that you are proud of:

What was involved in getting this achievement?
How did it make you feel?

Tell us about a place that is important to you:

Where is this place?
Why is it important to you?
How does it make you feel?

Tell us about something that is important to you:

Could be a faith / belief / value that you hold.
Tell us what is important to you?
Why is this important to you?

Tell us something about your hope for the future:

What would you like to be good at in the future?
How would you like people to treat each other?

NEXT STEPS:

We will go onto sharing our stories in BUT you can decide what you would like to share from your story.



Sharing Stories



Sharing Stories



Creating Safe & Brave Spaces

It can feel quite daunting to talk about yourself, but we can help each other by keeping in mind the following key principles in this video...



Telling Your Story... Listening to Others...

Get into groups of three and take it in turns to tell the parts of your story that you are happy to share for just 2 minutes each

Sharing
Stories



Listen to the each other without interrupting!

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Sharing Stories



Reflection

- How did it feel to have the other people's full attention?
- How did it feel to talk about yourself?
- How did it feel to listen to another person's story?
- How did you feel about any similarities that you may have connected with?
- How did you feel about differences that you heard between stories?



The Power of Storytelling

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The following quote is taken from a TED Talk by writer Chimamanda Ngozi Adiche titled 'The Danger of a Single Story' in 2009...

"Stories matter. Many stories matter. Stories have been used to dispossess and to malign, but stories can also be used to empower and to humanize. Stories can break the dignity of a people, but stories can also repair that broken dignity."



What do you think Adiche is saying here?