

# MY DIGNITY GOALS

In this activity students/participants will reflect upon their own dignity story, share their story with others and then create action steps they can take to incorporate dignity into their own lives.

AGES 10+ | TIME 60 MIN

## MATERIALS

Pen/pencil, paper

## PREPARATION

**FACILITATOR/TEACHER NOTE:** The last step of this activity is to guide students/participants through SMART goal setting in order to come up with action steps they can take to incorporate dignity into their own lives. Learning how to create SMART goals is an important skill that students/participants can continually use in their lives, but it can be a challenge for some. For tips on how to facilitate this process, we recommend reviewing the post, [Smart Goal Setting with Students](#). We also suggest reviewing the [Essential Elements of Dignity sheet](#) with students prior to this activity.

## DIRECTIONS

**DISCUSS:** Lead a discussion or a review (depending on your students/participants' level of understanding) about what dignity means. The [Essential Elements of Dignity, Dignity Definition and Dignity Principles](#) should be used as a guide. If you completed the [What is Dignity?](#) learning experience, refer back to the conversations you had with students/participants.

**REFLECT:** In small groups, students/participants will work together and tell each other their stories of dignity. Students/participants should focus their stories on one of the following:



- a time when they have helped someone else,
- a time when someone else has helped them, or
- a time when they have done something for themselves to strengthen their platform, voice or stance on an issue or topic.

**SHARE:** Model for students by sharing your own story. Then ask a volunteer from each small group to share his/her story with the class.

**REFLECT AND TAKE ACTION:** Students/participants will work individually to develop action steps they can take to incorporate dignity into their own lives. Their action steps may be sparked from their own story, a story they heard from their classmates, or from a concern or issue they see in their school or community. When creating their action steps, students/participants should focus on setting SMART goals:

- Specific
- Measurable
- Attainable
- Relevant, Rigorous, Realistic, and Results Focused
- Timely and Trackable

### EXTENSIONS OR GLOBAL CONNECTIONS

This lesson can extend to multiple sessions as the teacher/facilitator can have students/participants

- Revisit their SMART goals
- Speak to the class/group about progress they have made, challenges they've had to address
- Speak to the class/group about what their next steps would be in order to achieve their goals.

**TECHNOLOGY OPTION:** students/participants post their dignity story or their goals to the [Youth Voices](#) website. Teachers/facilitators/students can link to their writings on Twitter.

Provide students with examples of dignity stories with [Sample Dignity Stories](#)

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Connect with our Global Dignity community and explore our Teaching Dignity resources and curriculum at [GLOBALDIGNITY.ORG](https://www.globaldignity.org).