

# A Time I Stood Up for Something I Strongly Believe In

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## Purpose:

This circle encourages students to describe times when they behaved assertively regarding a strongly held value or principle and to demonstrate understanding of assertive versus nonassertive behaviors.

## Introduce the topic:

Many times during our lives, we are given the opportunity to speak out for the things we believe in. By now, most of us have experienced at least one such occasion. Taking a stand can be a difficult experience, especially if friends or relatives don't agree with our position. Even when they do agree, it's not necessarily easy to state our beliefs publicly. Today, we're going to talk about the conviction and determination these situations demand. Our topic is, "A Time I Stood Up for Something I Strongly Believe In."

Perhaps you saw a group of people doing something that you felt was wrong and decided that they needed to be confronted. Maybe you observed some kids teasing or harassing another kid and intervened. Or maybe, during a conversation about a controversial subject, you stated your beliefs even though everyone else in the group held the opposing view. Perhaps you decided to leave a group that was excluding kids of other races or religions, but before you left made sure that everyone knew you thought what they were doing was wrong and dangerous. One thing is generally true. When we stand up for what we believe in, we feel a sense of pride and accomplishment, and the more often we do it, the greater our courage the next time it happens. If you decide to share, please don't mention the names of other people involved. The topic is, "A Time I Stood Up for Something I Strongly Believe In."

## Discussion Questions:

1. *As you look back on the situation you shared, how do you feel about it right now?*
2. *Why is it sometimes hard to stand up for your beliefs?*
3. *What are the risks of taking a stand? What are the benefits?*
4. *What are some ills in our society that people need to take a stand against?*