



Vocabulary

values	the core beliefs, principles, and inner rules that guide how we think, feel, and make decisions
human rights	the basic rules and freedoms that every single person on Earth is born with to ensure they are treated with fairness, dignity, and respect
compassion	noticing when someone is hurting or needs help, caring about their feelings, and doing something kind to make them feel better
volunteer	someone who chooses to give their time, energy, and skills to help others or improve their community without getting paid
autonomy	having the freedom and ability to make your own safe choices, be in charge of your actions, and think for yourself
dignity	knowing that you are valuable, important, and deserve to be treated with kindness and respect

Communities

- A community is a group of people who share something in common.
- Communities can be based on place, culture, ethnicity, religion, interests, identity or experiences.
- People can belong to many different communities.
- Diversity means recognising and valuing differences between people.
- Inclusion means making sure everyone feels valued and able to participate.
- Communities are strengthened when people work together and support one another.



Cultural Capital – Compassionate Citizens

Volunteering & Care

- Volunteering means giving your time and skills to help others without being paid.
- Volunteers help communities and can reduce loneliness and isolation.
- A care setting provides support, care, activities and companionship.
- Respite care provides temporary support and can give carers a break.
- People receiving care should be treated with dignity, respect and equality.
- Volunteering develops skills such as communication, teamwork, organisation, responsibility and confidence.

Human Rights & Compassion

- A need is something necessary for health, safety or wellbeing.
- A right is a basic freedom or protection that everyone is entitled to.
- Compassion means recognising when someone needs help and wanting to support them.



Human rights are based on:

- fairness – treating people fairly.
- respect – valuing others.
- equality – everyone has equal worth and rights.
- dignity – recognising that everyone is valuable.
- autonomy – supporting people to make their own choices. (FREDA)

Caring for others is a shared responsibility.