

When friends fall out
not taking sides.

I do not wear Nike.

I avoid things that I
could become
dependent on.

I am honest with
those responsible
for me (e.g. a parent
or guardian) about
my actions.

Consider choosing to
have my gap year in
the UK to reduce my
carbon footprint.

When someone is
new to Quakerism –
not focusing on them
being a “non
Quaker”.

Being able to cope
with conflict.

When someone bad
mouths another
person, finding
something positive to
say about them.

Understanding the
difference between
Charity and Justice.

Not having the
latest model of
mobile phone.

Always reading event
boundaries before
signing them.

When someone sees
things differently to
me, I respect them,
but I also share
my thoughts.

Buying food with a
low carbon footprint.

Not responding in a
hostile way to people
who are annoying.

I have nothing
that I know is not
useful and that I do
not need.

When I've not
completed a task, I
take responsibility for
this and am honest
about it.

Using public
transport instead
of driving.

Considering the
energy used by
the electrical
products I use e.g.
computer, TV.

I buy Equitrade
chocolate.

I think about where
the products I buy
come from.