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an educational program

Values Education for Children and Young Adults

[home](#) | [news](#) | [aims](#) | [context](#) | [resources](#) | [reference](#) | [introductions](#) | [parents](#) | [impact](#)

[values](#) | [children](#) | [training](#) | [events](#) | [support](#) | [sitemap](#) | [about lv](#) | [contact us](#)

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Living Values e-News

Living Values: An Educational Program Newsletter

September to October 2001
Issue Number Fourteen

In this Issue

[Previous Issues](#)

From the [Editor's Desk](#)

Focusing on the Value of: [Tolerance](#)

Forthcoming Events

- [Australia](#): Weekend Training for Teachers
- [Australia](#): LVEP Train-the-Trainer
- [Mauritius](#): African Regional Conference on Values Education

Worldwide Happenings

- [USA](#): LVEP Books receive Teachers' Choice Award
- [USA](#): In the midst of tragedy a moment of peace
- [Botswana](#): Peace and Love come to two Primary schools
- [Vietnam](#): Training for the physically-challenged
- [Netherlands Antilles](#): Living Values gets going - and that makes Country 67!
- [France](#): Worldwide survey launched on young children's favourite stories
- [Australia](#): LVEP and UNESCO-APNIEVE collaboration; Educator training
- [China](#): Living Values team visits Guangdong
- [Chile](#): Magic in the air
- [Malaysia](#): Translation into Bahasa Malaysia

What's New @ livingvalues.net

- A new home page and a new logo for LVEP!

Coming soon to Living Values e-News

- Report on Living Values at 14 schools in Beijing, China
- Focus on [Honesty](#) - in our next issue
- Report on LVEP in the Arab Region

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▶ [To Our Readers](#)

news@livingvalues.net

Welcome to the fourteenth issue of Living Values e-News, the electronic newsletter of the [Living Values Educational Program](#).

Recent events have highlighted humanity's common vulnerability but also our common humanity and the need to look at and understand the values that underlie our actions, both as individuals and as a global community. They show too that just because we can do something, whether alone or with others who agree with us, doesn't necessarily mean that we should. Living Values believes that ultimately peace and respect are the only way to peace and respect. However these values cannot be imposed; children (and adults) must learn and discover for themselves that violence is not inevitable or the only response to difference or conflict.

The implications of this for educationists are clear: starting from early childhood, we must prepare children for peace, helping them learn to be at peace with themselves, to develop a self-respect from which may bloom respect for and sharing with others. In a world where images, stories and the horrible reality of hatred, assault and intolerance are only too commonplace, we must offer the children of the world something better than the prospect of a self-perpetuating culture of anger, violence and vengeance. More than ever, the need is for quality education that nurtures the development of the whole child: heart and soul as well as head and hands.

The learning experience must help ensure that values such as understanding, tolerance and responsibility take root within the thinking and attitudes of the individual from an early age, for only then can we expect such qualities to become part of the way of life of society. Education is

incomplete if it doesn't help to develop love for the freedom and justice that are our rights, complemented by commitment to respect for others and the responsible use of our tremendous potential and creativity. But to teach peace, respect and tolerance we must ourselves model these qualities. We must give young people practical examples to follow of conflict-resolution, prevention and peace-building as from a very early age children learn to mirror the behaviour of those around them.

This makes all of us educators and gives us not just a challenge that we must face but also a promise we must rise to and strive to fulfill. With its award-winning series of books that are now in use in 67 countries - see our stories below - Living Values aims to support efforts to bring values back to the heart of life and learning. Our focus in this newsletter is on tolerance and we include both stories and activities to help bring an experience of tolerance into the classroom, home and daily life around the world.

The LVEP website - at livingvalues.net - warmly welcomes hearing from educators with one or two success stories (or even not-so-successful stories!) of values activities that they've tried in their classroom. So read on and, as ever, we hope that you'll do more than just read: please also send us your news - and go out and make some news!

With warmest wishes
The Editor



▶ **Focusing on the Value of: TOLERANCE - Activities for Parents, Children and Young Adults**

content@livingvalues.net

LVEP is a values education programme. It offers teachers and facilitators a variety of experiential values activities and practical methodologies to enable children and young adults to explore and develop **12 key values**: Cooperation, Freedom, Happiness, Honesty, Humility, Love, Peace, Respect, Responsibility, Simplicity, Tolerance and Unity. LVEP also has special materials for use with parents and caregivers, children affected by war and children affected by earthquakes.

In a previous edition of Living Values e-News, we announced the publication of LVEP's [Living Values Activities series of books](#) by Health Communications, Inc. In this edition we continue with our focus on the values explored by LVEP, excerpting from the books selected ideas and activities on each value. In past editions the focus has been on [peace](#), [respect](#) and [love](#); this edition focuses on **tolerance**.

Tolerance



*Through understanding and open-mindedness,
a tolerant person attracts someone different,
and by genuinely accepting and accommodating that
person,
demonstrates tolerance in practical form.*

From [Living Values: A Guidebook](#)
please click for further excerpts to stimulate thought.

What would the world be like if everyone was tolerant, if everyone created spaces of mutual respect through mutual understanding? Think of the people you know that truly appreciate many cultures. What qualities do they demonstrate? Think about your own positive qualities and what you bring to relationships. During the next month, focus on your own sense of self-respect while staying aware of the importance of extending dignity and respect to each individual. See each person you meet as a unique being - allowing your perception to be uncluttered by stigma of nationality, religion or heritage. Is there a difference in your relationships?

You can read an excerpt on tolerance from [Living Values: A Guidebook](#) to stimulate thought. Please click as indicated below for activities on Tolerance for Parents, Children and Young Adults. Young adults may wish to explore a few of the ideas with family or friends while parents may wish to take up some of the activities with their children. And do [let us know](#) how you get on or if you've got other experiences or activities you'd like to share!

- ▶ Excerpts from [Living Values Activities for Young Adults](#)
- ▶ Excerpts from [Living Values Activities for Children Ages 8-14](#)
Tolerance Ideas at Home for [Parents](#)
- ▶ Excerpts from [Living Values Activities for Children Ages 3-7](#)
Tolerance Ideas at Home for [Parents](#)

"Tolerance is not concession, not indifference. Tolerance is the knowledge of the other. It is mutual respect through mutual understanding. Let's throw out the old myths and take up the results of current research. Man is not violent by nature. Intolerance is not 'in our genes.' Fear and ignorance are the root causes of intolerance, and its patterns can be imprinted on the human psyche from an early age."



Forthcoming Events

training@livingvalues.net - [Online Calendar of Events](#)

Australia: Weekend Training Retreat for teachers and educators

9th to 11th November, [Leura, NSW](#)

A one-and-a-half-day training retreat (commencing on the evening of Friday 9th November and finishing after lunch on Sunday 11th November) will be held at the Brahma Kumaris Centre for Spiritual Learning in Leura, the Blue Mountains. The event aims to help educators:

- Become acquainted with the Living Values framework, within which values-based learning can be implemented;
- Explore skills to create a values-based atmosphere or ethos;
- Explore ways in which values can be expressed and modelled;
- Work with teams to experience values activities for children and adults;
- Learn techniques for active listening and conflict resolution; and
- Network with other educators committed to positive self-development for students and adults.

For further information, please contact:

sydney@livingvalues.net | Phone: 02 4784 2500

Australia: LVEP Train-the-Trainer

24th to 28th April 2002, [Frankston, Victoria](#)

A three-and-a-half-day Train-the-Trainer retreat will be held at the Asia-Pacific Retreat Centre of the Brahma Kumaris at Frankston South, near Melbourne, commencing on the evening of Wednesday 24th April and concluding after lunch on Sunday 28th April.

For further information, please contact:

melbourne@livingvalues.net | Phone: 0305971 1599 - Fax: 03 5971 3601



Mauritius: African Regional Conference on Values Education

4th to 6th December 2001

An African Regional Experts Conference on Values Education is being organised jointly by the Mauritius Institute of Education and UNESCO.

For further information, please contact:
mauritius@livingvalues.net



Worldwide Happenings

▶ **USA LVEP Books Receive Teachers' Choice Award**

content@livingvalues.net

Living Values is proud to announce that its series of five books on values education published earlier this year has won The Teachers' Choice Award. This award is especially meaningful as it derives from the only awards programme in the USA judged by teachers in the classroom.

The Teachers' Choice Award is run by Learning Magazine (owned by The Education Center), a national publication in the USA for teachers and educators. Products submitted for consideration are evaluated by a team of 80 teachers from across the country and the evaluation of product finalists is conducted by yet another team of teachers. Award-winners will be featured in the Learning Magazine's January 2002 issue - its national circulation is 150,000.

The five volumes in the [Living Values series of books](#) released in spring 2001 by HCI of Florida, USA, are:

- Living Values Activities for Children 3-7;
- Living Values Activities for Children 8-14;
- Living Values Activities for Young Adults;
- LVEP Educator Training Guide; and
- Living Values Parent Groups: A Facilitator Guide.

Translation of the books is ongoing in 24 languages and LVEP Educator Workshops, which are recommended in order to implement LVEP most effectively, are available around the world.

Living Values is deeply honoured to have received this award which reinforces the encouraging assessments it continues to receive from teachers worldwide, such as the following:

"Students need to incorporate values. This is a good way to do it."

"The activities in the book seem to encourage the children to think about their own experiences and actions. They also explore the many situations that children encounter everyday."

"I expect that portions of the book for my grade level will resonate through my lesson plans for a long time."

"My students loved the stories. The children seemed to relate to the stories and at times empathized with the characters."

In addition to the above books, which are readily available, LVEP has also produced two modules for educators who undergo specialised LVEP training for this purpose, namely:

- Living Values Activities for Refugees and Children Affected by War; and
- Living Values Activities for Children Affected by Earthquakes.

Diane Tillman, the author of LVEP's Living Values Activities series, is a licensed educational psychologist with twenty-three years experience in the public school system in California. Ms. Tillman is joined by Pilar Quera Colomina in the authorship of the LVEP Educator Training Guide and by Diana Hsu in the authorship of Living Values Activities for Children Ages 3-7.

For further information about the series of books, please visit our website at livingvalues.net. You may also contact the publisher, HCI, in the USA at: (800) 851-9100 ext. 212.

Books may be ordered online through the publisher's website at www.hcibooks.com (to which there is also a link from [Living Values' website](#)) or by telephoning (800) 441-5569 in the USA.



▶ **USA In the midst of tragedy a moment of peace**

usa@livingvalues.net

From Manhattan, New York, Living Values received the following email on 11th September 2001:

"I am the Substance Abuse counsellor (CASAC) that took the Living Values training recently at Peace Village (in upstate New York). I am writing to inform you of the following experience.

I worked in a Clinic that is located in East 8th Third Street in Manhattan, New York. This is an outpatient Clinic that caters for homeless people - 99% men.

You may know by now that the World Trade Center was attacked and destroyed today, here in NYC.

I was at work actually leading a group at 10:00 AM, and I was supposed to give Lesson 3: A World of Peace versus a World of Conflict. I really didn't know whether it was a good idea to bring up this topic, especially given all that was going on in the streets. Nevertheless, we went ahead with the topic, focusing on the impact of the attack.

The clients described their feelings. There were feelings of fear, anxiety, anger, apprehension, nervousness and of the mind going wild. After the clients shared their feelings we did a peaceful relaxation exercise and they were left with peace in their hearts, even though there was chaos just blocks away.

So even in the mists of tragedy, for a moment, ten clients and I were able to have this moment of peace, before facing the tragedy. And clients were reminded that we have to accept the things we cannot change, and that by being peaceful you are able to remain stable and ready to

face tragedy.

Just wanted to share this experience.

Aida Garay"



► **France** Worldwide survey launched on young children's favourite stories

earlychildhood@livingvalues.net

Living Values has been working closely with UNESCO's Early Childhood Unit from which we received the following:

"In the framework of the International Decade for a Culture of Peace and Non-Violence for the Children of the World (2001-2010) a worldwide survey is being conducted to gain better knowledge of the preferences of 3 to 6 year olds around the world based on their favourite stories. The survey is being launched by OMEP-France (the French Committee of the World Organisation for Early Childhood Education) with the support of UNESCO (Early Childhood and Family Education Unit), the Intergovernmental Francophone Agency (Professional and Vocational Education and Information Division) and the French League for Education.

We are asking teachers, educators, para-professionals and also parents throughout the world who wish to participate to tell us the titles of the five favourite stories of 3 to 6 years old children (please specify the age). The titles should be listed along with a five-line summary of the story in English, French or Spanish.

Responses from institutions (nursery classes, preschools, kindergarten or play groups) can be collective responses. The more responses received the more trustworthy the result will be. The result of this survey will be widely disseminated. Neither the names nor the addresses of participants will be published. This survey will be launched on 1st October 2001 in France through ordinary mail and by email, and, in the rest of the world, via email only. Responses should be sent before 31st January 2002 to Colette Durand, OMEP-France President:

- by mail or fax to : 9 rue Sainte-Félicité 75015 Paris, France - Fax : 33 1 45 32 49 12
- by email (do not use attached files, but rather put the response in the message itself) to: omepfrance@free.fr

Please copy and widely disseminate this note.

Thank you for your cooperation.
Colette Durand, OMEP-France President"



► **Australia** LVEP and UNESCO-APNIEVE collaboration; Educator training

For some time, representatives of Living Values and UNESCO-APNIEVE (the Asia-Pacific Network for International Education and Values Education) have been exchanging ideas and perspectives on values education. It quickly became apparent that there was much in common and this gave rise to the aim of working together in various ways. The first expression of this cooperative intent was a very successful Educator Training that it had been agreed should be held in Adelaide, South Australia during the school holidays. Rosa Tham of Singapore takes up the story:



"On Tuesday 17 July 2001, in the Wattle Room of Balayana Conference Centre, Adelaide, 58 educators, in groups of 6-7 people, swapped recipes in the midst of laughter, happiness and camaraderie on baking a world cake of peace and love for the whole world. The groups drew pictures of round cakes, multi-layered cakes topped with icing and so on with ingredients such as happiness, peace, love, respect, tolerance, unity, oneness, responsibility, joy and humour. While this peace value activity was designed for children aged 3-7 years, these educators experienced the activity to be just as relevant to them too.

International LVEP trainer Ruth Liddle led the 4-day non-residential Educators' Training workshop, which was partly sponsored by APNIEVE, with co-trainer Sally Segal from Melbourne. Twenty-eight educators from Singapore joined their Australian counterparts to explore how to create and sustain a values-based classroom environment and develop teaching methods that will enable students to feel safe, loved, respected, understood and valued in the process of their learning in school.

Ruth and Sally led the participants through activities on peace, respect and freedom using a variety of teaching methods such as visualisation, reflection, discussion, drawing, story-telling and songs. Each participant explored and gained insights into their own understanding of those values. The educators recognised the need to appreciate and understand what those values mean to them before they can teach them; they also discovered how easy it is to use the LVEP manuals to teach the 12 values.

Participants experimented with active listening and conflict resolution skills. In particular, the educators felt that the conflict resolution method helps students to be truthful without fearing punishment. The methodology shifts the power balance from the teachers to the "warring" students themselves. It enables the students to take responsibility for solving conflicts with their

classmates. One educator felt that this shift in ownership and responsibility would have a profound impact on discipline and on society as a whole in the future.

On the last day, the educators commended Ruth's teaching style as values-based, saying that she "walked her talk". They also said that she was fully present with the participants' needs and fulfilled their wishes by adjusting the programme schedule to allow educators more time for sharing their teaching experiences and to network. She included ideas and input from the participants and encouraged discussion and the sharing of experiences during the plenary sessions, thus enriching the learning. Participants felt that Sally's warm, quiet, calm and gentle manner was personable and they approached her for advice for their classroom problems.

The mix of Australian and Singaporean nationalities and various teaching backgrounds enabled the educators to learn different ways of delivering lessons. All participants said that they would like to implement Living Values in their schools. Singapore educators were encouraged by Ruth's advice to implement the Programme in their schools one step at a time.

Throughout the workshop, participants' spirits were high. At the certificate presentation ceremony, APNIEVE Vice President Ms Joy de Leo received feedback that the workshop was "fantastic", "wonderful", "terrific", "marvelous" and "great". These superlative words were apt descriptions of a successful and enriching LVEP Educators' Training workshop."

Living Values was very pleased to have worked together with APNIEVE in this way and looks forward to more such collaboration in the future. Many thanks to APNIEVE President Dr Lourdes Quisumbing and Vice-President Joy de Leo for their support, dedication and commitment.

A few months later Australia saw a further Living Values training programme as LVEP national local coordinator Stephen Berkely reports:

"From 7th to 9th September 2001, thirty-six teachers and educators from Victoria, South Australia and the Australian Capital Territory converged on the Asia Pacific Retreat Centre in Frankston, near Melbourne for LVEP training. Most of the participants were new to the Programme and enjoyed the opportunity to find themselves in the company of educators with the same aspirations for their chosen profession. The training opened on Friday evening with a digeredoo recital called "Clearing" and participants were then taken through a process of exploring their own values and introduced to new skills for creating a values-based atmosphere in the school. They left the retreat inspired and energised to implement values education in their work settings.

Planning is already in process for another LVEP training to be conducted at the APRC in April 2002."



▶ **Vietnam Training for the physically-challenged**

vietnam@livingvalues.net

For the first time in Vietnam, a group of physically-challenged people participated in a two-day Living Values Training. The programme was conducted in Ho Chi Minh City by LVEP Facilitator Valerie Magnieux on 29th and 30th September. In the training one of the participants, who is

blind, shared excitedly that during the visualisation of the school of his dreams he could see the school very clearly and his blindness left him. It was a very real and powerful experience for him and the other participants were touched by his experience. Other participants also said that during the visualisation exercise they experienced themselves to be disability-free. After the training participants were presented with a set of Braille values cards in English and French which they are now planning to translate into Vietnamese for local use. Three of the participants completed a further three-day Train-the-Trainer programme and are now planning to help train other physically-challenged people to implement LVEP.



▶ **Botswana** Peace and Love come to two primary schools

botswana@livingvalues.net

From Gaborone, Living Values e-News received the following report by LVEP National Coordinator Samantha Fraser.

"Thirty-five teachers and two headteachers from Botlhale and Legae Primary Schools gathered together at Botlhale School on Friday 7th September 2001 for a one day training. It was initiated by the Headteacher of Botlhale, Mrs. Clarke, who is very committed to a values-based approach to education.

The morning started with the teachers warmly greeting each other as they shared news about their holidays; there was a lot of laughter and this was a very good start to the workshop.

Mrs. Clarke gave the opening remarks and spoke about how the world has become so advanced in terms of science and technology but at the same time has lost sight of moral and human values. She spoke about the spiritual component being very important in ensuring that children are encouraged to make positive choices.

The three facilitators, Samantha Fraser, Marlette Caseiro and Loukia Dokakis, then led the participants through a variety of activities.

The teachers shared that they found the sessions on skills to create a values-based atmosphere and values activities to be the most beneficial. These gave them an opportunity to reflect on their own values and to bring to the surface what they have always found to be important as educators.

Marlette Caseiro looked at the importance of marking and the kind of comments that we write on children's work. Teachers were asked to brainstorm a list of comments that they could use rather than just saying "well done" or "good work." These are some of their ideas.

- Thank you for being a considerate worker
- Your story has brightened up my day.
- You are a creative thinker.
- What a great pupil you are.
- Wow! I knew you could do it!
- Your work makes me proud to be your teacher.

The training ended with both headteachers agreeing to have a follow-up staff meeting, deciding as a school on the two values that they can focus on in the third term and establishing a working group within the school to devise activities for the school.

The staff and headteacher at Botlhale Primary subsequently decided to look at the peace unit this term, particularly because of what happened in America. This will serve as a pilot for this term to see how effective it is.

Legae Primary has decided to focus as a whole school on love this term."



▶ **Chile** Magic in the air

chile@livingvalues.net

From Viña del Mar, Maria Adriana Pablos sent Living Values e-News the following report on the visit to Viña del Mar and Quillota of LVEP stalwart Pilar Quera Colomina.

"In the morning of Monday the 24th September I took Pilar to WinterHill School where I work as a teacher. Pilar gave a one-hour presentation on Living Values to the Headmaster and five teachers all of whom showed a lot of interests and appreciation. Then in the afternoon I took Pilar to Quillota, about an hour from Viña, to a meeting organised by the Quillota Council, sponsored by the Mayor of the city, Councilor Robinson Ormazabal (who had participated in Living Values' European forum in Spain) and Headteacher Mrs. Marianne Ulrish. About 60 people attended, including some 50 teachers, social workers, lawyers and psychologists. The teachers showed a lot of interest and there was magic in the air. The teachers have been working with the values books with their students."



▶ **Netherlands Antilles** Living Values gets going - and that makes Country 67!

na@livingvalues.net

With a successful LVEP Educator Training in late August 2001, this Caribbean nation became the 67th country in which Living Values activities are taking place. Hosted by the Ministry of Education and the Brahma Kumaris, the event drew 66 participants from the islands of Curacao and Bonaire. The training opened with children singing and a skit by youth. The Minister of Education, Mr. Stanley Lamp, then rose to speak and promptly put down his prepared speech and instead spoke warmly from his heart. Diane Tillman, LVEP's International Coordinator of Content and Training, was delighted to find such a wide variety of participants with so much expertise and sincere interest in the field of values. Educators, teacher trainers, social workers, boy scout and girl guide leaders, youth group leaders, policemen and policewomen and business people all joined in with enthusiasm. The Commissioner of Education, Mrs. Emily de Jongh-Elhage and the Minister joined in for the closing of the training and a special day of training was planned for the teacher-trainers on 1st September.

Please join us in extending congratulations and a warm welcome to LVEP's coordinator for the Netherlands Antilles, Devki Ramsahai.



▶ **China** Living Values team visits Guangdong

china@livingvalues.net

After several months of planning, an overnight visit to the bustling town of Zhongshan, in the mainland China province of Guangdong, was arranged for a Living Values team from Hong Kong. On the morning of 15th September, some 200 teachers and parents of students at the Guangdong Bowen International School gathered in the school and warmly welcomed the Living Values team which included Dr Derek Sankey, Senior Lecturer at the Hong Kong Institute of Education, Andrew So Kwok-wing, Chief Administrator of the Hong Kong International Institute of Educational Leadership and Karen Ng of Teens Tonic Child Development Centre in Hong Kong. After a presentation on the importance and relevance of values and LVEP, participants took part in activities on respect, responsibility and honesty and the three-hour session was brought to a close with some values songs.

The Zhongshan Youth Activity Centre hosted the afternoon seminar in the centre of the town and a further 200 or so local teachers and parents took no time to appreciate the spirit and aims of Living Values as they too took part in several values activities. The President of the Youth Activity Centre, Mrs. Ou Li-wah expressed her gratitude for the seminar and interest was expressed in seeing how to take things forward from here, including the possibility of arranging a training for teachers. Copies of the LVEP Activities books in Chinese were presented to the Centre and ideas were shared on practical aspects of teaching values. The positive feedback in the evaluation forms completed by participants confirmed that the majority of participants found the seminar to be very useful; they appreciated the content, training techniques and materials used. They also appreciated the opportunity to express and share their views, experience and feelings with others during the seminar. They felt more motivated and confident to implement values education in the coming months.



▶ **Malaysia** Translation into Bahasa Malaysia

malaysia@livingvalues.net

News has just come in to Living Values e-News that the Islamic Education Foundation of Malaysia (Yayasan Pendidikan Islam) has agreed to sponsor the translation of all the Living Values materials into Bahasa Malaysia. This will also be good news for LVEP Activities in Indonesia and Singapore where similar languages are spoken. Many thanks to the Foundation's Chairman, Dato' Dr. Haji Mohamed Iqbal.



▶ **What's New @ livingvalues.net**

webmaster@livingvalues.net

We have a new logo and home page!

Please visit our homepage at livingvalues.net; we hope you'll like the new design and do please send comments and suggestions to our tireless and ever-helpful webmaster Nand Wadhvani at webmaster@livingvalues.net who maintains the site from a beautiful little village in rural Costa Rica. When you visit the site you'll also see LVEP's distinctive and colourful new logo; many thanks to French designer Benoit Duche for his creativity and patience.



▶ **Submit your News electronically**

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Please also send us your success stories in using Living Values for the [Impact](#) section of our website; photographs for the [News](#) section of our website; and students only, your stories, experiences, feelings and inspirations about Living Values for the [Children Participate](#) section of our website.

Hard copies of text and/or images may also be sent to the Living Values Office in New York:

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