Circle of Courage® printout

INDEPENDENCE

This piece of the circle is about making choices, solving problems, and showing personal responsibility. It means that people trust you because they can rely on you. Native American and First Nations cultures value inner-discipline and trust-worthiness. In these traditions, adults are responsible for mentoring, teaching values, providing feedback, and giving youth opportunities to make choices without forcing them. *Independence balances belonging.*

BELONGING

This part of the circle is about having healthy connections to other people, and having a sense of emotional connection to groups (clubs, teams, interest groups, family, your school, your tribe, etc). In Native American and First Nations cultures, the community (rather than the family) ensures the survival of the culture. Even if parents die or are not responsible, the tribe is there to support the next generation. B*elonging balances independence.*

GENEROSITY

This part of the circle is about helping others and making positive contributions to the community. A central goal of Native American child-rearing is to teach the importance of being unselfish and generous. By helping other people, youth can show proof of their worthiness. *Generosity balances mastery.*

EXCELLENCE

This part of the circle is about having the opportunity to learn new information and skills and gain competence. In Native American cultures, children are taught to carefully observe and listen to those with more experience, and people with greater abilities are seen as models, not competition. The goal of excellence is not to be “better than” others, but to lead by example.