



# Educators' attitudes to values discovery tools for young people

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## UNBOXD survey of educators

Founded in 2013, **UNBOXD** is a social enterprise working to enhance social mobility. Through guidance and training, we support young people to make their aspirations a reality. Our work is centred on values and has two key strands: ensuring young people understand their own personal values; and enabling them to use their values as a tool to plan their route from aspirations to reality.

Having previously researched young people's attitudes to careers and futures, we were keen to also hear directly from professionals working with young people. We asked 31 teachers, youth workers, charity workers and trustees, advisors and policy makers their thoughts on our work via a short online survey. This summary document presents the key findings from the survey.

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## Key findings

### Key Finding 1: Respondents strongly supported our aims.

There was broad support for UNBOXD’s work; all respondents strongly agreed or agreed with our mission to enhance social mobility by helping young people to make their aspirations a reality. Over three quarters of respondents agreed with the external and internal barriers to young people making choices, which we identified in our [previous research](#) with young people. Respondents unanimously agreed that addressing these barriers would be an effective way of supporting young people to achieve their future aspirations.

### Key Finding 2: Values discovery has a place in educational settings.

Over half of respondents agreed or strongly agreed that values discovery could be useful for helping young people discover what they want to do. The majority of remaining respondents stated that they didn’t know enough about values discovery to be able to agree or disagree. This indicates that there is further scope to support professionals’ understanding of values discovery. In particular, respondents thought that our sessions would be useful as:

- Precursors to other careers guidance, including when young people are using the [Plotr](#) website
- Part of PSHE programmes
- Support for young people before they go through transition periods.

It should be noted that respondents did raise some challenges in PSHE sessions, for example:

“PSHE is not always very well run and it is hard to ingrain a programme when no one is in the school to enforce it. Form times typically are not used for their purpose and are little monitored. Also the time a school will allot for this sessions is wildly different and different members of staff have different priorities of what is worth covering.” *Anonymous*

### Key Finding 3: Respondents had a common sense of ‘values’.

We asked respondents to define ‘values’. Their responses centred on ideas of values as personal guiding principles which focus on the most important or core issues in order to guide behaviour and actions.





These responses echo how UNBOXD envisions values and how we try to describe them. The comments also appear to confirm our belief that understanding values can provide a personal framework when considering careers and futures.

#### **Key Finding 4: Respondents were enthusiastic about our programmes and different session formats.**

We asked respondents what they thought would be the most appropriate format for delivering our sessions in their organisations. Of the options given, respondents preferred 12 one-hour weekly sessions and one-off taster sessions, with some opting for a one-day session. Other suggestions given included three to four weeks' of hourly sessions, shorter regular sessions in primary schools and afternoon sessions.

Well over half of respondents agreed that all three of these delivery options would be beneficial:

- Free resources for download by teachers, educators and youth workers
- A 'pick and mix' of our sessions – tailoring an UNBOXD template
- Face-to-face training sessions before educators deliver our sessions.

“Your work sounds great and I think it is really valuable to remind teachers of the importance of the development of these values. They know it's important but have to focus on so many other things-your resources will be invaluable to them!” *Anonymous*

#### **Respondents also highlighted equalities issues**

We also gave respondents an opportunity to make any further suggestions or comments. These included suggestions that UNBOXD consider:

- The barriers faced by young carers
- The accessibility of materials for children with additional needs/ SEN
- Other external barriers such as prejudice and stigma related to mental illness

These are valuable points which UNBOXD would be interested in exploring further as our programmes are developed, subject to future funding and opportunities.

## **Further information and contact details**

UNBOXD provides free resources for professionals working with children and young people. These resources can be downloaded from our website at [www.unboxd.co.uk](http://www.unboxd.co.uk).

For questions about this research please contact:  
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