

The Sea Cadets



Study Guide

CORPS VALUES

Short Title CV
Second Edition
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Section 1: COMMITMENT

1. How often should you attend Sea Cadets?

2. Why is it important that you attend regularly?

3. How does your non-attendance affect others?

4. What should you do if you cannot attend?

5. What might be considered good reasons for not attending?

6. How might you deal with 'friends' who encourage you to have a night off?

7. What helps you to honour your commitment?

Tick the box that YOU think shows the commitment Sea Cadets should demonstrate:

	<i>Always</i>	<i>Often</i>	<i>Sometimes</i>
a) Before going to cadets I should get my uniform ready.			
b) I should remember teamwork will help in a difficult situation.			
c) I must obey orders from my superior officers.			
d) I must do my best not to let the Sea Cadets down.			
e) I must do my best not to let myself down.			
f) I must be prepared to stand up for what is right.			

I have shown my commitment to the Sea Cadets in the following ways.

Date	Action	Explanation

OPTIONAL TASK

Write about where you find guidance on commitment in your life.

Section 2 COURAGE

1. Do your friends know that you are a Sea Cadet?

2. What do they say to you about it?

3. How do you feel if your friends see you in uniform?

4. How should a Sea Cadet feel about wearing the uniform?

5. Give an example of PHYSICAL courage.

6. Give an example of MORAL courage.

Tick the box which to YOU reflects what is right.

1. You see a friend steal a bar of chocolate.
Would you tell someone?
2. Your friend says that you are 'chicken'
if you don't run across the railway line.
Will you do it?
3. Your parent thinks that you will be with the
Sea Cadets on Saturday but your friend says lets
do something else. Will you go with your friend
instead?
4. The group you are with are tormenting a
person in a wheelchair. Will you join in?
5. You are being bullied at Sea Cadets.
Would you tell an adult about it?
6. If you had two friends who were arguing,
do you try to help them settle their
differences?
7. Your best friend wants you to do
something that you know to be wrong.
Would you do it to keep his friendship?

Always	Sometimes	Never

I have shown physical courage as a Sea Cadet in the following way:

Date	Action	Explanation

I have shown moral courage as a Sea Cadet in the following way:

Date	Action	Explanation

OPTIONAL TASK

Write about a person or situation that you have heard about or read about where either physical or moral courage has been shown.

Section 3 DISCIPLINE

1. What is discipline?

2. What is self-discipline?

3. When is it vital to obey orders?

4. Why is it vital to follow instructions?

5. Even though on occasions an order from an Officer may not seem sensible to you, why must you obey it?

6. How important is it that you obey rules even when there is no one to observe you?

7. Name three areas of Sea Cadet life where some form of discipline is necessary?

8. How can your training as a Sea Cadet help you to become disciplined in every day life?

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Tick the box which you think should show the discipline you are learning as a Sea Cadet.

	<i>Always</i>	<i>Often</i>	<i>Sometimes</i>
1. When it is time to get up in the morning, do you get up straight away?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When an order is given by a Sea Cadet Officer do you obey it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are "rules to be broken"?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. When you get angry with someone do you keep self control?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. If you don't get your own way do you sulk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Following the Sea Cadet Promise, I have shown discipline as a Sea Cadet in the following ways:

Date	Action	Explanation

OPTIONAL TASKS:

Write about a famous person or situation in which discipline has been shown to a high standard.

Give examples of discipline that help Sea Cadets honour the Sea Cadet Promise.

Section 4 INTEGRITY

1. Choose from the following words what might best describe "integrity," Wholeness, soundness, decision making, confidence, rightness, honesty.

2. Why is integrity an important quality in a Sea Cadet?

3. How can Sea Cadet Staff show and exercise integrity?

4. "A ship must be watertight to be safe" How should this apply to Sea Cadets?

5. In what different ways can honesty be shown?

Tick the box that best reflects what YOU think

	<i>Always</i>	<i>Often</i>	<i>Sometimes</i>
1. A person of integrity should believe in themselves.			
2. A Sea Cadet obeys the commands of a superior			
3. A Sea Cadet does what he/she believes to be right.			
4. Telling the truth is the best policy.			
5. Keeping your integrity helps in decision making.			
6. Is someone innocent until proved guilty.			

I have shown integrity in the following ways:

Date	Action	Explanation

OPTIONAL TASK:

Write about a person whom you admire, past or present, whose life shows great integrity.

Section 5 LOYALTY

1. What is loyalty?

2. How do you show loyalty to the Sea Cadets?

3. How can you show loyalty to yourself?

4. Why is loyalty an important part of friendship?

Tick the box that best reflects what YOU think

	<i>Always</i>	<i>Often</i>	<i>Sometimes</i>
1. Is it necessary to agree with your best friend?			
2. Do you keep your promises?			
3. Is it necessary to stay loyal to what you believe to be right?			
4. Do you turn up for Sea Cadet activities that you have agreed to do?			
5. Is your loyalty important to other Sea Cadets?			

I have shown my loyalty to the Sea Cadets in the following ways:

Date	Action	Explanation

OPTIONAL TASK:

How does keeping the Sea Cadet Promise influence your life?

Section 6: RESPECT

1. What does respect mean to you?

2. What is self respect?

3. How do you show respect for your uniform?

4. How do you show respect to a member of your Sea Cadet Unit?

5. How do you show respect for your body?

6. How do you show respect for other peoples' beliefs?

Tick the box that best reflects what YOU think

1. I listen to other people's ideas and opinions.	<i>Always</i>	<i>Often</i>	<i>Sometimes</i>
2. When asked to express my opinions, I do so..			
3. I make sure my uniform is clean and smart.			
4. I am always quiet and attentive during colours.			
5. I listen and obey the orders of my Superior officers.			
6. I take care of my kit and all Unit property.			

I have shown respect in our Unit and to Officers and cadets in the following ways:

Date	Action	Explanation

OPTIONAL TASK:

Write about how has your self-respect and your respect for others has developed since you have been a Sea Cadet.