Name: Moral Courage Self-Reflection	Objective: Development of social skills - Moral courage and the ability to intervene, developing social skills by fostering moral courage and the ability to intervene in challenging situations, encouraging individuals to act ethically and support others in need	
Time and nº of sessions: 20 minutes / 1 session	Type/social agents: teachers/parents (group)	Material: Pen and paper or digital device for writing, examples of moral courage.

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Development: Teachers/parents reflect on past experiences and consider how they can model moral courage for adolescents in future situations. They can use real or fictional examples of moral courage to illustrate their points.

Reflection: Participants think about a past experience where they demonstrated moral courage. Prompts to guide their reflection: ● What was the situation? ● What actions did you take? ● What challenges did you face? ● How did your actions impact others?

Sharing: Participants share their experiences with the group. This can be done in pairs or small groups to foster a supportive environment. Sharing helps participants learn from each other's experiences and gain new perspectives. They can also share real or fictional examples of moral courage to enrich the discussion.

Future Planning: Participants consider how they can model moral courage for adolescents in future situations. Prompts to guide their planning: ● What situations might require moral courage? ● How can you prepare to act with moral courage? ● How can you support adolescents in developing moral courage?

Conclusion: Wrap up the activity by summarizing key points and emphasizing the importance of ongoing reflection and modeling. This encourages participants to continue practicing moral courage in their daily lives.

This activity helps teachers/parents reflect on their own experiences and plan how to model moral courage for adolescents, fostering a supportive and ethical environment.

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