



GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program
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What is Fairness?

Fairness is about treating people justly without letting personal feelings influence your decisions about others. A fair person wants to give everyone the same chance and believes there should be the same opportunity for everyone. A fair person will also understand that what is fair for one person, may not be fair for another. Fairness involves two types of reasoning:

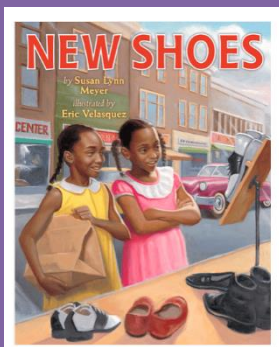
1. Justice reasoning which focuses on logic and balancing options to determine moral rights and obligations.
2. Care reasoning which includes empathy and compassion (the ability to put yourself in someone else's shoes).

Building the strength of Fairness

Building the character strength of fairness is an ongoing process that involves self-reflection and continuous improvement. It's a valuable trait that can positively impact your relationships, community and society as a whole.

1. Self-awareness: reflect on your own biases, prejudices and preconceived notions. Understand that everyone has inherent biases and acknowledge them. Identify situations where you may have acted unfairly and analyse the reasons behind your actions.
2. Empathy: Develop empathy by putting yourself in the shoes of others. Try to understand their perspective, feelings and experiences. When you genuinely empathise with others, it becomes easier to act in a fair and compassionate manner.
3. Advocacy and action: speak up when you witness unfairness, discrimination or inequality. Support initiatives and organisations that promote fairness and equity. Engaging in acts of fairness can reinforce this character strength and inspire others to do the same.

Read – click on the book to find a read aloud!



Fairness



I treat everyone equally and fairly, and give everyone the same chance, applying the same rules to everyone.



Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

But that's not fair... helping children to understand the difference between fairness and equity.

<https://www.cela.org.au/publications/amplify!-blog/feb-2022/how-we-can-help-children-understand-fairness>

Small Talk | Fairness | CBC Kids

Click on the picture for a short episode from CBC Kids on Fairness.

