

### Personal Code of Ethics

1. If I had to make a list of the top six values that I live my life by, not in any particular order, my list would be: First, I believe that all people should be given equal opportunity to pursue happiness. Second, I believe that family and friends should come before anything else. Next, never break a promise, keep promises you make, no matter the promise. Next on the list would be demonstrating integrity at all points in life. Fifth, I value being kind and caring to all people at all times. Lastly, I value the pursuit of excellence in life and education.
2. Each one of these values has ethical principles that put these values into action in my life. My first value on my list states that I believe that all people should be given equal opportunity to pursue happiness. To put this value into action it is important to treat all people with respect. Another ethical principle for this value is to be open-minded, and respect what others bring to the conversation and attempt to appreciate what they are saying and feeling. My second value on my list that states that I believe that family and friends should come before anything else. The ethical principles that go with this value are love and care for those you are close to; such as family and friends. In addition to that ethical principle it is also important to understand the ethical principle, if your family or friends are in need, you help them no matter the cost. The next value on my list is to never break a promise and keep the promises you make, no matter the promise. The first ethical principle for this value is to keep your word and honor your promises. The second ethical principle for this value is to return what you borrowed in the state you received it. The fourth value on my list is, to demonstrate integrity at all points in life. The ethical principles that go with this value are to stand up for

what you believe is right and to be yourself at all times; do not conform to the society around you to do wrong. The next on the list of my values is being kind and caring to all people at all times. To put this value into action, show you care through generosity and compassion, and do not be selfish or mean. Another ethical principle for this value is not hurting others and also standing up for those who can not stand up for themselves. Lastly, on my list of values is the pursuit of excellence in life and education. To complete this value it is important to understand the ethical principle, do your best with what you have, and do not quit easily. Also, it is important to be a cooperative and productive team member when completing a difficult task is necessary.

3. I have obligations to many different people and groups of people, such as: friends, family, girl friend, clients, peers, colleagues, and community.

I am obligated to be a good friend to my friends which means being honest and trustworthy. I am obligated to give advice to the best of my ability when it asked of me. I am obligated to be there for my friends, especially in times of need. For my family, I am obligated to love my family unconditionally. I am obligated to be supportive in times of need and be forgiving when necessary. For my girl friend, I am obligated to be loyal and treat her like a goddess. I am obligated to be caring and loving. I am obligated to communicate with her and work at maintaining a loving relationship. I am obligated to protect her and treat her with respect at all times. For my clients in my internship, I am obligated to help my clients to the best of my ability. I am obligated to treat every client with dignity and fairness. For my peers, I am obligated to show respect for my peers and to remain a positive influence on them. For my colleagues at both my job and internship, I am obligated to show them respect. My colleagues should be able to trust me and depend on me at all times. I am obligated to

work to my full potential and influence them to do the same. Lastly, for my community I am obligated to be an integral part of my community. I am obligated to be involved in my community and have a positive impact on those people my community.

4. If I had to place my values in order from most important to least important I would place them in this order. The value that is most important is that family and friends should come before anything. Next on this list I would place the value of demonstrating integrity at all points in life. Third would have to be the value of being kind and caring to all people at all times. The fourth most important value to me is the pursuit of excellence in life and education. Next, never break a promise, keep promises you make, no matter the promise. Lastly on my list is the belief that all people should be given equal opportunity to pursue happiness. Even though I have placed this value last on my list it does not mean that I do not have strong beliefs that it is a very important value to have in life.

I have placed my values in this order because I have been brought up in a family that has strong values. I was always told growing up that you should go above and beyond for family and friends and through that I have learned that family and friends come first. My family is a unit that can be counted on at all times and can count on me at all times. I believe that family support is crucial to a person's success and happiness in life.

Next, I placed demonstrating integrity at all points in life because through my life my mother and father have always told me, "be yourself and do not let people around you influence you in a negative way. Do what is right even if it is not the easiest thing to do." For example, if all of your friends are drinking do not drink just to fit in, do what you think is right and be true to yourself.

Then I placed being kind and caring next on my list, because I believe that you should treat all people with respect at all times. You never know why people may be acting the way they are so be kind and caring, in hopes that they pay it forward.

I have always struggled in school to reach excellence due to my disability, however, though the years I have begun to realize that if you work hard enough you can achieve excellence. Never quit when times become hard because what does not break you makes you stronger.

Growing up with a brother that was older than me I always looked up to him, and he taught me that if you make a promise, keep that promise no matter the cost. Also, he taught me if you borrow something from someone, return it in the same condition you received it.

The last value on my list states all people should be given the equal opportunity to pursue happiness. I understand how it feels to be different yet, I was always given an equal opportunity to pursue happiness, and when I see children and adults not given equal opportunity my heart breaks.

5. As I have matured I have come to understand the importance of family and good friends even more. Without the support of my family, I would not be the person I am today. As a young boy I loved my family like all children do, but it was as I got older and my family faced some difficult times that I began to realize the importance that a loving, supportive family has on a person's development.

I was diagnosed with dyslexia in elementary school and my entire family was very supportive. It was not until recently that I realized how lucky I was to have a great support system at home. My parents, brother and sister provided a loving environment for me and were always willing to help and support me in any way that they could. Sometimes I wonder

where I would be today if I did not have such a great support system. Early in my high school years, I realized there were many kids who had issues in their lives, but they were not lucky enough to have a support system at home like I did. During the early years of my dyslexia I often asked myself why this had to happen to me. However, through out the years I believe my dyslexia has helped me become a very compassionate and caring person to those around me.

When my brother was diagnosed with depression and anxiety my parents did not let the stigma of his diagnosis derail them, but rather fought to get him the help he needed. Looking back, I realize this was a difficult time in my family but we were all supportive of each other and did what we could to help him get better. It was during the time of his diagnosis of depression and anxiety that I became incredibly close with him, and he began to influence my life tremendously. He taught me to never be mean to people because you do not know what they may be facing in their lives and never break a promise, no matter the cost.

About two years ago my best friend was also diagnosed with depression and anxiety. This was a very difficult time for me because I was away at school, and knowing that he was living at home struggling with this alone was very upsetting to me. Through this experience I have really begun to understand the importance of friends.

My mother was diagnosed with cancer last year and the support of our family is one of the most important things that helped her get through this difficult time. Through this experience the value of family grew even more important to me.

I have had many different experiences and people in my life that helped shape the values that I live my life by everyday, such as my family as a whole, my brother, my life with dyslexia, my best friend and my mother.

6. My values are very consistent with the values of my family because my family has always been the greatest influence on the development of my values. Growing up in a supportive family I have learned the importance of family, of being kind at all times, of working hard for what you want, and always staying true to your word.

I was raised in the Catholic religion and I grew up going to church every Sunday. However, as I got older I realized I did not always agree with Catholic values and find some of them to be unreasonable, such as homosexuality being wrong in the eyes of the Catholic religion. Because I believe people have the right to the pursuit of happiness in their lives and the Catholic religion has such a negative view on homosexuality my values in this area are not consistent with my religion's values. However, in other areas my values are consistent with my religion because I have learned to treat people with respect as Jesus did and would go to incredible lengths to help people in need.

My beliefs are both similar and different to my peers around me. First, many of my peers conform to the society around them and will do anything to fit in. Peers that conform to society do not live with integrity to themselves. Also, many of my peers do not strive for greatness in education. They often just do the minimum to receive the grade and rarely go above and beyond to strive for excellence in their education. On the other hand, many of my peers stay true to themselves and do not conform to the society around them. Also, many of my peers strive for excellence in education and life as I do.

I grew up in a community that shares my overall values. It is a small community where most of the people are very friendly. My community is made up of hard working people that get involved for the better of the community. Strong family values are evident in my community.

Growing up with a grandmother that was very involved in my life I learned many of my values through her. For example she reinforced many of the values that my parents ingrained in my brain such as being kind, keeping promises, and most importantly that family and friends come before anything. She often babysat for me and the lessons I learned from her were often through her actions rather than her words. She has always treated me and all her grandchildren with kindness and fairness. She always kept her promises to us and showed us how important her family was to her through her unconditional love. My grandmother has lived a life with integrity and through her example I learned the importance of these values.

7. One day I was in the car with my best friend when we were leaving the skate park and he told me he had to make one stop before we headed home. I told him that was alright, not knowing that he was stopping to buy marijuana. This situation posed many conflicts with the personal values that I have developed through my life. For example, should I drive him home and be a good friend because I believe friends and family should come before all others value, or should I tell him to get a ride with someone else because I believe in demonstrating integrity at all points in life, and I always do what I think is right. Lastly, this also poses conflict with my belief of the pursuit of excellence in life because I believe that drug use ultimately leads to failure. I told my friend that if he ever does that again I will not drive him, but this time I valued friends over what is right, because I believe friends come before anything. I understand that drugs are not helping my friend however, it is impossible to stop him if he does not want to stop.

Using an all things considered approach, I believe that driving him home and making sure that he got home safe is better then leaving him at a drug dealers house with no ride, and possibly having to call someone that will cause harm to him. Making sure that my friend was

safe was more important at this time than my belief on what is right and wrong and being true to who I am was.

The universal moral principle that I used while making my decision was that the safety of my friend comes before what I believe is right and wrong. I acted in this way intentionally because the way I was raised was to always put the safety of those before other needs, and always be there for your friends and family no matter the cost.

8. I have a very strong belief in the value of family and friends and that they should come before anything else. However, this could lead to a conflict with my legal responsibilities as a respectable citizen. For example, if my brother robbed a bank and I was the only person that knew should I tell the police and follow my legal responsibilities or should I keep it a secret and put my family first as I state in my values. Also, if one of my family members or friends was sick and the only way to help them was to steal the medication, I would steal the medication without thinking twice. I would do anything to make sure that my family and friends are safe, and that sometimes means breaking the law.

Thinking of a potential situation in social work practice where I might be willing to break the law in order to be true to my own values was very difficult for me because of my limited social work experience. However, one example might be that in social work you often work with immigrants struggling with transitions into America, and many times these immigrants are illegal. It is your legal duty to report illegal immigrants however; at the same time I believe that all people should be given equal opportunity to pursue happiness.

9. Honestly I try to live by these values and obligations everyday of my life. I am always checking in on my family and I go home often on weekends to see my friends from back home, while I stay at school on the other weekends to hang out with my friends from school.



Next, I have a very strong belief for staying true to who you are as a person and not to change because of the people around you. Through this belief I have created a strong will and I do not conform to the society around me. For example, when all of my friends are drinking on the weekends I do not drink and I remain sober because I want to be who I am, and not have the use of alcohol change my personality. In addition to that value, I will never make a promise that I can not keep, and if I say I am going to do something, I will always come through. Lastly, I am kind and caring in all aspects of my life.

However, while I follow many of these values in my day to day life, there are situations where I would struggle to follow the values that I have included on my list. For example, I talk about how I respect all people, however, that is not always the case. In situations where a person disrespects me, my girl friend, my family, or my friends I would have a very hard time showing them respect.

10. In the Kantian theory there are different steps that go into making a proper decision. First, Kant talks about good will and duty. He believed that you should act in a way that would make you happy as well as in the best interest of others around you. He explained it as a perfect balance between the two. Next, comes the categorical imperative, which is basically that you should act in a certain way because it is your duty to act in that way. Lastly, these categorical imperatives become Universal Laws if they maximize the overall goodness of all human kind. For example, if you are at a party and want to drive home drunk, think about if everyone were to drive home drunk and how dangerous the roads will be.

Basically when we think of the Kantian theory we can ask ourselves two main questions when deciding to act: first, is this act rational? If the answer is no, then we must not perform

that action. Second, does this act maximize the overall goodness of human kind? Again, if the answer is no, then we must not perform the action.

My mother and father have instilled the basics of this theory from when I was a young child saying, "Would you like it if someone did that to you?" Growing up, this principle has been instilled in me over and over again. Now that I am almost an adult I act in ways that better the whole society instead of just me, and I always act in ways that I hope other people will act in similar situations. For example, when I am at work at the office of information technology, I always treat the customers, as well as their computer, with respect because if the roles were reversed I would hope they would treat me and my computer with respect.

11. Many of my personal values and ethical principles are consistent with the values and ethical principles in NASW Code of Ethics. I believe that many social workers have similar beliefs because many people that enter the field of social work want the best for people and will go out of their way to help people in need. Many of my values match up with the NASW Code of Ethics values, for instance, my personal value of giving all people an equal opportunity relates to the NASW Code of Ethics' value of social justice. Next, the NASW Code of Ethics discusses the importance of human relationship relates directly to my value of understanding the importance of family and friends. In addition to these values that are related, my personal values and the NASW Code of Ethics both highlight the importance of integrity.

A possible conflict between my values, ethics, and groups and those of the NASW Code of Ethics is payment for services, and that you must receive payment for your services. I believe that many people that need help do not have the money to pay for services. I understand that insurance or the government often covers the services of social workers,

however, that is not always the case and I do not believe that is right. My ethical principles state that one should show they care through generosity, and not to be selfish.

In a situation that violates my personal values such as Paul's situation in Corey, Chapter 3; I would look past my values and treat the client with respect. To be a successful social worker you need to understand that everyone is different and not all people have the same values as you because they have different experiences that shape their own personal values.

12. While writing this paper I learned that many of my values are due to how I was raised and the experiences in my life. I have discovered that difficult situations often lead to the formation of personal values and ethical principles. I fully believe in the saying, what does not break you makes you stronger because out of these difficult situations we become the people we are. Now that I have taken the time to examine my values and ethical principles I believe that it will make it easier to relate to different situations and it will be easier to do the right thing because I will have this assignment to look back on. I also know that throughout my life I am going to be faced with a number of situations that I will need to examine my values and principles. Following your own personal values is not always the easiest thing to do but it makes for a better world.