



RAD

Lesson 5 Teaching Companion

Lesson Summary

Lesson 5 introduces the concept of RAD moves, which are actions that align with a student's personal values. Building on the previous lessons—Recognize, Accept, and Do—students learn that living a meaningful life requires more than identifying values; it requires taking actions that move in the direction of those values. RAD moves are behaviours that reflect what is truly important to the person, while “notRAD” moves are behaviours that take them away from their values. Students learn that values cannot be used to justify actions that harm others or themselves, and that being human means no one can make RAD moves all the time. Instead, the goal is to gradually increase actions that align with values and reduce actions that don't.

The lesson emphasizes that making RAD moves is often easier when life is going smoothly, but can be challenging during moments of fear, uncertainty, or discomfort. Barriers such as social worries, difficult emotions, or personal doubts can make it hard to act according to one's values. Students begin to explore how everyday choices—big or small—can reflect both RAD and notRAD moves. Lesson 5 prepares students to examine their own behaviour patterns and understand that meaningful living comes from repeatedly choosing actions that align with their values, even when it's difficult. The activity asks students to analyze scenarios and determine whether the actions shown are RAD or notRAD, reinforcing the idea that values-based action is the heart of living a “RAD life.”

Extension Ideas

The world is full of examples of notRAD moves, but also RAD moves too! Companies often highlight the values they hold important. Companies often show both alignment and misalignment with their stated values. Companies often show both alignment and misalignment with their stated values. For example, Google promotes innovation and user focus, which is reflected in its groundbreaking products, yet it has faced criticism over privacy issues. Starbucks emphasizes belonging and excellence through employee benefits and community initiatives, but has been criticized for actions like union-busting that conflict with those values. Netflix highlights freedom, responsibility, and radical honesty in its culture, demonstrated by its high-autonomy workplace, but has also been challenged for decisions such as public employee firings and sudden layoffs that appear inconsistent with its stated values.

Guess Their Values

You can present some examples, and have students guess the companies values and then search up their actual values.

Values Research

Students can research companies to see what their values are and if they are making RAD moves or notRAD moves. However, beware, some companies have made some pretty big notRAD moves, sometimes involving sensitive topics. You can choose the companies and the websites students access to control for this.



RAD

Lesson 5 Teaching Companion

Company	The Values I Guess	The Values they identify

Reflection Questions

1. Do you have the same or similar values as the companies you studied?
2. If you were to create a company, what would your company be and what values might you choose for your company?

