

Ethics Reflection Worksheet for Peer Support Specialists

Due: August 3, 2023

Part 1: Personal Ethics Reflection

Please answer these questions before moving forward to Part 2.

1. Without reviewing any definitions or the Code of Ethics, how would you define ethics based on what you know today and your past experiences?

2. Please reflect on the following definitions and give three examples of personal moral values that you hold and three examples of any type of ethical principles.

- **Morals:** Individual beliefs and values that guide behavior and determine what is right or wrong. These are often influenced and uniquely developed by the cultural, religious, and personal backgrounds of each individual.
- **Ethics:** Societal principles and standards that govern acceptable conduct that provide a framework for acceptable decision-making in a specific context or profession.

Morals Values:

1.

2.

3.

Ethical Principles:

1.

2.

3.

3. Which of these do you think are moral values and which are ethical principles?

3a. Demonstrating empathy and kindness towards others who are suffering or in need.

Moral Value Ethical Principle

3b. Upholding strong moral principles and consistently acting in accordance with them.

Moral Value Ethical Principle

3c. Treating others with dignity and recognizing their rights and individuality.

Moral Value Ethical Principle

3d. Being truthful and honest in all communications and interactions.

Moral Value Ethical Principle

3e. Taking ownership of one's actions and being accountable for their consequences.

Moral Value Ethical Principle

3f. Safeguarding sensitive information and respecting individuals' privacy.

Moral Value Ethical Principle

3g. Valuing and respecting the diverse cultural backgrounds and beliefs of individuals.

Moral Value Ethical Principle

3h. Acting in ways that promote the well-being and best interests of others.

Moral Value Ethical Principle

3i. Letting go of resentment and granting pardon for past wrongs.

Moral Value Ethical Principle

3j. Being faithful and supportive to family, friends, or a cause.

Moral Value Ethical Principle

3k. Respecting individuals' rights to make their own informed decisions and choices.

Moral Value Ethical Principle

3l. Ensuring the accuracy and validity of research findings and methodologies.

Moral Value Ethical Principle

3m. Ensuring fairness and impartiality in the distribution of resources and opportunities.

Moral Value Ethical Principle

3n. Willingness to give and share with others, whether materially or emotionally.

Moral Value Ethical Principle

3o. Avoiding harm and preventing or minimizing potential harm to others.

Moral Value Ethical Principle

3p. Recognizing and protecting the rights of others to have their own beliefs.

Moral Value Ethical Principle

3q. Displaying bravery and determination in facing challenges or standing up for what is right.

Moral Value Ethical Principle

3r. Being truthful and sincere in all interactions and relationships.

Moral Value Ethical Principle

3s. Upholding trustworthiness and keeping promises made to others.

Moral Value Ethical Principle

Part 2: Professional Ethics Reflection

Please see the DBSA Model Code of Ethics for Peer Specialists before continuing:

A Model Code of Ethics for Peer Specialists

DBSA Peer-to-Peer Resource Center, 2003

The primary responsibility of the peer specialist is to help those they serve to achieve self-directed recovery, advocating for the full integration of individuals into communities of their choice. The following principles guide peer specialists in their various professional roles, relationships, and areas of responsibility.

1. Peer specialists believe that every individual has strengths and the ability to learn and grow.
2. Peer specialists respect the rights and dignity of those they serve.
3. Peer specialists openly share their personal recovery stories with colleagues and those they serve.
4. Peer specialists seek to role-model recovery.
5. Peer specialists respect the privacy and confidentiality of those they serve.
6. Peer specialists never intimidate, threaten, or harass those they serve; never use undue influence, physical force, or verbal abuse with those they serve; and never make unwarranted promises of benefits to those they serve.
7. Peer specialists do not practice, condone, facilitate, or collaborate in any form of discrimination on the basis of ethnicity, race, gender, sexual orientation, age, religion, national origin, marital status, political belief, or mental or physical disability.
8. Peer specialists maintain high standards of personal conduct.
9. Peer specialists conduct themselves in a manner that fosters their own recovery, maintaining healthy behaviors.
10. Peer specialists do not enter into dual relationships or commitments that conflict with the interests of those they serve.
11. Peer specialists never engage in sexual/intimate activities with colleagues or those they serve.
12. Peer specialists do not accept gifts of significant value from those they serve.
13. Peer specialists keep current with emerging knowledge relevant to recovery, and openly share this knowledge with their colleagues and those they serve.

4. Which three of these ethical principles do you consider the most important and why?

5. How does adhering to this Code of Ethics benefit the individuals receiving peer support, as well as the Peer Support Specialists themselves?

Question 3 Answer Key

Moral values and ethical principles are closely related but distinct concepts. Moral values are *individual beliefs* that guide behavior based on cultural, religious, and personal backgrounds. Ethical principles are *societal standards* that govern acceptable conduct and decision-making in specific contexts. They can overlap when values like compassion and honesty align with ethical principles like beneficence and veracity, creating a shared foundation for ethical behavior. Understanding their relationship helps individuals make informed and principled decisions in both personal and professional settings.

3a. Demonstrating empathy and kindness towards others who are suffering or in need.

Answer: Moral Value because it reflects the virtue of compassion and caring, which guides one's behavior in showing empathy and kindness to those in distress.

3b. Upholding strong personal beliefs and consistently acting in accordance with them.

Answer: Moral Value because it emphasizes the importance of personal integrity and adherence to one's moral principles.

3c. Treating others with dignity and recognizing their rights and individuality.

Answer: Moral Value because it embodies the belief in respecting the inherent worth and rights of every individual.

3d. Being truthful and honest in all communications and interactions.

Answer: Ethical Principle because it reflects the societal standard of honesty and integrity.

3e. Taking ownership of one's actions and being accountable for their consequences.

Answer: Moral Value because it encourages responsibility and accountability for one's actions and their impact on others.

3f. Safeguarding sensitive information and respecting individuals' privacy.

Answer: Ethical Principle because it reflects the societal standard of confidentiality and privacy protection in various contexts.

3g. Valuing and respecting the diverse cultural backgrounds and beliefs of individuals.

Answer: Ethical Principle because it emphasizes the importance of cultural competence and respecting the diversity of beliefs and backgrounds.

3h. Acting in ways that promote the well-being and best interests of others.

Answer: Ethical Principle because it embodies the societal principle of beneficence, promoting the welfare and interests of others.

3i. Letting go of resentment and granting pardon for past wrongs.

Answer: Moral Value because it reflects the virtue of forgiveness.

3j. Being faithful and supportive to family, friends, or a cause.

Answer: Moral Value because it reflects the individual's commitment to loyalty and support for loved ones or causes they believe in.

3k. Respecting individuals' rights to make their own informed decisions and choices.

Answer: Ethical Principle because it reflects the societal value of autonomy, respecting individuals' right to make informed decisions.

3l. Ensuring the accuracy and validity of research findings and methodologies, avoiding plagiarism and data fabrication.

Answer: Ethical Principle because it emphasizes the societal standard of research integrity and avoiding research misconduct.

3m. Ensuring fairness and impartiality in the distribution of resources and opportunities.

Answer: Ethical Principle because it relates to the societal value of justice, treating individuals fairly and impartially.

3n. Willingness to give and share with others, whether materially or emotionally.

Answer: Moral Value because it reflects the virtue of generosity.

3o. Avoiding harm and preventing or minimizing potential harm to others.

Answer: Ethical Principle because it reflects the societal principle of nonmaleficence, avoiding harm and promoting the well-being of others.

3p. Recognizing and protecting the rights of others to make their own choices and have their own beliefs.

Answer: Ethical Principle because it reflects the societal value of respecting the autonomy and rights of others.

3q. Displaying bravery and determination in facing challenges or standing up for what is right.

Answer: Moral Value because it reflects the virtue of courage and the willingness to stand up for what is right.

3r. Being truthful and sincere in all interactions and relationships.

Answer: Moral Value because it emphasizes the virtue of honesty and sincerity in all interactions and relationships.

3s. Upholding trustworthiness and keeping promises made to others.

Answer: Ethical Principle because it reflects the societal value of fidelity, which involves being trustworthy and keeping promises made to others.