

The Olympic Values Test

This test is one of the 40 assignments of The Hope Factory, an exhibition-workshop on the Olympic values created by The Olympic Museum.

Duration: 30 minutes (minimum)

Target group: Young people from 12 years

Material: Copies of the quiz (attached)

Facilitator: 1

Overview

Participants are invited to measure their level of “integration” of the Olympic values in their lives, by filling out each a multiple choice questionnaire about their reactions to different daily-life situations. The whole group discusses then the outcomes of the questionnaire and the Olympic values.

Instructions

- Give a copy of the quiz to each participant. Invite them to fill it out individually and remind them to be honest in their responses.
- When everybody is finished (and has read their feedback), start a discussion on the Olympic values in everyday life (if it is the first time that they hear about them, start by introducing the three values):
 - Do participants agree with their feedback? Why?
 - How do they integrate the Olympic values of Excellence, Friendship and Respect when they practice sport? And in their everyday life? What could they do better?
 - Why is it important to consider the three values “as a whole”? What would be the consequences, in sport and in life, of only respecting one (e.g. Excellence) and forget about the other two?
 - Why is it important to respect these values? What are the consequences of non-respect? Can they come up with examples?

**Choose one option (A-B-C) for each dilemma
(be honest in your responses!)**

Q1

Your team won the match by a large margin.

- A You laugh at the losers with your teammates.
- B You tell the opponents that luck was on your side.
- C You focus on the next match. This one is no longer important.

Q2

You lost the match.

- A You learnt a lot and swear to be better next time!
- B You blame the coach, or the referee, or the field, or the weather, or your parents!
- C You feel guilty. You should have trained more!

Q3

A fellow teammate tells you that he is HIV-positive.

- A From then on, you keep your distance.
- B You really think he should leave the club.
- C You ask him how you can give him your support.

Q4

You have to play a hockey match and you know the opponents are quite aggressive. What should your team do?

- A Play as aggressively as them.
- B Try to negotiate a fair play match beforehand.
- C Play your own match and trust the referee.

Q5

Your new tennis partner is the most unpopular kid in the class.

- A You take the opportunity to get to know him better.
- B You ask the coach to change partner.
- C You don't say anything and mock him even more behind his back.

Q6

Together with fellow supporters, you visit an international basketball derby. Some of them whistle during the national anthem.

- A It's fun! You take part as well.
- B It's a disgrace and you tell them.
- C You feel ashamed and try to walk away from them.

Q7

In your club, your friend is bullied.

- A You can't do anything but hope you won't be the next victim.
- B You sympathize with your friend.
- C You ask the coach to order the bullies to stop.

Q8

The competition is taking place in a fairly old gymnasium.

- A Here or anywhere else, it doesn't make any difference.
- B You scratch the paintwork to show your friends how shoddy it is.
- C You take particular care not to damage anything further.

Q9

You play tennis with your little brother, who is a beginner.

- A You let him win.
- B You give him tips to progress.
- C Cool, it will be an easy victory!

Write down your responses overleaf and calculate your score.

Write down below your responses to each of the questions (A, B or C) and calculate your score.

1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○

	A	B	C
1	0	1	2
2	2	0	1
3	1	0	2
4	0	2	1
5	2	1	0
6	0	2	1
7	0	1	2
8	1	0	2
9	1	2	0

My score is:

- 0–5 points
- 6–11 points
- 12–18 points

My score is:

0–5 points

You don't show much friendship or respect to people. Maybe you also think that a disrespectful joke is acceptable. You probably don't always get respect from other people either. Did you know that you get more respect when you're respectful? Try it out and don't forget that perseverance is the key to success!

6–11 points

You usually respect other people, but you don't want to be over-the-top. You also like some people more than others and demonstrate it clearly. Maybe you don't care that much about other people's situations. You probably know that showing respect produces respect. Don't forget this in everyday life!

12–18 points

You show a lot of respect to other people. It's natural for you. You don't like biased comments. Perhaps you are too friendly for this difficult world. Remember that it's not possible to be liked by everyone or to always be respectful.

Do you agree with the feedback? Yes No