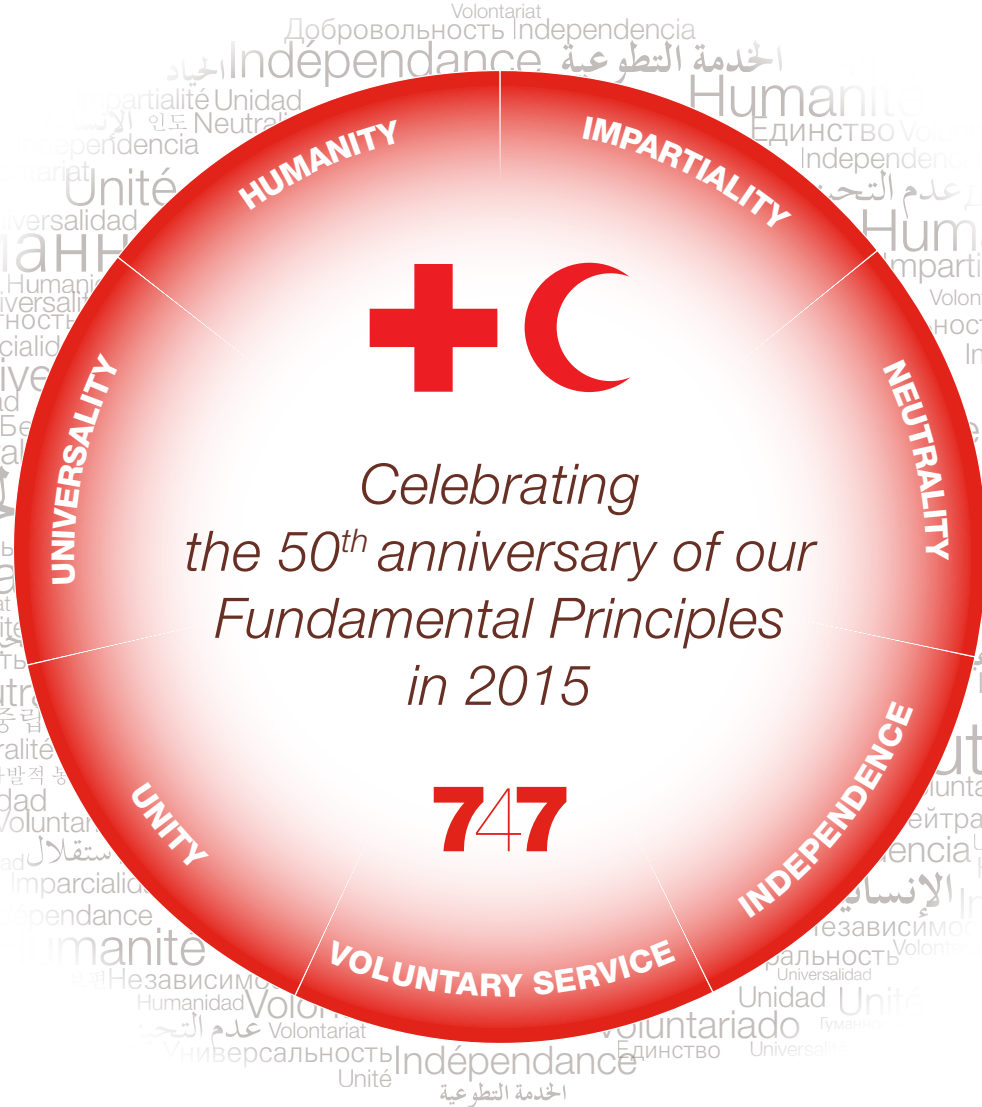


...to individual action!

| My values | My action |
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For more information, please visit [www.ifrc.org/yabc](http://www.ifrc.org/yabc)

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 International Federation of Red Cross and Red Crescent Societies

| <b>7 Fundamental Principles</b> | <b>Fundamental Principles components</b>   | <b>Related humanitarian values</b>  | <b>7 Personal skills</b>  |
|---------------------------------|--|---|---|
| <b>Humanity</b>                 | <ul style="list-style-type: none"> <li>• Alleviate and prevent suffering</li> <li>• Protect life and health</li> <li>• Assure respect for and protection of the individual</li> </ul>  | <ul style="list-style-type: none"> <li>• Active goodwill and care</li> <li>• Human dignity and well-being</li> <li>• Mutual understanding and peace</li> </ul>        | <ul style="list-style-type: none"> <li>– Empathy</li> <li>– Active Listening</li> <li>– Critical thinking and non-judgement</li> <li>– Nonviolent communication</li> <li>– Collaborative negotiation and mediation</li> <li>– Personal resilience</li> <li>– Inner peace</li> </ul> |
| <b>Impartiality</b>             | <ul style="list-style-type: none"> <li>• Non-discrimination</li> <li>• Actions are solely guided by needs, proportional to the degree of suffering and prioritised on the basis of urgency</li> <li>• No individual action or decision on the basis of prejudice or personal preference</li> </ul>               | <ul style="list-style-type: none"> <li>• Equality</li> <li>• Respect for diversity</li> <li>• Objectivity and openness</li> </ul>                                     |   |
| <b>Neutrality</b>               | <ul style="list-style-type: none"> <li>• No taking sides in armed conflicts</li> <li>• No engagement in controversies of a political, racial, religious or ideological nature</li> </ul>   | <ul style="list-style-type: none"> <li>• Confidence (trust)</li> <li>• Self-control and discipline</li> <li>• Freedom of action and objectivity</li> </ul>            |   |
| <b>Independence</b>             | <ul style="list-style-type: none"> <li>• Not letting political, economic, social, religious, financial, public pressure interfere or dictate RCRC line/action</li> <li>• Auxiliary to public authorities</li> <li>• Maintain autonomy to be able to act in accordance with the Fundamental Principles</li> </ul> | <ul style="list-style-type: none"> <li>• Sovereignty</li> <li>• Co-operation</li> <li>• Freedom of action and confidence</li> </ul>                                   |   |
| <b>Voluntary service</b>        | <ul style="list-style-type: none"> <li>• Freely accepted commitment</li> <li>• No desire for gain</li> <li>• Selflessness</li> </ul>   | <ul style="list-style-type: none"> <li>• Spirit of altruism and generosity</li> <li>• Spirit of service</li> <li>• Spirit of responsibility and discipline</li> </ul> |   |
| <b>Unity</b>                    | <ul style="list-style-type: none"> <li>• One National Society per country</li> <li>• Open to all</li> <li>• Active in entire country</li> </ul>  | <ul style="list-style-type: none"> <li>• Harmony and cohesion</li> <li>• Diversity and pluralism</li> <li>• Confidence</li> </ul>                                     |   |
| <b>Universality</b>             | <ul style="list-style-type: none"> <li>• Universal vocation</li> <li>• Equality of National Societies</li> <li>• Solidarity</li> </ul>   | <ul style="list-style-type: none"> <li>• Openness to all in the world</li> <li>• Co-operation</li> <li>• Mutual assistance</li> </ul>                                 |   |