

Secular Humanist Quiz

1. Compassion - I believe we should try to reduce global suffering and improve the well-being of others and the environment whenever we reasonably can.

True False

2. Open-mindedness - When presented with strong scientific evidence, or values based on empathy, integrity and respect, I am willing to reconsider or change my opinions.

True False

3. Empathy - I make an effort to understand how other people feel, even when their experiences differ from my own. True False

4. Integrity - I try to act according to my values, even when it would be easier or more advantageous not to. True False

5. Respect for Human Dignity - If you learn that a person has a different sexual orientation, religion, age or ethnic background than your own, their differences do not reduce their worth or dignity.

True False

6. Critical Thinking - I base my beliefs and decisions on scientific evidence, reason, and careful evaluation, rather than assumptions, spiritual/religious/magical thinking, or cultural tradition alone.

True False

7. Curiosity - I enjoy learning new things, and exploring ideas about the world and how it works.

True False

8. Responsibility - I believe people should accept responsibility for the consequences of their actions, make amends to those they have harmed, and not ask for forgiveness through supernatural & religious philosophy.

True False

9. Tolerance - People should be free to hold different beliefs and live differently from me, provided they do not harm others. True False

10. Independent Thinking - I try to form my own conclusions rather than accepting what authorities, cultural traditions, or religious/spiritual groups tell me to believe.

True False

Scoring - Count the number of true responses.

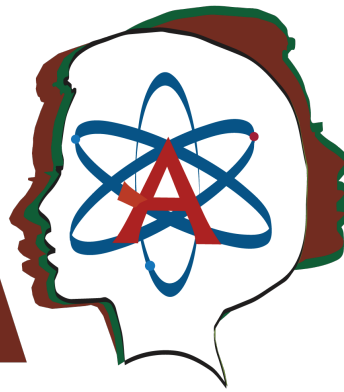
9–10 True: Your views align strongly with commonly recognized **secular humanist values**.

7–8 True: You share many humanist values, though there may be some areas where your views differ from typical humanist perspectives.

5–6 True: You hold a mix of humanist and non-humanist values or priorities. **0–4 True:** Your outlook differs substantially from the values commonly associated with secular humanism.

For KASHA's definition of Secular Humanism go here: <https://askuskelowna.ca/about-humanism/>

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Kelowna Atheists, Skeptics & Humanists Association

