# Miss Foley

Health 8: USC2 Families **Family Values**

**Family Values =**

**General ideas about what is perceived**

**as good and desirable for a family**

Family values involve all of the ideas of how you want to live your family life, and they are often passed down from previous generations. They can help define behavior in various situations, help young people make good choices, and solidify the bond that your family has.

**Think about the following value statements and indicate with a number between 1 and 10 how much the statement describes something that is valued within your family. The number 1 = “not at all” with 10 = “a lot”.**

**Social Values -** consist of things like peace, justice, freedom, equality, and bettering our community. Examples of social values include:

\_\_\_\_\_ Not hurting others & standing up for those who can't stand up for themselves

\_\_\_\_\_ Being respectful and courteous in your interactions

\_\_\_\_\_ Volunteering time and skills in the community

\_\_\_\_\_ Being generous with what you have

\_\_\_\_\_ Being honest with others

\_\_\_\_\_ Participating in teamwork whenever possible

**Political Values -** Certain political values remain constant across political parties. Canadian values often include:

\_\_\_\_\_ Exceptionalism - that Canada is a land of limitless opportunities and, as such, has a duty to act as an example to other countries.

\_\_\_\_\_ Capitalism - private ownership of property & small businesses are important

\_\_\_\_\_ Patriotism – pride in being Canadian or a landed immigrant

\_\_\_\_\_ Treating everyone equally, regardless of ethnicity, race, religion, or sexual orientation

\_\_\_\_\_ Being open-minded to new things

\_\_\_\_\_ Following the law and respecting those who enforce it

\_\_\_\_\_ Working hard for success

\_\_\_\_\_ Free access to medical and health care for all

**Religious Values –** Expectations that people have about themselves and others based on the beliefs of their faith. There are common values that many faiths tend to share. Examples of religious values include:

\_\_\_\_\_ Showing compassion to those in need

\_\_\_\_\_ Treating others as one would like to be treated

\_\_\_\_\_ Continually learning and growing both spiritually and intellectually

\_\_\_\_\_ Being modest in your relations with others

\_\_\_\_\_ Being respectful and nonviolent when interacting with others

**Work Values -** Philosophies about your job, your finances, and how you spend your money. For children, these values include how they approach school and their education. Examples of work values include:

\_\_\_\_\_ Always doing your best work

\_\_\_\_\_ Working in a team

\_\_\_\_\_ Saving a portion of your salary/allowance

\_\_\_\_\_ Finding opportunities to express your ideas and creativity

\_\_\_\_\_ Being proud of your achievements

\_\_\_\_\_ Making education a priority

\_\_\_\_\_ Keeping in mind the part that your job plays in society

\_\_\_\_\_ Treating co-workers, fellow students, customers, and authority figures the way that you want to be treated

**Moral Values -** Your individual values about what you think is right and wrong. Moral values provide the foundation from which you make decisions & are learned from your parents and your experiences. Examples of moral values include:

\_\_\_\_\_ Being honest and trustworthy

\_\_\_\_\_ Being courageous

\_\_\_\_\_ Never giving up

\_\_\_\_\_ Adding value to the world

\_\_\_\_\_ Being patient

\_\_\_\_\_ Taking personal responsibility

**Recreational Values –** Involves fun and play. Recreation fosters closeness in the family, opportunities for learning, creating memories, improving social skills, and developing empathy. Examples of recreational values include:

\_\_\_\_\_ Providing unstructured play time

\_\_\_\_\_ Having family game nights

\_\_\_\_\_ Allowing and encouraging each family member to pursue interests

\_\_\_\_\_ Taking vacations together

\_\_\_\_\_ Spending time together outside playing

# Miss Foley

Health 8: USC2 Families  **Your Family Values**

**Tips for Making Your Family's List**

Sitting down as a family and coming up with a list of values can seem like a daunting task. However, know that there is not one right way to come up with your list. Start by calling a family meeting or informally getting input from each family member. In the end, you'll have a list that truly reflects your family. The following tips should help you develop a list that you and your kids can stand by:

* Consider writing a mission statement that addresses your core family value, whether it be peacefully resolving conflict, being kind and loyal or working hard.
* Talk about your family. What things are most important to your family? What are the strengths of your family? What words or phrases best describe your family?
* Write down everything. You can always go back and narrow the list later. The first session is about brainstorming…every idea is a fantastic idea for at least 30 seconds!
* Allow everyone to think about it for a while before reconvening to agree on a list.
* Stick to ten major ideas. Your final list can have more or less, but ten is a workable number to aim for without being overwhelming.
* Display your list. Hang your values list up somewhere where it will be seen every day.
* Refer to the list when things happen. Use your family's list of values as a teaching tool.
* Rewrite as necessary. The list may grow and evolve over time, just as your family changes.

Sample Family Values List

Although every family's list of values will be different, the following is an example of a family values list:

* Think of the consequences before you act
* Follow the guidelines of religion
* Discuss right and wrong when modern values clash with traditional values
* Spend time together as a family, but also pursuing individual interests
* Live these values, not just talking about them
* Treat others (both inside and outside of the family) with compassion and respect
* Put your best effort toward every task
* Always continue to learn
* Learn from failures
* Celebrate successes
* Use money to do, rather than to buy
* Treat pets as family
* Remember to not always act on feelings
* Show love every day
* Sever relationships with disrespectful people
* Treat others' possessions with care and respect
* Listen since all opinions are important
* Always strive to maintain safety
* Be honest

Your List Should Reflect Your Family

Your family's list should be unique to your family. If you are a spiritual family, your list should be more spiritual. If you are an informal, fun-loving family, your list should reflect that. If part of your family's greatest moments involve random dancing in your pajamas, then 'random pajama dancing' or 'general goof-ballery' may be a part of your list. Anything that is important for the health and well-being of your family should be a part of your family's value list, no matter the activity or the language used to describe it.

**Our Family’s Values Are:**