

## Activity

#02

# Your family values

This activity will help you to identify the values that guide you as an individual and a family.

Values are very important in parenting since they deeply influence all behaviours and attitudes and effect our decisions and relationships. For a value to be truly your own, you must act on it and your behaviour must reflect it – not just verbally accept it or think that you should follow it. In this activity you will identify your core family values.

### How to use this tool

- 1 Identify four to six core values that drive you as an individual.
- 2 Consider how much these are currently replicated in your family.
- 3 Share your responses with your partner – and ask them to share their responses with you.
- 4 Look at the areas where you agree and the areas where you disagree.
- 5 Use this knowledge to consider what actions you need to take – both individually and jointly.



## The benefits of values

Values provide clarity as parents are more effective and clear when they know what they value for themselves and how those values influence what they want for their children. The more conscious parents are of the values they wish to transmit and the more they know about effective ways of transmitting them, the more likely it is that their children will learn and incorporate those values.

Values also provide guidance. They focus the parenting choices you make, help you to guide your children, determine what messages you want to send and what behaviours and attitudes you want to reinforce.

They also help you pick your battles, decide what is worth your time and attention, and what you can let go of.



## Your values

Now think about your values. What are they? How can you capture them in words? Write them below:

1

2

3

4

5

6



## Shared values

Make a note of any values that you share with your partner - this can form the foundation for your family values.

1

2

3

4



## Our family values

Write down four to six values that you agree upon. Why not cut them out and stick them up at home?

1

2

3

4

5

6



## What have you learnt?

Has anything surprised you? Has anything disappointed you? Have you spotted any unknown strengths or positives? Write down what you learnt.



## What do you need to do or change?

Write down a few actions that you need to take, either individually or together.

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