

ideas for parents

Easy Ways to Build Assets for and with Your Child

FAST FACTS

ASSET CATEGORY

Positive Values

The more your child develops positive values that guide her or his behavior, the more likely he or she is to make positive choices and grow up healthy.

Youth Speak

- "Don't just 'tolerate' people who are different from you, accept them."
- "Good families teach good values."
- "Talk about the things that mean something to you."

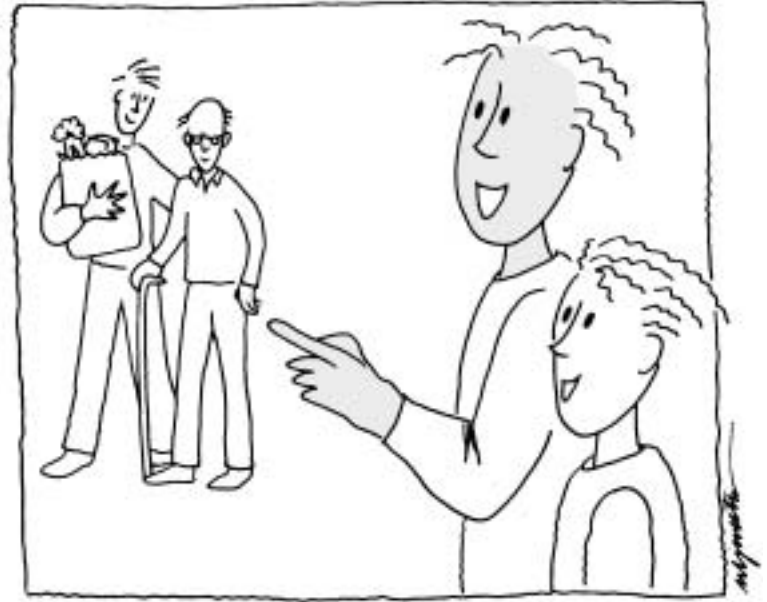
The Importance of Values

Values shape our relationships, our behaviors, our choices, and our sense of who we are. The more positive our values, the more positive our actions.

By helping our children develop positive values and modeling positive behavior based on values, we:

- Help them listen to their conscience.
- Build their integrity.
- Encourage them to help others.
- Help them become independent.
- Encourage their ability to tell right from wrong.
- Give them a way to figure out how to be happy.

"The values you teach your children are their best protection from the influences of peer pressure and the temptations of



consumer culture," say Richard and Linda Eyre, authors of *Teaching Your Children Values*. "With their own values clearly defined, your children can make their own decisions—rather than imitate their friends or the latest fashions."

Quick Tip:
Think about how you act. Your actions reveal your true values.

6 Key Areas of Positive Values

Search Institute researchers have identified six positive-values assets that are crucial for helping young people grow up healthy. Check the areas of strength in your child's life.

- Caring**—Your child places high value on helping other people.
- Equality and social justice**—Your child places high value on promoting equality and reducing hunger and poverty.
- Integrity**—Your child acts on convictions and stands up for her or his beliefs.
- Honesty**—Your child "tells the truth even when it is not easy."
- Responsibility**—Your child accepts and takes personal responsibility.
- Restraint**—Your child believes it's important not to be sexually active or to use alcohol or other drugs.

Upcoming issues of *Ideas for Parents* address all six positive-values assets.

