

Identify Your Own Values

Why should I define my values?

We all have beliefs and a worldview that helps define what we believe is right, including related to sexual behavior. The clearer we are in our own thinking, the easier it is to intentionally share and exemplify our values with our children.

You can use this worksheet to identify and explore your own values. What are your family values around sex, sexuality and relationships? A value is whether you judge something to be good or bad, right or wrong, safe or not, significant or not, or better or worse than something else. If you have a co-parent, partner, or other people helping to raise your teen, talk with them about their values. Where are they similar and different?



Select your top three values

<input type="checkbox"/> Decency	<input type="checkbox"/> Humility	<input type="checkbox"/> Dependability	<input type="checkbox"/> Add your own:
<input type="checkbox"/> Fairness	<input type="checkbox"/> Self control	<input type="checkbox"/> Chastity	<input type="checkbox"/> _____
<input type="checkbox"/> Empathy	<input type="checkbox"/> Love of learning	<input type="checkbox"/> Respect	<input type="checkbox"/> _____
<input type="checkbox"/> Self sacrifice	<input type="checkbox"/> Industriousness	<input type="checkbox"/> Love	<input type="checkbox"/> _____
<input type="checkbox"/> Responsibility	<input type="checkbox"/> Leadership	<input type="checkbox"/> Generosity	<input type="checkbox"/> _____
<input type="checkbox"/> Loyalty	<input type="checkbox"/> Caution	<input type="checkbox"/> Mercy	<input type="checkbox"/> _____
<input type="checkbox"/> Duty	<input type="checkbox"/> Playfulness	<input type="checkbox"/> Trustworthiness	<input type="checkbox"/> _____
<input type="checkbox"/> Autonomy	<input type="checkbox"/> Courage	<input type="checkbox"/> Self-compassion	<input type="checkbox"/> _____
<input type="checkbox"/> Honesty	<input type="checkbox"/> Peaceability	<input type="checkbox"/> Kindness	<input type="checkbox"/> _____
<input type="checkbox"/> Honor	<input type="checkbox"/> Self-reliance	<input type="checkbox"/> Empathy	<input type="checkbox"/> _____

Identify Your Own Values

Values connect to behaviors, feelings and thoughts

Explaining to your teenager why you feel a certain way will help them as they go about developing their own sexual values. These values connect to behaviors, feelings and thoughts.

Values guide many behaviors

- Dating
- Peer pressure
- Setting limits
- Media portrayls of women
- Love
- Masturbation
- Alcohol use
- Hopes for the future



Examples of sexual values reflecting behaviors, feelings, and thoughts

Sex is a deeply personal experience and meant for true connection that should only happen between two people who care deeply for each other.

Each person should be the expert of their own body and know how it works, what it looks like, and how it feels.

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Is this a value for you?

Here are some simple value statements. Consider how the statements fit with your vision of who you are or want to be. Are there thoughts, feelings and behaviors you want your teen to know are important to you? How did you come to have this value?

Having sex before marriage is wrong.

Yes

Here is why:

No

It's Complicated

It is important for teenagers to know how to use birth control and condoms.

Yes

Here is why:

No

It's Complicated

My religion or spirituality should play an important role in my decision-making about sex and relationships.

Yes

Here is why:

No

It's Complicated

Fun is an important part of having sex.

Yes

Here is why:

No

It's Complicated

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You should only have sex with people you are in love with.

Yes

Here is why:

No

It's Complicated

People who are gay, lesbian, bisexual or transgender deserve as much respect as anybody else.

Yes

Here is why:

No

It's Complicated

It is best to wait until adulthood to have sex.

Yes

Here is why:

No

It's Complicated

The best way to inform kids about safe, responsible sex is to talk with them honestly.

Yes

Here is why:

No

It's Complicated

Its okay for teenagers to masturbate.

Yes

Here is why:

No

It's Complicated

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Porn is harmful and no one should watch it.

Yes

Here is why:

No

It's Complicated

Its okay for a teenager to choose to have an abortion.

Yes

Here is why:

No

It's Complicated

A healthy relationship is one where both people are treated like equals.

Yes

Here is why:

No

It's Complicated

What are other values you want to share with your teenager?

Yes

Here is why:

No

It's Complicated

Yes

Here is why:

No

It's Complicated
