### 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?

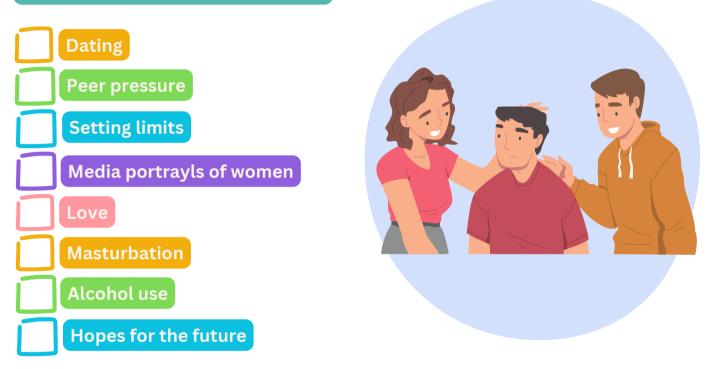




## Values connect to behaviors, feelings and thoughts

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



#### 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.

### 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:
$\Box$	Νο	
$\Box$	It's Complicated	

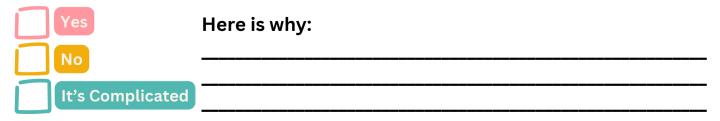
It is important for teenagers to know how to use birth control and condoms.

Yes	Here is why:
It's Complicated	

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

Yes	Here is why:
Νο	
It's Complicated	

Fun is an important part of having sex.



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.

$\Box$	Yes	Here is why:
$\Box$	Νο	
$\Box$	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:
Νο	
It's Complicated	

#### Porn is harmful and no one should watch it.

Yes	Here is why:
Νο	
It's Complicated	)

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

Yes	Here is why:
Νο	
It's Complicated	

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

$\Box$	Yes	Here is why:
$\Box$	Νο	
	It's Complicated	

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

Yes	Here is why:
Νο	
It's Complicated	

Yes	Here is why:
It's Complicated	