

VALUES EXPRESSION EXERCISE

OVERVIEW:

Getting clear about your own values is one of the most important elements of talking to your kids about puberty. So much of our understanding of puberty is shaped by our values, it's essential that we know *what our values are* so that we can decide *how best to communicate them to our kids*. Without clarifying our values, we may delay talking to our kids about puberty at all, or reinforce stereotypes pervasive in our culture.



INSTRUCTIONS:

1. Review each of the Values Statements below and circle whether you AGREE or DISAGREE. Go with your gut instinct.
2. Write down why you agree or disagree. Note the details – does the wording give you pause or does it depend on the situation.
3. Write down whether this is an idea you'd like to share with your child and how you might communicate it.



Value Statement	Why do you AGREE or DISAGREE?	Will you share this value with your kids? How?
People should avoid using tampons until they're adults AGREE or DISAGREE		
It's important to take a shower everyday. AGREE or DISAGREE		
Makeup is okay for middle schoolers to use. AGREE or DISAGREE		
High schoolers shouldn't be going out on dates alone together AGREE or DISAGREE		
5th grades are old enough to use a cell phone AGREE or DISAGREE		

Value Statement	Why do you AGREE or DISAGREE?	Will you share this value with your kids? How?
A teen's shorts should always come to at least the knee. AGREE or DISAGREE		
The only reason to leave a relationship is when someone is violent (physically or mentally) AGREE or DISAGREE		
Only girls and women can remove body hair. AGREE or DISAGREE		
Middle schoolers have the right to privacy when they ask for it. AGREE or DISAGREE		
It's important to always hug and kiss family members AGREE or DISAGREE		
Kissing is okay between middle schoolers AGREE or DISAGREE		