

OVERVIEW:

Getting clear about your own values is one of the most important elements of talking to your kids about sexuality. So much of our understanding of sexuality is shaped by our values, it's essential that we know *what our values are* so that we can decide *whether to communicate them to our kids*, and *how*. Without clarifying our values, we may delay talking to our kids about sexuality, 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?
It's okay for teens to have sex in high school AGREE or DISAGREE		
A little bit of jealousy is a part of a healthy relationship. AGREE or DISAGREE		
Kissing is okay for 8th graders. AGREE or DISAGREE		
Being totally honest with each other is the foundation of a healthy relationship. AGREE or DISAGREE		
Adoption and abortion are both possible options after an unplanned pregnancy. AGREE or DISAGREE		

Value Statement	Why do you AGREE or DISAGREE?	Will you share this value with your kids? How?
It's okay to watch porn sometimes AGREE or DISAGREE		
Shaving is okay for girls but not for guys AGREE or DISAGREE		
Only certain types of birth control are acceptable to use AGREE or DISAGREE		
More than five (5) sexual partners is too many. AGREE or DISAGREE		
The only reason to leave a relationship is when someone is violent (physically or mentally) AGREE or DISAGREE		
All people have the right to decide who touches their body and how AGREE or DISAGREE		
A person is ready for marriage anytime after age 21. AGREE or DISAGREE		