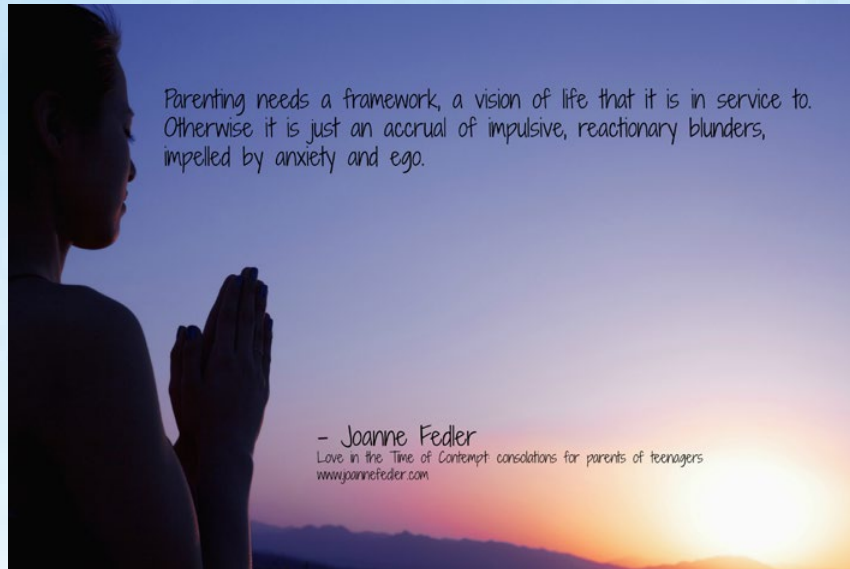


A VALUES TEMPLATE FOR PARENTS OF TEENAGERS



'When our kids become teenagers they force us to up our consciousness game. We have a responsibility to make sure our kids know who we are, what we stand for and what we expect of them.'...

'Few provocations will set off a hormonally ravaged teenager as much as a juvenile adult who hasn't got his shit together. Teenagers will cross-examine us until they find the cracks because they can only start to figure out who they are by testing us on who we are...'

Teenagers need to feel the tent-pegs of our choices around them, holding them in place. If they sense we are lazy or that decisions haven't been made about whether pornography is acceptable, or smoking, drinking, lying or taking things that don't belong to you, they play silly buggers with our slackness.

Our values set the bar on what we expect of them and kick-start their own internal conversations about what their values might be.

'Because I say so' may need to be a last-resort option because it's harder for them to respect an unjustified decision. But saying, 'Because this doesn't fit with my value system,' is a handy alternative. And, having said that, we had better be clear just what our value system is.'

-Love in the Time of Contempt:
consolations for parents of teenagers, Hardie
Grant, 2015



Our values are handed down to us in our families of origin, society, religion, culture and peer groups - but we only truly own them when we interrogate them on our own terms and decide whether they resonate with who we are.

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What are the top ten values by which you live your life (eg. creativity, generosity, spirituality, hard work, vulnerability etc) and why?

My Values Eg. Tolerance of other cultures and religions	Why? Eg. I don't believe in one 'truth'. I believe that we grow as people when we listen to the voices and experiences of people who are unlike us
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

What are five values you do not live by? (eg conformity, obedience, sexual freedom etc)

Not My Values Eg. Working only for money, not love	Why? Eg. We spend so much of our lives working, we need to have passion to feel a sense of purpose and fulfilment
1	
2	
3	
4	
5	



The only way for us to pass on our values is to live them because, frankly, nobody wants a lecture. What actions do you take or could you take (not the things you say) to model your values?

My Values Eg. Generosity	HOW I LIVE IT (what actions I take) Eg. I donate money to a few charities each month
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Your VALUE LEGACY

If there's one thing you want your kids to remember you for, what would it be and why?

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Our values change over time and through different life experiences. Whenever you're feeling shaky or a bit lost, it's useful to redo this exercise to keep you grounded in the person and the parent you are striving to be.

