

## **How can parents build resilience in their children?**

### **Opportunity #3: Building Positive Values**

Developing and deepening personal values is a crucial aspect of a young person's development, and eventually become deep commitments that guide how they think and act. Key values such as honesty, trust, forgiveness, optimism, and compassion can help them think more deeply about who they are and how they can live up to our own expectations.

#### **How parents can build positive values in their children:**

- Be involved in community clubs and organisations thereby modeling that it is important to make a contribution
- Talk to your children about people who have made a difference to your life and how life would have been different if that person hadn't been involved
- Demonstrating positive values such as love, trust, honesty and forgiveness, integrity and compassion
- Ask your children to talk about people they look up to or admire and their heroes famous or not
- Look at the values of those they admire and discuss how those values may shape what they do and are
- Discuss your families core beliefs: the importance of helping others, reducing poverty and hunger, increasing justice and equity in the world, standing up for what you believe in, telling the truth, forgiving yourself and others when you make a mistake, taking responsibility for what you do
- Explain the importance of integrity - being able to live by clear personal values
- Talk about restraint - being able to say 'no' to negative peer pressure
- Give your children the opportunity to talk about what they believe is important and fair in the world
- Talk about your family values and discuss what would happen if there were no positive values, if everyone just looked out for himself or herself
- Give your children a sense of their own personal power to create positive change in the world by asking them to intervene to help students who are lonely, bullied or marginalised at school
- Encourage your child to give someone they meet a genuine compliment.