

# What are family values

## Introduction

**What exactly makes up a strong family that possesses good family values?**

**A strong family is one that sustains its members — that supports and nourishes the members throughout the span of that family .**

A strong family unit creates a safe, positive and supportive place for all members to thrive. They are able to utilize resources and to live together in a fairly healthy manner.

The adults in a strong family set the tone. They are good role models that lead by example. They reach out to friends and community and teach their children the importance of doing the same -- and that becomes part of who the children are. They work together to solve problems, and they pass their skills on to the next generation. Some important elements of a strong family system are Individuality, Integrity, Skills and Competences, Knowledge, Compassion, Family, Optimism, Cohesion, Flexibility, and Communication.

---

## Value N° 8

**Cohesion-** In families cohesion would be defined as the feeling of being loved, of belonging to the group and being nurtured by it. Although closeness is good in a family unit, there must be a balance between being together and being separate. A person must be able to develop their individuality, while being supported and confident within the family. A few things that bring a family together are the commitment of other family members, and the spending of time together.