

# 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.

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## Value N° 1

### **I**ndividuality

We're happy with who we are. We honor those who work to secure freedom to express our individuality. We respect others by accepting their race, religion, culture, opinions, hobbies or other interests as valuable to them. As we develop and express our various talents we enrich each other's lives as well as our own. Wouldn't life be boring if we were all the same?