

# 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, Industry, Knowledge, Compassion, Family, Optimism, Cohesion, Flexibility, and Communication.

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## Value N° 2

### **I**ntegrity

Integrity means being the same person inside and out, all the time. Whether in public or in private, we keep our commitments, accept responsibility for our own actions, and are honest and fair with everyone. And yes, it means always telling the truth and being good, just because it is the right thing to do. We know that personal integrity is required to earn another's trust, and is therefore the basis of all human relationships.