

# 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° 4

### **K**nowledge

The joy of learning can last a lifetime. Seeking knowledge begins with asking questions, then pursuing the answers with energy and creativity. We learn when we can accept the answers, even if they are not what we expect. The freedom and understanding gained by knowing the truth are our rewards for the pursuit of knowledge.