



# the family values toolkit

For Children Ages 11 to 13

## This Month's Featured Value Is: **Courage**

Courage is the willingness to take action despite fear of failure or negative outcomes. This essential quality gives us strength to face the challenges both great and small that confront us in our daily lives.



## What Can Parents Do to Nurture This Important Value?

### First, Set Goals:

**Maintain your children's commitment to doing the right thing, even though it may be hard for them to express.**

Preteens are in rebellion against their parents, while also increasingly under the influence of peers--not exactly a recipe for moral courage. If taking a stand is likely to provoke a negative reaction from friends, a preteen may be unable to carry it through. However, moral courage has not disappeared--it's merely in hibernation. Below their surface cool, kids are keenly aware of life's injustices. Often, a child this age will quietly assert his independence by refusing to do things that violate his or her ethical sense.

### Next, Take Action! Try These Activities:

- ✓ **Set up a pen-pal relationship between your child and a child in a very poor or war-ravaged country.** Point out the courage the other child shows every day just by surviving.
- ✓ **Play the "Peer Pressure" game.** Write potentially scary social scenarios down on index cards, e.g., "Your friend tells you to smoke, what should you do?" Share what you would do, then invite members of the family to give their opinions. Have everyone discuss good comeback lines to use in these situations.
- ✓ **Talk about a time that you were really afraid and stood up for something;** describe a moment where you thought you would fail and you did it anyway.
- ✓ **Praise your child** when you observe him or her putting their ethical sense above popularity, by defending a picked-on friend or staying away from kids who shoplift.

### Then, Report Back!

Share your stories of success, your challenges, and overall experiences with others in our community @

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