



the family values toolkit

For Children Ages 14 to 18

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:

Provide your child with a safe place to reason through morally difficult situations and conclude that moral courage is the best solution.

As kids hit the teenage years, they are capable of a higher level of moral reasoning. Though still self-absorbed, teens are aware that their actions affect others, and they feel a sense of responsibility to advance the social good. A 17-year-old is likely to stop a buddy from driving if he's had too much to drink--despite the possibility of being labeled "uncool." Teens are more analytical and tend to question authority, which helps them take an independent stand on issues.

Next, Take Action! Try These Activities:

- ✓ **Arrange for your teen to volunteer** in the children's wing of a hospital. Encourage him or her to get to know kids who are upbeat in the face of illness. Helping other kids who are showing strength in a crisis can inspire their own desire to be brave and face tough challenges.
- ✓ **Take your child to hear a Holocaust survivor speak**, or watch a film or documentary about the Holocaust together. You could also arrange for a survivor to visit your child's school. Emphasize the courage that it takes for a person to have survived the ordeal. Also, stress the strength that it takes to stand up in front of a group and talk about something so painful.
- ✓ **Hold courageous figures up as heroes in your family.** Both in the classroom and at home, learning about historical events in which people showed moral courage--and the heroes of such movements, such as Gandhi, Rosa Parks, and Martin Luther King--can advance your children's ethical standards.

Then, Report Back!

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

responsibilityproject.com/familyvalues