

YOUTH SUCCESS: Values Vol. 4

Information you need: From the
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What is a value?

Values represent what is important and worthwhile to you. They are the basis for moral codes and ethical reasoning. In other words, they are your inner standards that drive your decisions.

Everyone has their own values based on many different aspects including, family, religion, peers, culture, race, social background, gender, and goals. This volume is designed to help you establish healthy values.

WHAT ARE YOUR GOALS?

One way to establish values is to continuously set and achieve goals for yourself. These can be present and future goals. Use this section to mark off goals you would like to accomplish.

- Being an honest person.**
- A better relationship with family.**
- To be needed and important to others.**
- To have good grades.**
- Being trusted by others.**
- Live a long and healthy life.**
- Financial security.**
- Have an enjoyable and leisurely life.**
- Other:** _____
- Other:** _____
- Other:** _____

By setting and achieving our goals, we start to develop *value characteristics*. These characteristics overtime become important to us and are used to help you make important decisions.



VALUE CHARACTERISTICS

These are qualities that motivate you to act as you do.

Examples include:

- Sincerity
- Honesty
- Education
- Stability
- Fairness
- Compassion
- Appearance
- Friendship
- Health
- Spirituality
- Family
- Independence
- Status
- Pleasure
- Achievement
- Courage
- Perseverance

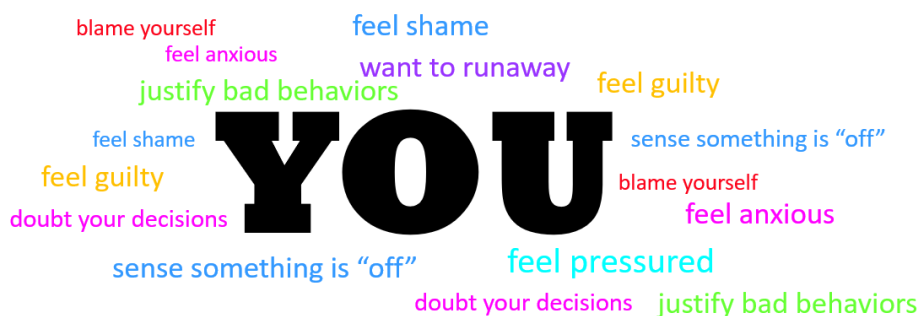
BOUNDARIES

Your values can be used to set personal boundaries. Boundaries can help you determine when you should say “NO” or “YES” to a request that is being made.

There are several areas where boundaries apply:

- **Material boundaries** determine if you give or lend things, such as your money, car, clothes, homework, cell phone, or food.
- **Physical boundaries** pertain to your personal space, privacy, and body. Do you prefer a handshake or a hug – does it depend on the person? How do you feel about loud music, nudity, and locked doors?
- **Mental boundaries** apply to your thoughts, values, and opinions. Do you easily give in to others? Do you know what you believe, and can you hold onto your opinions? Can you listen with an open mind to someone else's opinion without becoming argumentative?
- **Emotional boundaries** separates your feelings and your responsibilities to yourself and others. This protects you from feeling guilty for someone else's negative feelings or problems.
- **Sexual boundaries** protects your comfort level with sexual touch and activity – what, where, when, and with whom.
- **Spiritual boundaries** relates to your beliefs and experiences in connection with God or a higher power.

HOW TO TELL IF YOUR BOUNDARIES ARE BEING BROKEN:



“Stop asking why they keep doing it and start asking why you keep allowing it.”



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Additional Information

[SMART Goals](#) –YouTube Video

[Practicing SMART Goals](#) – Click Here!

[Setting Boundaries on Social Media](#) – YouTube Video

["Values" by motivational speaker Rashad Hedgepeth](#) – TEDx video

[Learn more about Choices and Values!](#) – Click Here

Resources:

Crisis Text Line: Text “4HOPE” to 741741 to text with someone anonymously. [Click here to learn more!](#)

The LCADA Way – Prevention Services Department
440-989-4900

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