

VALUES EXERCISE II

Instruct teenagers to think of a value they know their parent has. Go around the room and ask them to share with the group and tell the group the value and HOW they know it's a value their parent has. If there is time, parents can also mention a value they have & share how they try to instill it in their child.

This can also be expanded to allow practice of the speaker-listener technique, by having parent-child dyads utilize the technique as they share about values.