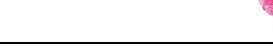
## **Values Clarification Exercise**







It is important to reflect on your values and beliefs regarding relationships, consent, boundaries and sexual health, especially when communicating these values and beliefs to children. The following exercise is meant to provide a framework for thinking through your values and beliefs. There is no right or wrong answer. It is OK to be unsure, sometimes more time and information is necessary. You may want to share this exercise with others to see if your answers align.

	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
It is important to show children love					
through touch such as cuddles, rocking and hand holding					
Children should be taught they have the					
right to say no to any adult who wants a hug or kiss					
Children should be taught to give and					
get consent					
Children should be taught the proper					
names for their genitals (e.g., vulva,					
penis, vagina, testicles)					
Nudity within the home is harmful for					
children					
It is common for children to be curious					
about bodies					
Children should be taught that					
masturbation is OK in private					
Adults should closely monitor children's					
screen time					
Children should not be taught how					
babies are made					
We should teach children to accept					
rejection					
Comprehensive Sexual Health Education					
should be taught in every grade to all					
children in school					
Consent is reversible – people have the					
right to change their mind					

	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
Everyone deserves bodily autonomy,					
including children					
It is OK to talk to children about things					
that feel good such as warm blankets					
and petting a puppy					
Siblings of different genders should not					
bathe together					
Bathroom time is private, and doors					
should always be closed					
You should ask a child before touching					
them even if it is because you are					
keeping them safe and healthy					
You should let a child know why you are					
touching them (e.g., I'm putting on your					
helmet to keep your head safe)					
Some people do not like hugs – ever					
Breast/chest feeding is OK anytime and					
any place					
Children should have the choice to play					
with any toy they like whatever their					
gender					
Children should have the choice to wear					
any clothing they like whatever their					
gender					
Children often say no in non-direct and					
non-verbal ways					
Children should be taught it is OK to say					
no even if it hurts someone's feelings					
Children should be taught it is OK if					
their own feelings get hurt when					
someone says no					
Children should be taught there are no					
secrets between them and their					
caregivers					
Adults should and can share their power					
with children					
It is OK for people to like and want					
different things and we can teach this to					
children					