

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					