

Engage with Intention

HPR in Action!

A 12-week campaign to help trusted adults build intentional, health-promoting relationships (HPR) with youth ages 11-18

Week 4

Topic:

Alignment with Relationship Values

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WEEK 4: Alignment with Relationship Values

- What are values, and why do they matter in our *way of being* with others?
- What does it mean to live in alignment with our values, and why is this so important?
- How do values strengthen the four HPR *way of being* strategies?
- How can we navigate differences in values and support youth well-being?
- **TRUSTED ADULT ACTIVITY:** RELATIONSHIP VALUES EXERCISE (ADULT)
- **YOUTH ACTIVITY:** RELATIONSHIP VALUES EXERCISE (YOUTH)
- **GROUP ACTIVITY:** RELATIONSHIP VALUES EXERCISE (GROUP/FAMILY)



WHAT ARE VALUES, AND WHY DO THEY MATTER IN OUR WAY OF BEING WITH OTHERS?

A value is something we believe is really important to live by, a guiding principle or quality that reflects what matters most to us. Identifying our values helps us better understand ourselves, make thoughtful decisions, navigate challenges more effectively, and align our words and actions with what truly matters.

In the context of relationships, our relationship values define how we want to *be* with others and the kind of connections we want to create. Relationship values answer important questions such as: *How do I want to treat people I care about? What qualities do I want to bring into my relationships? How do I want others to feel when they are with me? How do I want to be treated by others?* This includes both our individual values and shared values within a group (ex: family, sports team, or youth coalition). **Ultimately, our values guide the kind of person or the kind of group we want to be.**

In health-promoting relationships, values are a grounding part of our mindset. They shape how we as trusted adults think, how we show up, and how we interact with youth. When we are clear about our values, and strive to live in alignment with them, we are being more intentional about creating more authentic and meaningful connections. When we consistently show up and role model for youth a commitment to living our values, youth feel seen and respected, believe they matter, AND grow their ability to understand and live their own values.

Common relationship values include:



WHAT DOES IT MEAN TO LIVE IN ALIGNMENT WITH OUR VALUES?

Living in alignment with our values means our daily actions, words, tone, and decisions actually match what we say is most important to us, both in our individual relationships and within groups. It's the consistency between what we believe deep down and how we actually show up in everyday moments.

This is so important because young people are incredibly perceptive. They notice when we are trying to act in a way that we want to be versus in a reactive or distracted manner. When we live in alignment, we build genuine trust, create emotional safety, and role model integrity. When there's a gap, even a small one, it can leave them feeling uncertain or less secure in the relationship.

Alignment isn't about being perfect. It's about gentle self-awareness and the willingness to make small course corrections over time.

SCENARIO: You value respect and patience and meet with a youth who is upset and talking quickly.

You take a slow breath, set aside your own agenda, and truly listen instead of jumping in with advice or correction. Without speaking any words, that small, intentional choice communicates to the youth "You matter, and I'm here with you."

HOW DO VALUES STRENGTHEN THE 4 HPR WAY OF BEING STRATEGIES?

Values are not meant to stay abstract. We bring them to life with intention in our everyday moments. They give meaning and direction to the four key strategies in the *HPR Way of Being*:

- **Create the Environment:** Our values shape the emotional tone, norms, and culture we build. For example, if we value growth and respect, we create spaces where youth feel safe to make mistakes, share ideas, and have a real voice.
- **Facilitate Connection:** Values such as authenticity, empathy, humility, and kindness guide how we build trust with youth.
- **Engage Micro-Skills:** Our values influence how we listen, affirm strengths, ask curious questions, and advocate for youth.
- **Grow Abilities in Youth:** When we model our values, we help young people develop their own self-alignment, agency, growth mindset, and ability to make healthy choices.

PUTTING IT ALL TOGETHER

SCENARIO: You value respect and growth in your relationships. You meet with a youth who makes a poor choice and feels discouraged.

You **create an environment** where mistakes are treated as learning opportunities rather than sources of shame.

You **facilitate connection** through calm presence and care, even though you're tired.

You **engage curiosity and affirmations as micro-skills** and 1) ask thoughtful questions like "What do you think led to this?" and "What might you do differently next time?" and 2) affirm the youth's effort and strengths.

You resist the urge to fix things for the youth and instead support them in **growing their ability to make healthy and wise decisions** by reflecting, deciding on their own next steps, and owning the outcome.

HOW CAN I NAVIGATE DIFFERENCES IN VALUES AND SUPPORT YOUTH WELL-BEING?

As youth move through adolescence, they naturally begin forming their own values and sense of identity. Sometimes this leads to differences with family, cultural, or generational values. **These differences do not have to create distance.** In fact, trusted adults can convey acceptance of a youth's values without communicating agreement. Healthy navigation of differences can become **opportunities** to strengthen relationships when approached thoughtfully using the strategies below:



When we navigate these differences thoughtfully, we help youth feel accepted for who they are becoming, respected in their individuality, and supported by trusted adults, family, or other groups. This directly strengthens protective beliefs like "I am seen and loved," "I matter," and "I have support."

SCENARIO: A youth strongly values independence and being able to navigate situations on their own. The youth's parents/caregivers value protection, guidance, and preventing unnecessary setbacks for their children. They notice potential challenges to the youth's approach.

Parents/caregivers choose to pause, create a safe space for an honest conversation, and express a desire and willingness to be a sounding board for the youth. They ask the youth if they are open to any input and honor the youth's response. They share with the youth that they care about them and value being able to support them.

Together they acknowledge the family's value of being there for each other. Thoughtful navigation of the difference in values helps the youth feel seen and respected, reduces conflict, and models how to hold differing values with care and mutual respect.



RELATIONSHIP VALUES EXERCISE

(TRUSTED ADULT)

Estimated
Time:
20 mins

Purpose: To help trusted adults increase self-awareness of their core values (and what drives them) in relationships, honestly reflect on how well they are living their values in their relationships, and take small steps toward greater alignment.

STEP 1: What is important to me in my relationships? (Self-Awareness)

A value is something we believe is really important to live by. Identifying our values can be a powerful way to build self-awareness, guide decision-making, boost resilience, and align our actions with what matters most to us. Values guide our choices and the kind of person we want to be. (Sample Values: Honesty, Family, Creativity, Service, Faith, Loyalty, Kindness, Love)

Answer the following on a sheet of paper to help identify what you value in relationships:

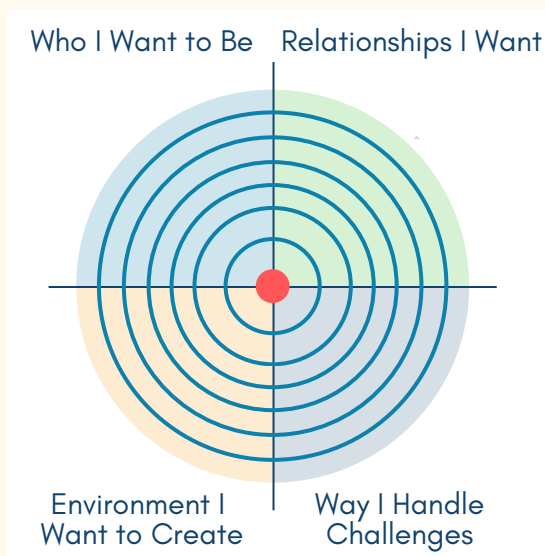
- **The Person I Want to Be:** What kind of person do I want to be in my relationships?
- **The Relationships I Want:** What qualities in a relationship make it feel like a good fit for me?
- **The Way I Handle Challenges:** When things get tough, what qualities do I want to show?
- **The Environment I Want to Create:** What environment do I want for those I care about?

STEP 2: How fully am I living my relationship values right now with youth? (Self-Acceptance)

Review the values you identified in Step 1. On the dart board below place one X in each section (four Xs total) to show how closely your actions match your values in that area of life today. There are no right or wrong answers—just mark where you feel you are today.

Where do I put the X?

- An X in the center **Bull's Eye** means you are living very consistently with your values in that area.
- An X farther from the **Bull's Eye** means your actions are less aligned with your values in that area.



Reflect on the following:

1. Who/What has an impact on the values I choose? (ex: family, friends, faith, culture)
2. In recent interactions, were my values clearly visible in my words and actions?
3. What values did I struggle with showing?
4. What barriers (ex: busyness, stress, hunger) seem to get in the way of not living my values?

STEP 3: What small, specific actions will I take this week to live more in alignment with my values? (Self-Alignment) (Ex: I value patience, so when I feel impatient with a youth, I will pause and be curious about how they see the situation instead of jumping to advice.)

- 1.
- 2.



RELATIONSHIP VALUES EXERCISE

(YOUTH)

Estimated
Time:
20 mins

Purpose: To help young people discover what matters most to them in relationships, understand what influences their values, and practice living in ways that feel true to the kind of person they want to be.

STEP 1: What matters to me in my relationships with others? (Self-Awareness)

A value is something we believe is really important to live by. Identifying the values we want to live by in our relationships can be a powerful way to build self-awareness, guide decision-making, boost resilience, and match our actions with what matters most to us. Values guide our choices and the kind of person we want to be. (Sample Values: Honesty, Family, Kindness)

Answer the following on a sheet of paper to help identify what you value in relationships:

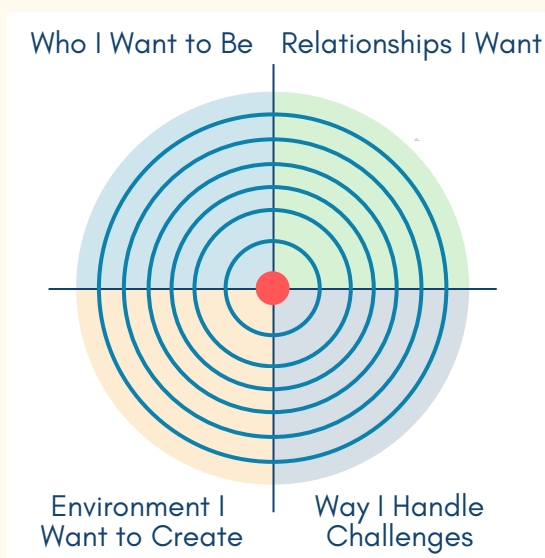
- 1. The Person I Want to Be:** What kind of person do I want to be in my relationships?
- 2. The Relationships I Want:** What do others do that make me like them and trust them?
- 3. The Way I Handle Challenges:** When things get tough, how do I want to handle it?
- 4. The Environment I Want to Create:** The environment is what surrounds us. It can be physical like a home or also a feeling. What environment do I want for those I care about?

STEP 2: How well am I living my values right now with others? (Self-Acceptance)

Review the values you identified in Step 1. On the dart board below place one **X** in each section (four Xs total) to show how closely your daily words and actions match your values in that area of life right now. There are no right or wrong answers - Mark where you feel you are today.

Where do I put the X?

- An **X** close to the center **Bull's Eye** means you are doing a GREAT job being the person you want to be in that area.
- **Xs** farther from the **Bull's Eye** mean you do not feel as good about your actions and want to do a better job living your values in those areas.



Reflect on the following:

1. Who/What has an impact on the values I choose? (ex: family, friends, faith, culture)
2. In recent interactions, were my values clearly visible in my words and actions?
3. What values did I struggle with showing?
4. What barriers (ex: busyness, stress, hunger) seem to get in the way of not living my values?

STEP 3: What small, specific actions will I take this week to be more of the person I want to be with others in my life? (Self-Alignment) (Ex: Because I value my family, I will thank my parents or caregivers for the little things they do for me this week (drive me to sports, make dinners...)).

- 1.
- 2.



RELATIONSHIP VALUES EXERCISE

(GROUP/FAMILY)

Estimated
Time:
45 mins

***Important note for families on next page.**

Purpose: To help groups or families explore our individual and shared values in relationships, understand what influences them, navigate any differences respectfully, and make commitments that support stronger, healthier relationships.

STEP 1: What matters to us in our relationships?

A value is something we believe is really important to live by. Identifying our values can be a powerful way to build self-awareness, guide decision-making, boost resilience, and match our actions with what matters most to us. Values guide our choices and the kind of people we want to be with each other. (Sample Values: Honesty, Respect, Kindness, Humor, Compassion)

Privately reflect on the following and write down your answer on a piece of paper:

- 1. How I Want to Be in My Group/Family:** What kind of person do I want to be with my family?
- 2. Important Group/Family Qualities:** How do I want to be treated by my group/family?
- 3. The Way We Handle Challenges:** When things get tough, how do we want to handle it as a group/family?
- 4. The Way Our Setting/Home Feels:** How do I want our space to feel for ourselves & others?

STEP 2: What are our shared values as a group/family?

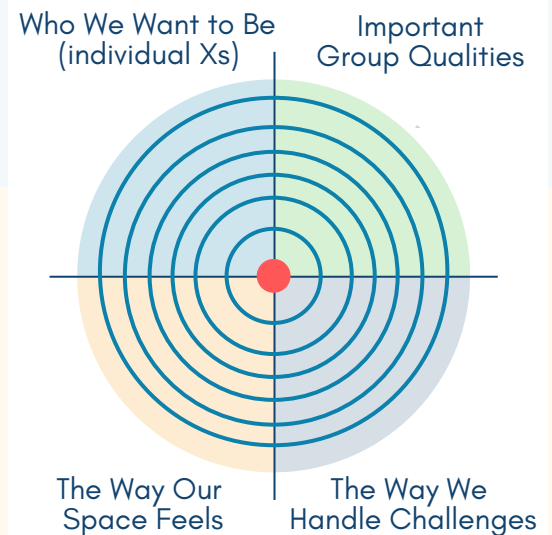
- As a group, ask each member to share their responses to the questions above.
- Capture the ones everyone seems to agree on as they are mentioned on a sheet of paper visible to all group/family members.
- Below the list of shared values, write any unique ones from individuals next to their name so they are noted.
- As a group, discuss what influenced the selection of shared values (culture, faith, other...)

STEP 3: How are we doing as a group living these shared values with one another?

- On the dart board place **individual Xs** in the “Who We Want to Be” section and **one family X** in the other sections to show how closely your words and actions match your values in those areas recently.
- An **X** close to the center **Bull’s Eye** means you are doing a GREAT job being who you want to be while an **X** farther out means you do not feel as good and want to do better.

Our Shared Values

- ...
- ...



STEP 4: What small, specific actions do each of us agree to take this week to express our group/family values more fully? (We value Respect and will speak calmly to one another.)

- 1.
- 2.

IMPORTANT NOTE FOR FAMILIES REGARDING THE RELATIONSHIP VALUES EXERCISE

Please use this exercise at a time when your family is calm, open to hearing each other, and when each member is willing to focus on how they can contribute to strengthening family relationships.

It is not recommended that this tool be used when families are experiencing high conflict or stress or are navigating a crisis. Families should seek the appropriate supports as needed in those times.

Guidelines for families using the activity include:

1. Establish shared norms like no interrupting, take turns, assume good intent, and refrain from criticisms or negative judgments.
2. Offer appreciations of each other.
3. Only speak for yourself.
4. Accept that there may be differences in opinions or values and that is ok.