

Name _____

Period _____

Vocabulary Strong Families Student Worksheet

1. Commitment:

2. Time Together:

3. Appreciation:

4. Communication:

5. Decision Making and Responsibility:

6. Problem Solving:

7. Values and Spiritual Wellness:

Vocabulary Strong Families Teacher Key

1. **COMMITMENT**

Make your family come first. It is an investment of time, energy, spirit, and heart. Beware of the demands of outside interests and work that distract from your most important job--the family.

2. **TIME TOGETHER**

Instead of giving in to the complaint that there just isn't enough time, healthy families view time together as a controllable resource. Family time is a priority and they set aside time for each other.

Healthy families spend a lot of time together playing, working, eating meals, or talking. Is quality time better than quantity of time? Actually, there must be both. The time spent together should be meaningful, but there must also be an adequate amount of time spent together.

* Try having family dates. Think of something fun to do and then invite someone in the family or the entire family to do it with you.

3. **APPRECIATION**

Feeling worthwhile and valuable is one of the most basic human needs. Healthy families express positive feelings for each other and give each other emotional support. When words of praise and encouragement replace fault-finding and belittling, family members and families themselves gain trust and confidence.

4. **COMMUNICATION**

Good communication helps create a sense of belonging in a family and increases understanding and empathy between its members. But strong families stress that good communication doesn't just happen—it takes effort and practice. Effective communication means sharing feelings, not just words.

* Use "I" messages to let others in your family know what you think or how you feel without insulting or criticizing the other person. Start with "I think. . ." or "I feel. . ." Add what you are thinking or feeling (I feel annoyed when you ask me who is on the phone every time I use it.) Explain what you said without blaming or criticizing. ("I guess I just need to feel like I have some privacy.")

5. **DECISION MAKING AND RESPONSIBILITY**

Healthy families, including children, cooperate with each other in making decisions. Explanations for family rules and discipline are clearly communicated. The parents maintain authority in the family, but are flexible rather than rigid. In strong families, all members share household responsibilities. A home is a cooperative effort, requiring everyone to pitch in and help each other. Kids in these families feel more ownership in the family and more pride in their abilities.

6. **PROBLEM SOLVING**

Strong families are not without problems, but they have the ability to surmount challenges when they arise. They have confidence in their ability to meet problems and solve them. They believe in the future and in their ability to be successful as a family.

7. **VALUES AND SPIRITUAL WELLNESS**

Healthy families have strong moral base in values and spiritual beliefs. They have shared goals and ideals about what is important. They have a caring center within that promotes sharing, love and compassion for others which they practice in everyday life.