

EXPECTATIONS

Participating in family activities	Using alcohol
Attending religious services/ observing religion	Getting around - car rides, etc.
Grades and academic performance	Using cannabis
Using other drugs - like stimulants to study	Helping around the house when home
Spending time with friends who use drugs or alcohol	Choosing a career or major
Checking in - letting parents know where you're going and what you're doing	Working at a job (minimum/ maximum number of hours, schedule, etc.)
Smoking cigarettes	Responsible sleep (going to bed, getting up in the morning, etc.)
Taking care of clothes - mending, laundry, etc.	Dating and romantic relationships (sexual activity, cohabitating, respect, etc.)
What parents/ student will pay for	Tattoos, piercings
Healthy eating, exercise	Communication with parents

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VALUES

Open-Mindedness

Fun

Prestige/ Social status

Excitement

Religion/Spirituality

Stability

Belonging to a Group

Purity

Fairness

Safety

Learning/Knowledge

Hard Work

Caring About the Earth

Accepting Others

Academic Achievement

Loyalty

Healthy Lifestyle

Cultural Practices/
Maintaining Tradition

Career Achievement

Love

Altruism/ Caring
for Others

Experiencing
New Things

Independence

Respect for Authority

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