

Walking the walk:

The moderating role of proactive parenting on adolescents' value-congruent behaviors.

THE GIST: We investigated how inside beliefs were related to outside behaviors and how both related to proactive parenting over time. After observing children and parents, we found results suggesting that youth with the most value-consistent behaviors were kids with proactive parents who respected their children and explained the reasoning behind their rules. While proactive approaches like sheltering could be effective at first, showing respect and allowing children autonomy as they get older may yield better results over time.

THE TAKEAWAY: What we value can affect our decisions in other parts of our lives. For example, parents who strongly value education may teach its importance to their children, who may then make choices in other facets of life to support their education. These decisions may include how they treat others, who they choose as friends, and what they do inside and outside of the classroom. Consistent individuals tended to have parents who worked together, showing children respect and teaching them values paired with reason. We should examine the broader family and home environment as other influencers of children's values and behaviors.