

A large, detailed silhouette of a tree with a thick trunk and many branches, filling the background of the page. The tree is rendered in a lighter shade of blue than the background.

Rooted Values
**LIVING OUT THE TRUTH
OF WHO WE ARE**

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“Values are the outflow **OF A RENEWED IDENTITY”**

ROOTED VALUES: LIVING OUT THE TRUTH OF WHO WE ARE

When a child experiences trauma, it doesn't just wound their past — it reshapes how they see themselves and how they interact with the world. Healing isn't about restoring something lost; it's about replacing the false and painful identities that trauma creates with healthy ones grounded in truth. As children learn to believe and accept who God says they are — not what the world or their inner narratives tell them — their sense of identity begins to transform from the inside out.

Values then become the outflow of that renewed identity. They are the visible branches and leaves that grow from the deep roots of truth. Values guide choices, shape relationships, influence how we respond to challenges, and anchor resilience in times of hardship.



WHY VALUES MATTER IN HEALING

Identity tells children who they are. Values show them how to live it out.

Kids Alive integrates biblical values with evidence-based practices like Cognitive Behavioral Therapy (CBT). This unique approach helps children not only heal from trauma but also practice healthy ways of living that promote safety, dignity, and connection.

As children learn to embody values such as faith, perseverance, and love, they begin to rebuild trust, form healthy relationships, and discover the joy of living with purpose.

“...not only heal from trauma
BUT ALSO PRACTICE HEALTHY WAYS OF LIVING..”

EIGHT VALUES THAT TRANSFORM

Drawing from 2 Peter 1:5–9, we guide children in cultivating values that directly counter the wounds of trauma:

- Faith – building hope and optimism that change is possible.
- Integrity – aligning behavior with truth instead of fear or survival responses.
- Understanding – developing perspective and empathy through cognitive flexibility.
- Self-Control – learning to pause, regulate emotions, and choose wisely.
- Perseverance – building grit to endure hardship without destructive coping.
- Devotion to God – anchoring life in transcendent purpose and meaning.
- Brotherly Kindness – practicing healthy relationships through care and compassion.
- Love – embracing self-compassion and the capacity to give and receive care.



VALUES IN PRACTICE

For children overcoming trauma, values aren't abstract ideas. They are concrete, daily practices that change how they think, feel, and act.

When a child has lived in a state of survival, their natural responses often default to fight, flight, or freeze — doing whatever it takes to feel safe. As healing takes root, practicing values becomes a way of retraining those automatic responses. Faith helps a child stay grounded when life feels uncertain. Self-control looks like taking a deep breath instead of lashing out. Love is expressed in kind words, forgiveness, and compassion.

As caregivers and leaders, we are called to model these values first. Children learn most from what we do—not just what we say. When we embody patience, forgiveness, understanding, and kindness, we show them what safe and healthy love looks like — and slowly, those once-instinctive trauma responses are replaced with trust, peace, and connection.

FROM ROOTS TO FRUIT

When values grow from a renewed identity, they produce fruit—lives marked by healing, resilience, and flourishing relationships. Just as a tree with deep roots can withstand drought and storms, children grounded in truth and nurtured by values can weather life's challenges with strength and hope.

This is the vision we carry at Kids Alive: not only to help children recover from trauma, but to see them thrive as whole, resilient individuals who live out the fullness of who God created them to be.



ROOTED VALUES: LIVING OUT THE TRUTH OF WHO WE ARE

Values are the visible outgrowth of a person's core identity—the branches and leaves that flourish from the rooted truth of who we are. These values not only reflect internal transformation but also guide outward behaviors, relationships, and choices. Drawing from 2 Peter 1:5–9, we see a framework of spiritual growth that begins with faith and blossoms into goodness, knowledge, self-control, perseverance, godliness, mutual affection, and love. These values function as both guiding virtues and practical tools for healing—shaping how individuals recover from trauma and rebuild safe, healthy relationships. When consistently practiced, they help children and adults alike live out a renewed sense of purpose and belonging.

BIBLICAL VALUES	COMMON COGNITIVE BEHAVIORAL THERAPY (CBT) BEHAVIORS/TRAITS	EVIDENCE-BASED ALIGNMENT
Faith	Hope and Optimism	Hope and faith help children develop realistic optimism and belief that change is possible. Biblical faith provides a spiritual foundation for therapeutic hope and capacity for growth so that responses are based on their inner identity.
Integrity	Authentic Self-Expression and Behavioral Consistency	CBT aims for behavior aligned with true values rather than trauma responses of fight, flight or freeze. Integrity supports honest self-reflection and consistent, values-based actions.
Understanding	Cognitive Flexibility (Curiosity) and Perspective	A primary CBT goal is recognizing multiple interpretations of situations. Developing a better sense of understanding helps us achieve this goal.

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BIBLICAL VALUES	COMMON COGNITIVE BEHAVIORAL THERAPY (CBT) BEHAVIORS/TRAITS	EVIDENCE-BASED ALIGNMENT
Self-control	Emotional Regulation and Impulse Management	Self-control is a direct match with CBT's focus on coping skills, distress tolerance, and pausing between trigger and response. It is fundamental to trauma recovery.
Perseverance	Grit, Distress Tolerance and Resilience	CBT teaches children that they can survive difficult emotions and situations without destructive coping mechanisms. Perseverance builds the capacity to persist through challenges without destructive coping.
Devotion to God	Meaning-Making and Transcendent Purpose	CBT recognizes that purpose and meaning beyond oneself promotes well-being. Devotion to God provides a transcendent framework for healing, growth and purpose.
Brotherly Kindness	Social Skills and Healthy Relationships	CBT aims to improve interpersonal functioning and secure attachments. Kindness teaches prosocial behaviors that support healthy connections.
Love	Self-Compassion and Capacity for Connection	CBT reduces self-criticism and shame while building relationship capacity. Biblical love encompasses self-acceptance, self-respect, and the ability to give and receive care.



WHO IS KIDS ALIVE INTERNATIONAL?

Kids Alive empowers abused, neglected, and vulnerable children in some of the hardest places. Join us in creating thriving families and communities by sharing hope to children through restorative education, family strengthening, protective care, and justice advocacy.

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