

PRACTISE RELIGIOUS AND MORAL VALUES FOR A HARMONIOUS FAMILY



Adopt a healthy lifestyle towards a harmonious and healthy family

A healthy family is built from sound religious knowledge and practices, love, respect, understanding, tolerance and responsibility. Religious and moral values are important for a well-balanced family life and the well-being of the community.

TOWARDS GOOD SPIRITUAL HEALTH

Practise and observe religious teachings



- Perform deeds with pure thoughts, good wishes and in reverence of God.
- Build your family based on strong religious foundation.

- Perform religious rites accordingly and appropriately.
- Pray for the well-being of family members.

Develop harmony in the family



- Know the roles entrusted to you and perform them conscientiously and to the best of your ability.
- Consult each other before making family decisions.
- Show love, respect and understanding in your family.



Practise divine values in the family

- Show love by being affectionate, respectful, understanding, sacrificial and tolerant.
- Help family members in times of need.
- Uphold family dignity and self-respect.
- Practise moderation in daily living.
- Be patient, truthful, trustworthy and responsible.
- Exercise freedom within defined limits.
- Strive for excellence in this life and the hereafter.

Be open-minded and accommodating to change

- Understand and accept challenges in life.
- Accept and adapt to major life changes.
- Be able to overcome negative influences.



Inculcate positive social values

- Have good relationships with family, friends and community.
- Foster neighbourliness.
- Be involved in social and charitable activities.
- Advocate goodness and prevent evil.

Love Your Family and Honour God



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