

Chapter 6: Building Healthy Relationships

Lesson 1: Building Communication Skills

Words to Know:

- Communication: is the exchange of information through the use of words or actions
- Verbal communication: expressing feelings, thoughts, or experiences with words, either by speaking or writing.
- Nonverbal communication: is expressing thoughts, feelings and beliefs without speaking.
- Body language: posture, gestures, and facial expressions to send messages.
- Tone: The verbal stress that you place on a word or words.
- Tact: The quality of knowing what to say to avoid offending others.

What are the three parts of communication?

- A. sender
- B. receiver
- C. message

Name six different ways to communicate

- A. verbal
- B. non-verbal
- C. body language
- D. written
- E. art
- F. sign language/Braille

Good communication skills

- A. think before you speak
- B. be direct
- C. control your tone of voice
- D. don't speak too fast or too slow
- E. make eye contact
- F. listen
- G. use "I" messages
- H. volume of voice

Listening skills

- A. look at them
- B. use appropriate non-verbal cues
- C. don't interrupt
- D. repeat or rephrase the speaker's thoughts as you understand them

Baby Blues





Lesson 2: Understanding Family Relationships

Words to know:

- Family: the basic unit of society & includes two or more people joined by blood, marriage, adoption, or a desire to support one another.
- Nurture: to fulfill physical, mental/emotional, social needs

Kinds of families and their descriptions

1. Couple: two adults w/ no children
2. Nuclear/traditional: a mother, father, and one or more children
3. Single-parent: one parent and one or more children
4. Blended/step: a parent, a stepparent, and children of one or more children
5. Extended: consists of parents, children, and other family members (ex. grandparents) living together.



What families are for

- 😊 1. Social needs
- 2. Emotional needs
- 😊 3. Physical needs
- 4. Mental needs

Building family relationships

- 😊 1. Show appreciation
- 2. Communicate ideas, information, and feelings
- 😊 3. Spend quality time together
- 4. Get to know your extended family
- 5. Support other family members
- 😊 6. Show respect
- 😊 7. Be responsible
- 8. Follow family rules

Changes and challenges that families face

- 😊 1. Moving
- 2. Job loss
- 3. Separation/divorce
- 4. Illness/accidents
- 5. Death

Changes and challenges that families face

1. Moving
2. Job loss or job change
3. Separation/divorce
4. Illness/accidents
5. Death
6. Birth or adoption of a new sibling

Lesson 3: Your Friendships and Peer Pressure

Words to know:

friendship- a relationship with someone you know, trust and care for

acquaintance- someone you see occasionally or know casually.

compromise- when both sides in a conflict agree to give up something in order to reach a solution that satisfies everyone.

peers- people close to your age who are a lot like you.

peer pressure- is the influence that your friends have on you

assertive response- a response that declares your position strongly and confidently.

Qualities of a good friend

- | | |
|----------------|----|
| 1. Loyal | 5. |
| 2. Trustworthy | 6. |
| 3. etc... | 7. |
| 4. | 8. |

Qualities Of A Good Friend

1. Nice/kind
2. Trustworthy
3. Polite/manners
4. Responsible
5. Loyal
6. Funny
7. Honest
8. Reliable
9. Caring
10. Outgoing
11. Respectful
12. Positive attitude
13. Active
14. Good listener
15. Easy going
16. Does not use peer pressure against you
17. Has good self-esteem
18. Athletic
19. Happy
20. Thoughtful
21. Drug free
22. Similar interests
23. Intelligent
24. Giving
25. Cool
26. strength of character
27. Brave
28. Good refusal skills
29. Sympathetic
30. Sensitive
31. Understanding
32. Self-disciplined
33. Self-confident
34. Positive influence
35. Good self-manager
36. Shares
37. Helpful
38. Non-judgmental
39. Appreciative
40. Optimistic
41. Avoids risk behaviors
42. Fun
43. Fair
44. Forgiving
45. Supportive
46. interesting
47. Good communicator
48. Accepts helpful criticism
49. Good hygiene
50. Prompt
51. Positive self-concept
52. Sets realistic goals
53. Prepared
54. Organized
55. Accepting
56. Good personality
57. Attractive
59. Patient
60. Conscientious
61. Patriotic
62. Grateful
63. Cooperative
64. Self-motivated
65. Ambitious
66. Creative
67. Resourceful
68. Has time for you
69. Good in school (academics)
70. Sets realistic goals
71. Common sense
72. Open minded
73. Not-prejudice
74. Considerate
75. Speak their mind
76. Tactful
77. Religious
78. Gracious
79. Likes you for you



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Personal Responsibility
Language Arts



Lesson 4: Abstinence and refusal skills

Words to know:

risk behaviors- actions or choices that may harm you or others.

abstinence- is refusing to participate in unsafe behaviors or activities.

refusal skills- strategies that help you to say no effectively.

What are some things that you as a teen should abstain from?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.**
- 10.**
- 11.**
- 12.**

Effective refusal skills

- look directly at the person
- say NO clearly and firmly
- give a reason
- use behavior to show what you mean
- encourage the person to choose a healthful behavior instead
- do not change your mind
- broken record
- leave the situation if the pressure continues
- always tell a trusted adult when pressured to do something illegal
- feel good about your self for keeping your commitment to health
- choose friends carefully
- choose your situations carefully
- look to the future

Remember **S.T.O.P.** for developing effective refusal skills

S ay no in a firm voice

T ell why not

O ffer another idea

P romptly leave

Lesson 5: Resolving conflicts at home and at school

Words to know

- conflict: is a disagreement between people with opposing viewpoints
- prejudice: is a negative and unjustly formed opinion, usually against people of a different racial, religious, or cultural group
- non-violent confrontation: means resolving your conflict by peaceful methods
- neutrality: is not taking sides when others are arguing.
- mediation: is resolving conflicts by using a neutral person to help reach a solution that is acceptable to both sides
- negotiation: is the process of discussing problems face-to face in order to reach a solution

How conflicts begin

1. Arguments
 - a. Property
 - b. jealousy
 - c. territory
 - d. values
2. Hurt pride
3. Peer pressure
4. Revenge
5. Prejudice

How can we prevent conflicts

1. Recognize conflict early
2. Control your anger
 - a. exercise
 - b. listen to music
 - c. take a long bath/shower
 - d. pound a pillow
 - e. Talk w/ a friend
 - f. cry
 - g. sit and think
 - h. count to ten

3. Ignore some conflicts
4. Use nonviolent confrontation
 - a. stay calm, plan, stay on subject
 - b. pick the right time and place
 - c. discuss "it" alone
 - d. listen don't interrupt
 - e. look at body language and nonverbal cues
 - f. be positive, avoid insults, blame, etc...
 - g. compromise
 - h. leave if weapons are present

Helping others to avoid fights

- a. stay neutral (don't choose sides)
- b. mediate (help others to work out problems)
- c. negotiate (talk it out, listen, compromise)

