

BUILDING HEALTHY RELATIONSHIPS

Kuna High School

Mr. Stanley

Self Inventory

Self-Inventory

How Do You Rate? Write the numbers 1–10 on a page in your private Health Journal. Read each statement below and respond by writing *yes*, *no*, or *sometimes* for each item. Write a *yes* only for items that you practice regularly.

- | | |
|----|-----------------------------------------------------|
| 1 | I treat others with respect. |
| 2 | I am a good team player. |
| 3 | I am a trustworthy friend. |
| 4 | I often use compromise to resolve differences. |
| 5 | I am willing to work at my relationships. |
| 6 | I communicate well with others. |
| 7 | I am a good listener. |
| 8 | I ask questions if I'm not sure what is being said. |
| 9 | I use eye contact when communicating with others. |
| 10 | I am aware of my own body language. |

Who Matters to you?

- ***A relationship is a bond or connection between people.***
- **All relationships in your life have an effect on you.**

Choosing Relationships

- You have a larger circle from which to choose your relationships.
- ***You can choose people who support and encourage your best qualities.***

Choosing Relationships

- ***You can change or back out of relationships that have a negative influence on your health, your safety, your self esteem or your values.***

Choosing Relationships

- ***Relationship cannot be healthy unless both parties feel valued and wanted.***

Friendship

- A friendship is a significant relationship between two people.
- Friendships are based on
 - Caring
 - Consideration
 - Trust

Friendship

- ***A friend is someone whose companionship you enjoy and can be a source of help when you have a problem.***

Friendship

- ***Friendships***

- ***vary in importance and in how challenging and complicated they are.***

- ***can be hard work.***

Friendship

- ***Many types of Friendships***

- ***Casual***

- ***Close***

- ***Platonic friendships***

Friendship - Casual

- **Casual friends**
 - ***peers with whom you feel socially connected***
 - ***do not fill some of the deeper needs humans have.***

Friendship - Close

□ Close friends

- *fill the deeper needs humans have.*
- *Because you care more deeply for them a close friend may make you angry or hurt.*
- *Losing or having to share a close friend can be painful.*
- *No one owns anyone else*

Friendship - Close

□ With close friends

- You may share how you ***really feel and think with each other.***
- You may trust ***close friends*** with ***your secrets.***
- You may go to ***close friends*** when you are ***hurting, confused or in trouble.***
- Close friends may give you ***honest criticism and encourage you to apologize or be accountable for your mistakes.***

Friendship - Platonic

- ***Platonic Friendships is a relationship with a member of the opposite gender in which there is affection but no sexual activity.***

Questions

1. How do casual friendships differ from close friends?
2. Why is it important to have both casual and close friends?

Friendship

- Friends

Questions

3. What are your feelings about this film? Why?
4. How did it make you feel? Why?
5. Why do people act that way?
6. What would you have done if you were the little kid? Why?
7. What would you hope the other people would do in this situation? Why?

Family relationships

- You probably turn to someone in your family when you are sick or injured or need food clothing or just a hug.
- ***Family relationships provide the strongest bonds with others...they last a lifetime.***
- ***Parent and guardians provide***
 - ***love and care for their children***
 - ***teach values and give guidance***

Relationships in the community

- What are some relationships that extend beyond family and friends?

Teachers

School administrators

Coaches

Parents friends

Brother and/or Sisters friends

Students in your classes

Members of your team

Members of your club

The person at chevron

The person at the coffee shop

People at church

Your many roles

- A ***role is a part that you play*** , especially in a relationship. These roles have responsibilities.

What are some roles you have in your relationships?

What are some of the responsibilities you have in these roles?

- ▣ Some roles are clear cut....some roles switch suddenly or change gradually.

Question

- 8. List 3 roles and responsibilities that change *suddenly*.**
- 9. List 3 roles and responsibilities which change *gradually*.**

Healthy Relationship

- A healthy relationship consist of the ways in which they relate to each other.
- For a relationship to succeed certain traits must be present.
 - ▣ Cooperation
 - ▣ Compromise

Cooperation

- Cooperation is working together for the good of all.

What are some examples of cooperation?

Compromise

- ***Compromise is the result of each person giving up something in order to reach a solution that satisfies everyone.***
- Compromise helps a relationship to run smoothly
- What are some examples of compromise?

Compromise

- ***Compromise strengthens a relationship.***
- ***You can learn the skills of compromise through practice.***
- ***you must be willing to give up something in order to reach a solution.***

Other traits of a healthy relationship

- ***Respect - mutual respect is important in friendship.***
 - ▣ Friends may not agree on all issues such as religious views, but they can show respect for the others viewpoint.
- ***Acceptance - No one is perfect.***
 - ▣ Accepting others and being accepted leads to strong, healthy relationships.

Other traits of a healthy relationship

- ***Honesty - Relationships are built on honesty.***
 - ▣ Lying about your actions or your feelings can tear relationships apart.

- ***Trustworthiness - friends trust each other.***
 - ▣ If you trust someone, you know they won't do anything to hurt you.

Other traits of a healthy relationship

- ***Dependability - a dependable friend is there when you need someone.***
 - ▣ You can anticipate receiving the person's help.
- ***Loyalty - a strong feeling of support or allegiance.***
 - ▣ A loyal friend speaks kindly of you even when you are not around.

Other traits of a healthy relationship

- ***Empathy - the ability to share another persons feelings of thoughts.***
- If a friend feels sad because of a loss, for example “you feel for” the person, sharing his or her sadness as well.

Making Responsible Decision

Making Responsible

Decisions

Confronting a Friend

Carlotta and Sondra have been close friends for several years. Lately, though, Sondra has noticed a change in Carlotta. The two friends used to meet at their lockers after school. Twice in the past week, Carlotta had



told Sondra she would be there, but then hadn't shown up. The last time it happened, Sondra walked home

alone. The next day, she heard from another friend that Carlotta had been telling

people that Sondra was "boring." What should Sondra do?

What Would You Do?

Apply the six steps of the decision-making process to Sondra's problem.

- 1. State the situation.**
- 2. List the options.**
- 3. Weigh the possible outcomes.**
- 4. Consider your values.**
- 5. Make a decision and act.**
- 6. Evaluate the decision.**

Questions

10. Explain some of the different roles people play in relationships.
11. Describe relationships in a community.
12. Tell why compromise is an important trait in a relationship.
13. Explain how the trait of empathy adds to your relationship.
14. Why are relationships so important to your health?
15. Name 3 traits of a healthy relationship.