Chapter 6 Skills for Healthy Relationships

\*You may have many types of relationships in your life, and you play a different role in all of them\*

**Relationship-** is a bond or connection you have with other people

-Not only romantic relationships, you have relationships with family members, friends, teachers, classmates, and community

-All of these can affect you in a positive or negative way.

**Relationships with Family**

Some of the most important relationships in your life are with family members (parents, guardians, brothers, and sisters)

You also have other relationships with family members such as\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

These relationships are so special because they usually last a lifetime.

**Healthy family relationships strengthen every side of your triangle.**

**Physical-** parents and guardians take care of your physical needs food, clothing, shelter

**Mental/emotional**- they love care and give you encouragement

**Social**- they teach you values and social skills that guide you in all of your relationships

**Relationships with Friends**

**Friendship-** is a significant relationship between two people that is based on trust, caring and consideration.

You may have many friends your age, you may choose your friends because they have the same interests, values, or maybe they live nearby.

They can have a positive influence on your self-esteem and can help you resist harmful behaviors.

**Relationships in your Community**

**Citizenship-** the way you conduct yourself as a member of the community.

-Being part of a community has a positive impact on every aspect of health

-Being a good citizen means working to strengthen your community by obeying laws, being friendly, and improving living spaces.

**Role-** is a part you play in your relationship, throughout the day you can play many roles with different people

**Traits of Healthy Relationships**

* **Mutual respect-** you treat other people with respect and they treat you with respect in return
* **Caring-**  you treat other people with kindness and consideration, showing empathy in difficult times
* **Honesty-** you are honest and open with others rather than concealing your thoughts, feelings, and actions
* **Commitment-** you contribute and work to the relationship to keep it strong, even if it means sacrifices.

**Skills for Building Healthy Relationships**

**Communication-** its important to learn effective communication skills so you can express your thoughts, and feelings

**Cooperation-** working together for the good of all. This means cooperating with others to reach a common goal.

**Compromise-** problem solving method in which each participant gives up something to reach a solution.

**Character and Relationships**

**Trustworthiness-**

**Respect-**

**Responsibility-**

**Fairness-**

**Caring-**

**Citizenship-**

**Respecting Yourself and Others**

\*Having self -respect is an important foundation for developing and maintaining healthy relationships\*

Strong values creates strong relationships

**-Listen to other people-**be willing to hear and consider others points of view even if you disagree

**-Be considerate**- before you act speak, consider how others may feel

**Develop mutual trust**- be honest and dependable

**-Be realistic in expectations**- you can’t always be everyone’s top priority

**Prejudice**- is an unfair opinion or judgement of a particular group of people

**Stereotype-** an exaggerated or oversimplified belief about people who belong to a certain group

**Tolerance-** ability to accept others differences

**Bullying-** deliberately harming or threatening other people who cannot easily defend themselves

**Hazing-** making others perform certain tasks in order to join a group

**Communicating Effectively**

**Aggressive-** overly forceful, pushy, or hostile

**Passive-** unwilling or unable to express thoughts and feelings in a direct or firm manner

**Assertive-** expressing your views clearly and respectfully.

**“I” Message-** statement that focuses on your feelings rather than on someone elses behavior

**Active listening-** paying close attention to what someone is saying and communicating

**Don’t interrupt, show interest, restate what you hear, ask questions, show empathy**

**Nonverbal Communication**

**Body Language-** is a nonverbal communication through gestures, facial expressions, behaviors and posture

**\*Offering constructive feedback can improve your relationship with others\***