**Chapter 8 Peer Relationships**

**Attribute-**  a quality or characteristic (You will have many of these in your friendships)

-

-

-

-

**Casual Friendship-** someone you share interests with but not a deep emotional bond.

**Close Friendship-** you have strong emotional ties to each other

**Platonic friendship-** a friendship with a member of the opposite gender in which there is affection but the two people are not considered a couple ( these help you become more comfortable with the opposite gender)

**Online Friendships-** These can be great to meet people from all over the world but can be DANGEROUS! A person who claims to be your age may actually be an adult. When communicating online keep these in mind!

-

-

-

-

**Building Strong Friendships**

Based on Mutual Respect, caring, honesty, commitment.

\*\*Friends can reinforce your values and motivate you additional traits of positive friendship include:

-**Empathy:**

**Fairness:**

**Shared Interests:**

**Acceptance:**

**Support:**

**Loyalty:**

**Recognizing Problems in Friendships**

**Clique-** a small circle of friends, usually with similar backgrounds or tastes who, who exclude people viewed as outsiders.

**Peer Pressure and refusal skills**

**Peer Pressure-** the influence that people your age may have on you (Can be positive or negative)

-Positive- your friends may inspire you to try a new activity Such as:

**Negative Peer Pressure-** this can be taking part in behaviors or accepting beliefs with negative consequences. Ex members of a clique may be disrespectful toward people they don’t consider to be in their groups.

**Harassment-** persistently annoying others (Name calling, teasing, or bullying)

**Manipulation**- this is an indirect dishonest way to control or influence other people.

- -

- -

- -

**Resisting Negative Peer Pressure**

**-**Develop friendships with people who share your values and interests, friends who respect your health and well-being will be less likely to pressure you into doing something that goes against your values.

**Assertive Refusal-** when you practice assertive communication, you state your position and stand your ground while acknowledging the rights of others.

**Refusal Skills**

1. State your position-
2. Suggest Alternatives
3. Stand your ground

**Practicing Abstinence**

**Priorities-** are goals, tasks, values, and activities that you judge to be more important than others

**Intimacy-**  is a closeness between two people that develops over time

**Infatuation-** exaggerated feelings of passion

**Self- Control-** a person’s ability to use responsibility to over ride emotions

**Avoiding Risk Situations**

**-Avoid places where alcohol and other drugs are present**

**-Avoid being alone with a date at home or in an isolated place**

**Effects on Physical Health**

**Sexually Transmitted diseases (STD’s)** are infectious disease spread from person to person through sexual contact.

**Unplanned Pregnancy**:

**Effects on Mental/Emotional Health**

**-**

**-**

**-**

**-**

**Effects on Social Health**