

Healthy versus Unhealthy Dating Relationships

Many people experience their first dating relationships during their teenage years. Learning how to distinguish between healthy and unhealthy dating relationships is an important skill. Read the following stories about teenagers and their dating relationships. Decide whether each couple seems to have a healthy or unhealthy dating relationship, and then explain how you came to that conclusion.

1. Chris and Hannah have been dating for three months. Hannah really likes Chris, but he's been acting jealous lately. Every day, he asks whom she is texting and gets upset if it's one of her male friends. Last week Hannah's friend Blake gave her a ride to the football game, and Chris was so angry he wouldn't speak to her for the rest of the night.

A. Is this dating relationship healthy or unhealthy? _____

B. Why? _____

2. Kai and Andy are involved in a lot of extracurricular activities, but they try to support each other as much as they can. Kai attends as many of Andy's baseball games as her busy rehearsal schedule allows; and when Kai was the lead in the school play, no one cheered louder for her than Andy.

A. Is this dating relationship healthy or unhealthy? _____

B. Why? _____

3. When Easton and Abby started dating last May, they had an open, honest discussion about how much time they should spend together. While they enjoy each other's friends, they decided that they should both make time to hang out with their friends alone. Last Friday, Easton went to a hockey game with his friends, while Abby had two of her friends over to watch a movie. On Saturday, the couple went out for ice cream together.

A. Is this dating relationship healthy or unhealthy? _____

B. Why? _____

4. Each morning, Owen leaves the house early so he can pick up his girlfriend, Katie, on his way to school. He tries to give Katie thoughtful gifts and do nice things for her, such as offering her rides because she doesn't have a car. Lately, though, Owen has been feeling like he's just Katie's chauffeur. When she forgot his birthday last week, his feelings were really hurt.

A. Is this dating relationship healthy or unhealthy? _____

B. Why? _____

Resolving Conflict

Conflict is a normal part of everyday life, and it is not always bad. Engaging in conflict can have positive outcomes for yourself and your relationships. Understanding conflict—including what causes conflict and how best to prevent and resolve conflict—is important in developing and maintaining healthy relationships with others. For each scenario described below, explain how a resolution might be achieved.

1. Vincent's friend Jamey is having a party at his house on Saturday. Vincent knows, however, that his parents think Jamey is a negative influence and will not let him go. Jamey drinks alcohol, smokes marijuana, and occasionally skips classes at school. When Vincent approaches his parents about attending the party, they tell him that they will not discuss the matter and that they don't want Vincent to interact with Jamey outside of school. Vincent gets angry, leaves the room, and goes to his bedroom, slamming the door. What can Vincent and his parents do to resolve this conflict?

2. Mariska and George have been dating for a year. Mariska is involved in several extracurricular organizations and activities, and she finds it hard to spend quality time with George as well as her friends amid her hectic schedule. One afternoon, George tells Mariska that he is not happy with the way their relationship has been going. He irritably delivers an ultimatum: "You will reevaluate your priorities, or I will break up with you." What can George and Mariska do to resolve this conflict?

3. Steve and Jack are in the same trigonometry class. While Jack is doing exceptionally well in trigonometry, Steve is exasperated because he has been struggling to understand the material. Because Steve sits next to Jack in class, he asks Jack to let him copy his answers to the test questions. Jack replies, "Are you serious? I'm not jeopardizing my college scholarship so you can cheat, loser." Steve angrily tells his friend, "Thanks a lot. I'd help you out if you needed it." He gathers his books before issuing a sullen good-bye and leaves. What could Steve and Jack have done to resolve this conflict?

4. Marguerite's parents have asked her to babysit her 12-year-old sister on Saturday night so they can go out for a movie and dinner. Because of their busy work schedules, Marguerite's parents have not gone on a "date" or otherwise spent much time together for the past five months. Marguerite explains that the boy she likes at school has finally asked her for a date—on Saturday night. She is concerned that if she cancels the date, she will not be asked out again. "I always get stuck babysitting," Marguerite complains. What can Marguerite and her parents do to resolve this conflict?

Understanding Conflict Notes:

Vocabulary: During the lecture, fill in the definitions to the following terms.

Escalate: _____

Aggressive: _____

Assertive: _____

Compromise: _____

Mediation: _____

Mediator: _____

What is Conflict?

-Conflicts occur when _____

_____ . Conflicts also occur when people or groups

have _____ .

-Conflicts that last a while often escalate.

-Causes of Conflicts include:

* _____

* _____

Why People Worry?

- _____

-Reality: Could _____ through working through conflict.

***When people decide to work through conflict it shows _____ to the relationship.

Strategies for Resolving Conflict....

* _____

* _____

* _____

* _____

* _____ ;

* Be _____ ;

* _____ **** Avoid being Aggressive.

What if that doesn't Work?

*Seek Outside Help

* _____

* _____

* _____
