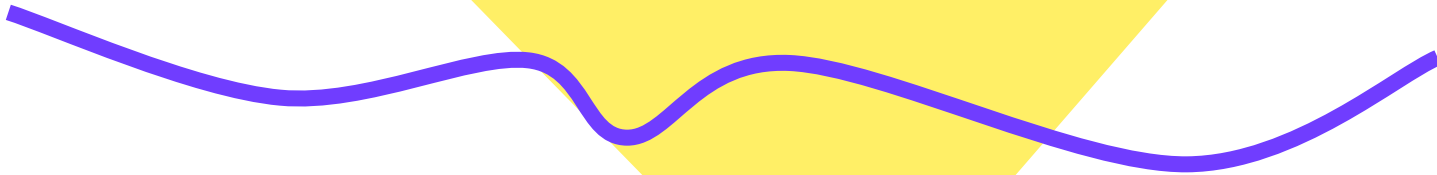




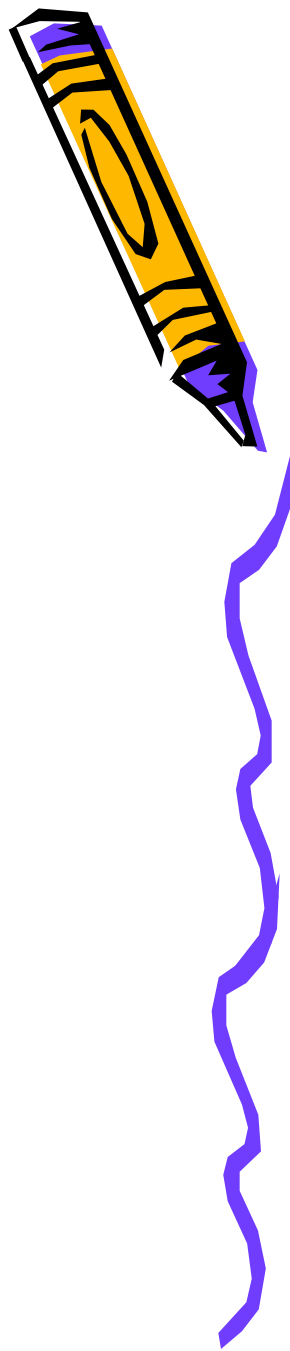
# Building Healthy Relationships

Wellness 1  
Mrs. Gunderson



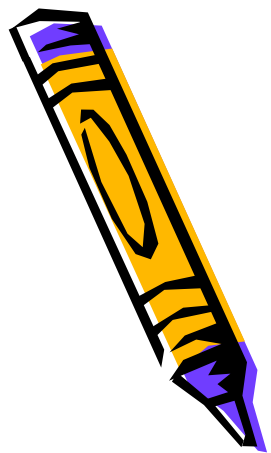
# Choosing Relationships

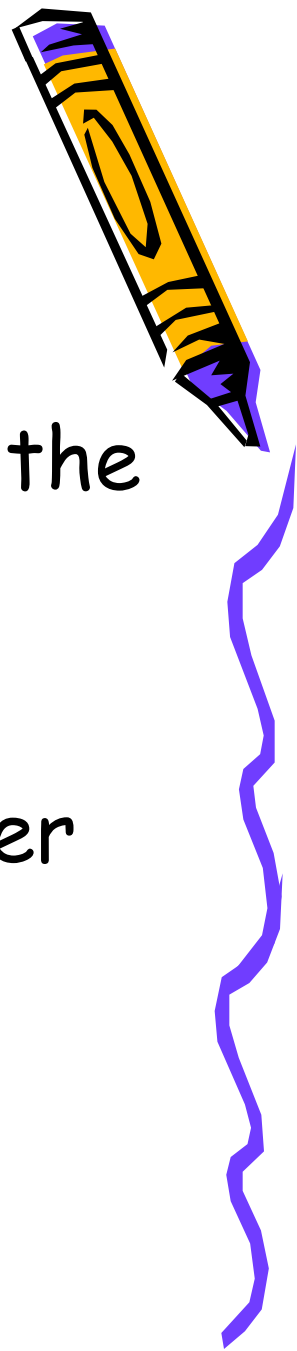
- Relationship: a bond or connection between people
- Friendship - a significant relationship between two people based on caring, consideration, and trust
- Family relationships provide the strongest bond with others.



# Your Many Roles

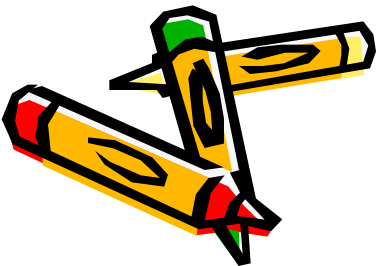
- A role is a part that you play.
  - Sister, brother, daughter, son, member of the football team, a student, an employee, a church member, boyfriend, or girlfriend
  - Sometimes the roles you play are clear cut.





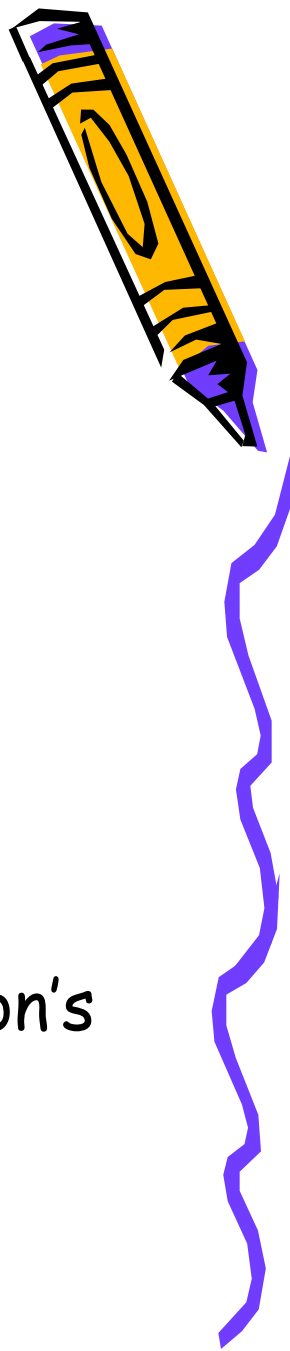
# The Healthy Relationship

- Cooperation: working together for the good of all
- Compromise: the result of each person's giving up something in order to reach a solution that satisfies everyone



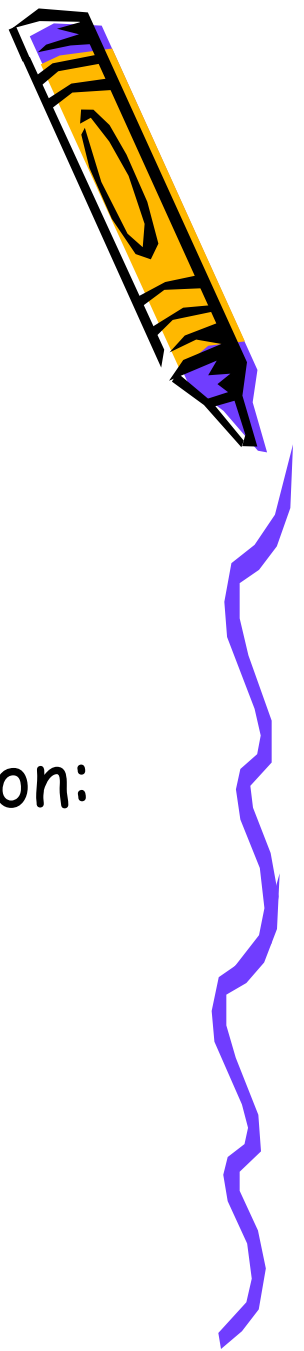
# Other Traits of a Healthy Relationship

- Respect
- Acceptance
- Honesty
- Trustworthiness
- Dependability
- Loyalty
- Empathy: the ability to share another person's feelings or thoughts



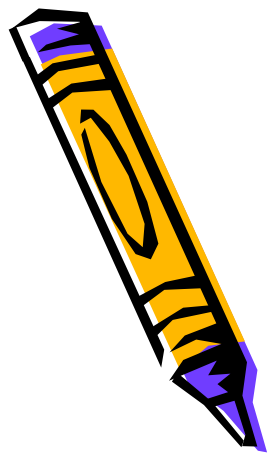
# Communication

- A process through which you send messages to and receive messages from others
- 3 basic skills for effective communication:
  - Speaking
  - Listening
  - Body Language



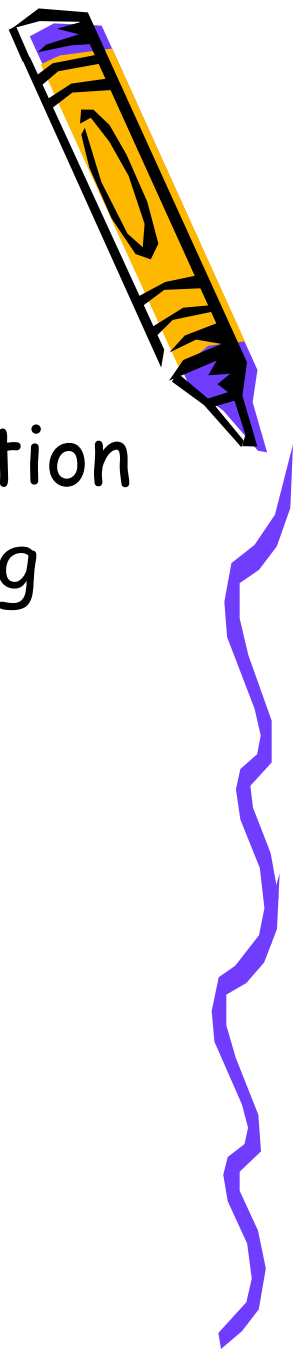
# Communication

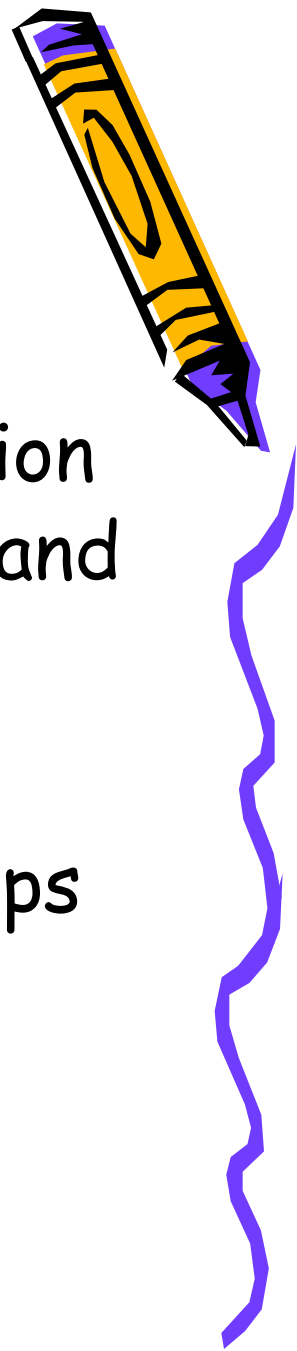
- "I" message: a statement in which a person tells how he or she is feeling using the pronoun "I"
- 80% of our waking hours are spent communicating.
- We only retain 30% of what we hear in a ten minute presentation.
  - This drops even lower after 48 hours.



# Communication

- Active Listening: really paying attention to what someone is saying and feeling
- Reflective Listening
- Clarifying
- Encouraging
- Empathizing





# Nonverbal Communication

- Body Language: nonverbal communication through gestures, facial expressions, and behaviors
- Most is subtle.
- Being aware of your body language helps you make sure you are sending the messages you intend.



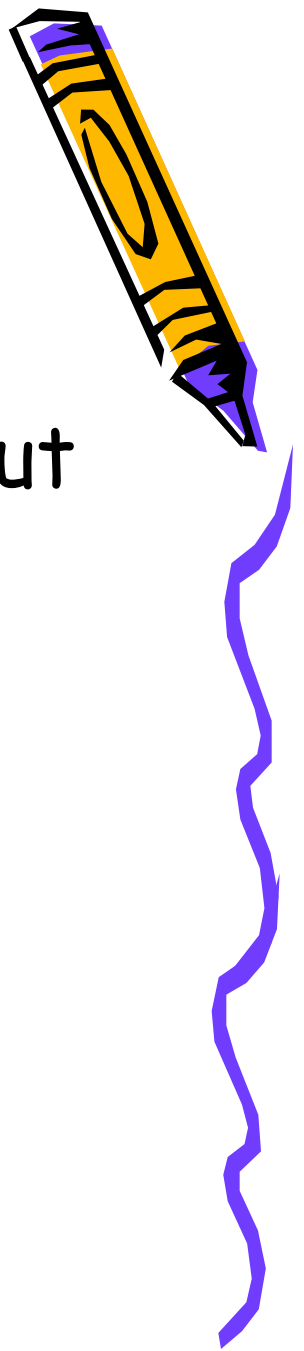
# Barriers to Effective Communication

- Unrealistic expectations
- The need to project a tough or superior image
  - Identity: a sense of who you are and your place in the world
- Prejudice: an unfair opinion or judgment against a particular group of people



# Constructive Criticism

- Non-hostile comments that point out problems and have the potential to help a person change
- Giving feedback can be helpful to your relationship.
- Avoid attacking the other person.



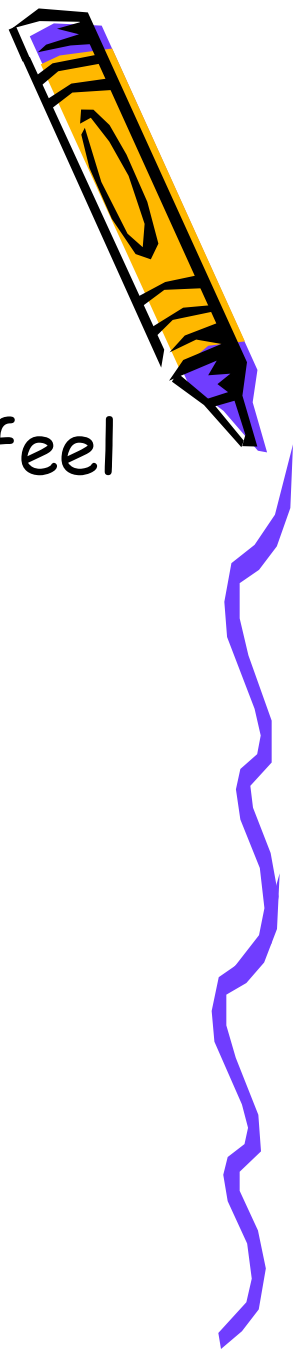
# Compliments

- Complimenting another person is a way of acknowledging his or her self worth.
- Unlike other forms of communication, compliments are not done with an expected response.
- Some compliments are self-effacing and may come at the expense of your own pride.



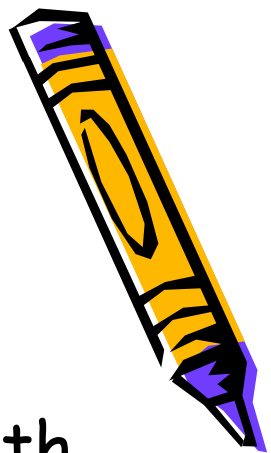
# Friendships

- Casual friends are peers with whom you feel socially connected.
- Close friends share what they are really feeling and thinking.
- Platonic friendship: a relationship with a member of the opposite gender in which there is affection but no sexual activity



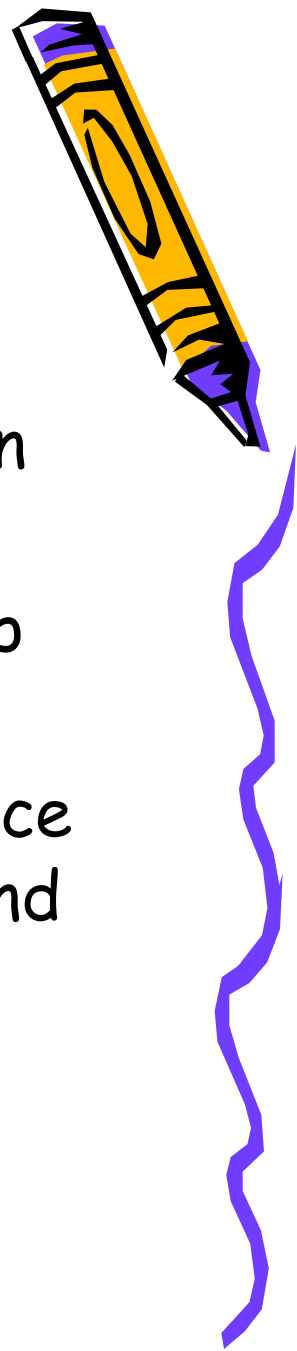
# Cliques

- A small, narrow circle of friends, usually with similar backgrounds and tastes, that excludes people they view as outsiders
- One of the most negative aspects of cliques is that they can have prejudiced beliefs and actions.
- Stereotype: an exaggerated and oversimplified belief about an entire group of people



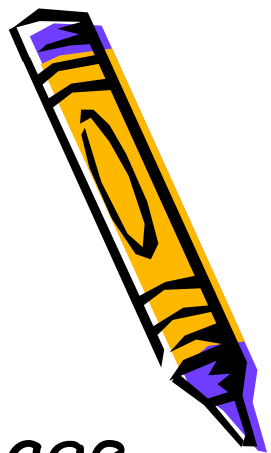
# Responsible Relationships

- Infatuation: exaggerated feelings of passion for another person
- Dating often leads to an ongoing relationship with one person.
- It is important to remember that adolescence is a time of trying different relationships and roles.
- Not all teens date.



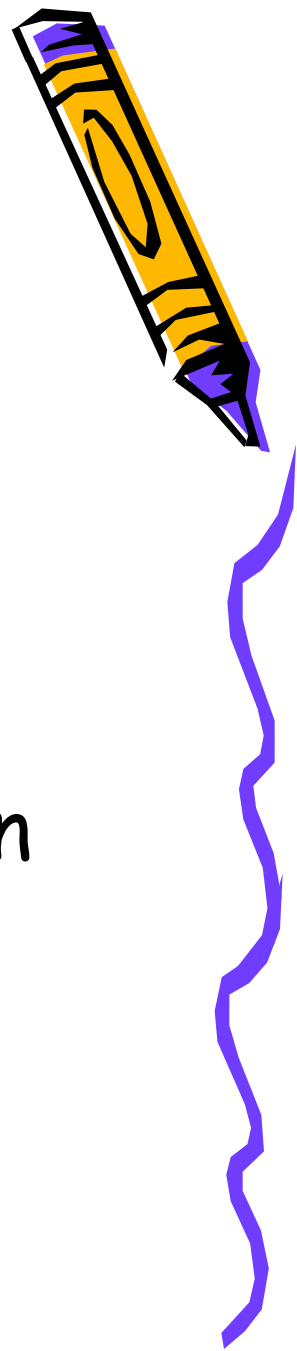
# Peer Pressure

- The control and influence people your age may have over you
- Manipulation: a sneaky or dishonest way to control or influence others
- Being passive means giving up, giving in, or backing down without standing up for your own rights and needs.



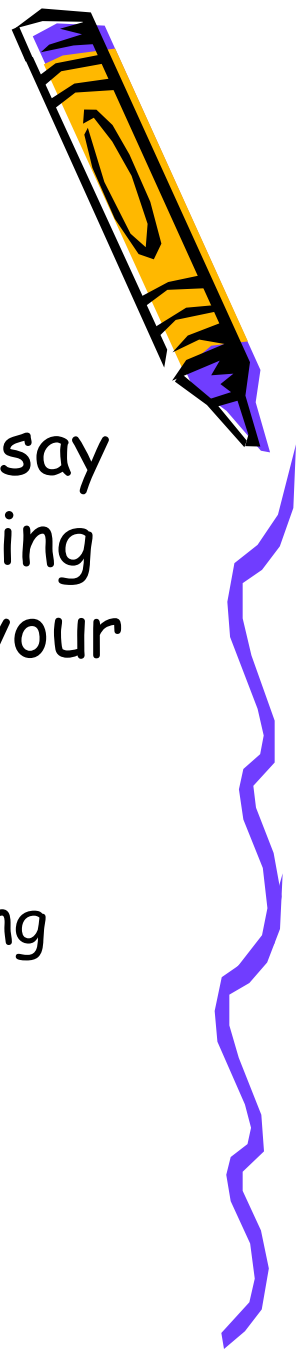
# Peer Pressure

- Aggressive: overly forceful, pushy, hostile, or otherwise attacking in approach
- Assertive: standing up for your own rights, in firm but positive ways



# Refusal Skills

- Techniques and strategies that help you say "no" effectively when faced with something that you do not want to do or is against your values
  - 1. State your position simply but firmly.
  - 2. Suggest alternatives to the behavior being proposed.
  - 3. Back up your words with actions.



# Conclusion

- Use these skills to help maintain good relationships with everyone in your life - close and distant, present and future.

