# Lesson 9.1: Healthy Relationships

## Vocabulary Review Worksheet

1. Relationships
2. social
3. healthy relationship
4. unhealthy
5. communication
6. Verbal
7. Nonverbal
8. active
9. passive
10. aggressive
11. Passive-aggressive
12. Assertive

## Note-Taking Guide

**Relationships**

1. Relationships are connections between people.

**Healthy Relationships**

2. healthy

3. honesty; mutual respect; trust; individuality; good communication; empathy; support

**Unhealthy Relationships**

4. unhealthy

5. controlling behavior; disrespect; dishonesty; lack of communication; constant fighting

**Communication Is a Two-Way Street and Verbal and Nonverbal Communication and Active Listening**

6.

First box: Communication involves the exchange of information (thoughts, feelings, beliefs, etc.) between two or more people. It is a two-way street because you must be able to both talk and listen for communication to be effective.

Second box: Verbal communication

Third box: Nonverbal communication

Fourth box: Active listening involves giving your full attention to the speaker and actively showing verbal and nonverbal signs that you are listening.

***I* Messages**

7. responsibility; behavior; because; alternative, compromise

**Communication Styles**

8. passive communication; aggressive communication; passive-aggressive communication; assertive communication

**Communicating Through Text Messages and Social Media**

9. Answer should include two of the following:

* Pictures posted on social media can tell a different story than what really happened or what you told others you were doing
* Snapchat posts can be screenshotted and last forever
* Nonverbal language can’t be seen
* Tone of voice can’t be heard

# Lesson 9.2: Family Relationships

## Vocabulary Review Worksheet

1. Family
2. physical
3. Emotional
4. Mental
5. social
6. social norm
7. sibling rivalry
8. awareness

## Note-Taking Guide

**Family**

1. There are 11 possible answers. Students need to list and describe six of the following types of families.

* Nuclear families have two biological parents and their children.
* Single-parent families have one adult and at least one child.
* Multigenerational families consist of three or more generations living together.
* Extended families consist of a household that includes near relatives, such as grandparents, aunts, or uncles, in addition to the parents and children.
* Adoptive families usually consist of two adults and at least one child who has been adopted.
* Foster families usually consist of two adults and at least one child who is living with the adults on a temporary basis.
* Never-married families have two adults who are not married but live together and have at least one child.
* Blended families include children of a previous marriage of one or both spouses.
* Grandparents as parents happen when the grandparents take over the primary role of raising a child or children.
* Childless families consist of two adults who do not have children.

**Family Needs**

2.

First box: Met when families have shelter, food, clothing, and medical care

Second box: Emotional needs

Third box: Mental needs

Fourth box: Met when family members can communicate with each other, get along, accept responsibility, and respect each other’s rights and individuality

**Social Norms**

3. rule, behavior

4. standards, within a specific

5. Student answers will vary. Possible answers include how to share, work together, wait your turn, and get to class on time and completing your homework before class. Different teachers have different norms in their classes.

**Guardian Relationships**

6. Any three of the following:

* Open and comfortable talking about difficult subjects.
* Developing independence and confidence by being supported.
* Being honest about what you are doing and who you will be with can act as a buffer against potential negative peer influences, especially if they tell you, you can’t do something.
* Having a sense of consistency and predictability knowing the rules and expectations.

**Sibling Relationships**

7. emotional; psychological

**Changes to the Family**

8. Students should list four of the following:

* Divorce
* Guardian may get married
* Blended family
* Moving
* Financial problems
* Illness and disability
* Death of a family member
* Substance use disorder

# Lesson 9.3: Friendships

## Vocabulary Review Worksheet

1. emotional
2. acquaintance
3. virtual
4. jealousy
5. drama
6. Gossip

## Note-Taking Guide

**Types of Friendships**

1.

* Best friends: People you spend your time with and share everything with, both good and bad
* Acquaintances: People you don’t know well and talk to only in the class you have together
* Casual friends: People with whom you have activities or friends in common but don’t have an emotional connection with
* Virtual friends: People you know only virtually through social media or gaming

**What It Takes to Be a Close Friend**

2.

* Loyal: They will be your friend even when you aren’t being a very good friend back.
* Honest: They will tell you what you need to hear, even if you don’t really want to hear it.
* Communicates well: Being able to talk to and listen easily with your close friend is important.
* Apologizes when wrong: It is very important to apologize when you have done something wrong.

**When Friendships Have Problems**

3. social media; jealousy; drama

4.

Social media: Feeling left out of things you aren’t a part of that are being posted on social media or a fight you are having being posted on social media

Jealousy: Competing with your friend or comparing yourself to another person

Drama: Spreading rumors about another person that aren’t true or they didn’t want shared, trying to get attention, trying to gain power, or trying to get revenge on someone

**Healthy Ways to Express Love in a Friendship**

5.

* Be there for them when they need you.
* Tell them how much they mean to you.
* Show them social media love by posting a picture or a memory the two of you have.
* Celebrate their accomplishments by sending a handwritten card or a gift.
* Do something you’ve always talked about doing but never have.
* Be a loyal and caring friend every day. Make sure they know, through good times and bad, they can count on you.

# Lesson 9.4: Dating Relationships

## Vocabulary Review Worksheet

1. Dating
2. attraction
3. love
4. sexting
5. intimacy
6. emotional
7. Physical
8. boundaries

## Note-Taking Guide Answer Key

**Healthy Dating Relationship Characteristics**

1. Student responses will vary. The student must choose two of the following healthy dating relationship characteristics and explain why they are important to them: trust, honesty, good communication, mutual respect, like each other, attracted to each other, individuality, stability, safe, or equality.

**Unhealthy Dating Relationships**

2.

Box 1: neglect; family

Box 2: communicate; conflicting

Box 3: status; legal

**Dating Emotions**

3.

*Infatuation* is a step in the process of getting to love. It is often characterized as an intense but short-lived passion or admiration for someone, so there is a sense of excitement, newness, and often rapid development in the relationship in a very short amount of time.

*Love* is a complex emotion that involves intense feelings of affection and is often explained as involving chemistry, closeness, and commitment with your partner:

4.

*Chemistry* is the electricity or magic you feel when you meet someone and are instantly attracted to them. It’s that nervous, anxious, awkward way you behave when you’re around someone you’re attracted to.

*Closeness* happens after you are dating for a while. You share secrets, develop trust, and really feel like you know each other. This is when you may begin to think you love the person you are with.

*Commitment* is about staying together even if you are having a difficult time. Maybe you had a big fight and things were said that were hurtful, but even though it was difficult, you were able to talk through it and stay together.

**Family Influences on Dating Relationships**

5. age to start dating; what your curfew will be; where you can or can’t go on a date; who is going to drive; whether guardians are happy or argue

**Online Relationship Communication**

6. Student response could include: not responding fast enough; not responding the way you wanted them to.

**Inherent Risks of Online Dating Websites and Apps for Teens**

7.

*Dos of online dating: three of the following*

* Turn off your phone’s built-in GPS locator when using a dating website so that your location can’t be tracked through your phone.
* report offensive or negative online conversations or pictures someone sends you to the website’s administrator and to your guardian
* keep private information private
* be yourself online
* assume the person you are chatting with may not be who they claim to be

*Don’ts of online dating: three of the following*

* Don’t give out your real name, address, date of birth, the school you go to, or where you work
* Don’t give out information that can identify who you really are, because someone could steal your identity
* Don’t meet online friends offline alone
* Don’t engage in sex talk or send sexual pictures.

**Sexting**

8. Sexting is sending photos or videos containing nudity or seminudity or that show or simulate sex acts; it also refers to text messages that discuss or propose sex acts.

9. arrests; jail time; fines; designation of sex offender

**Dating Relationships: Intimacy and Boundaries**

10. Intimacy involves feelings of emotional closeness and connectedness with another person.

Boundaries are about determining what behavior you will accept from others and what you will not.

**Abstinence**

11. Advantages: no health risks; choose to be abstinent whenever you want; free and available; nothing to feel guilty about; nothing to hide from anyone; want to wait until you are ready; honor your personal, moral, or religious beliefs

Challenges: sometimes hard to abstain from having sex, may be pressure from your partner or friends to have sex

**Refusal Skills**

12. Student response should include a verbal and nonverbal example.

**Breaking Up**

13. Student response but should include: hurtful to the other person; if done on social media it is public and everyone will know; more difficult for the person to ask questions and get answers from the person breaking up with them; etc.

**Developing and Maintaining Reproductive and Sexual Health**

14.

Physical risks can include becoming pregnant or contracting a sexually transmitted disease (STD).

Sexually transmitted diseases (STDs) are also referred to as sexually transmitted infections or STIs and are passed from one person to another through unprotected sexual activity.

Social risks may involve feelings of not belonging or not being “normal” if teens are comparing their own sexual activity or lack of sexual activity to what their peers may say they are doing or what they see in social media. Teens may have unrealistic expectations of how their relationship might be after having sex. The relationship may change or end, resulting in possible depression.

Mental health risks include possible anxiety about the consequences or about being pressured to be sexually active. Depression may also be a factor if an individual feels guilty about being sexually active.

Emotional risks and consequences can include not having the emotional maturity to manage a sexual relationship, which can be damaging to teens’ self-esteem.

# Test Your Knowledge

1. c. acquaintances, casual friends, close friends, virtual friends

2. b. abstinence

3. a. nonverbal

4. c. feeling safe with each other

5. d. spreading false rumors

6. a. social health

7. c. Your friend tells you when something you’re doing isn’t right.

8. b. sibling

9. b. alternative or compromise

10. a. emotional intimacy