

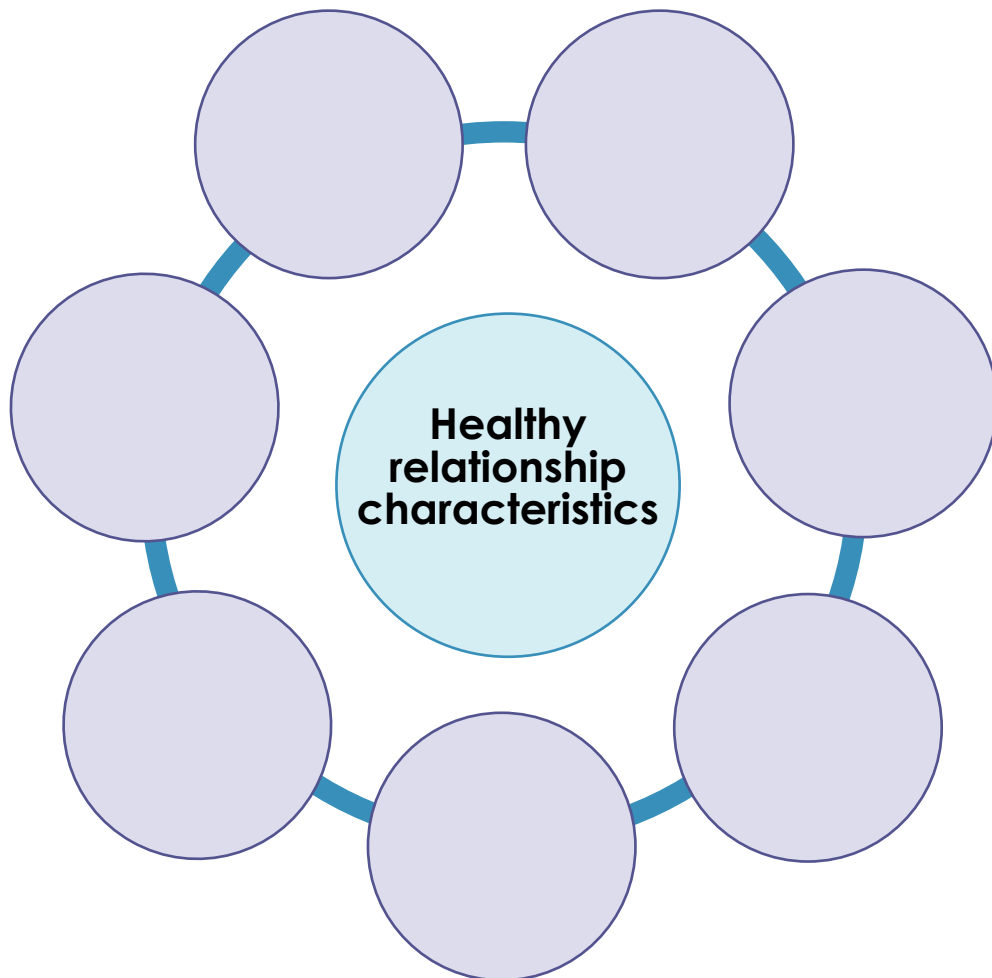
Relationships

1. Define the term *relationships*.

Relationships:

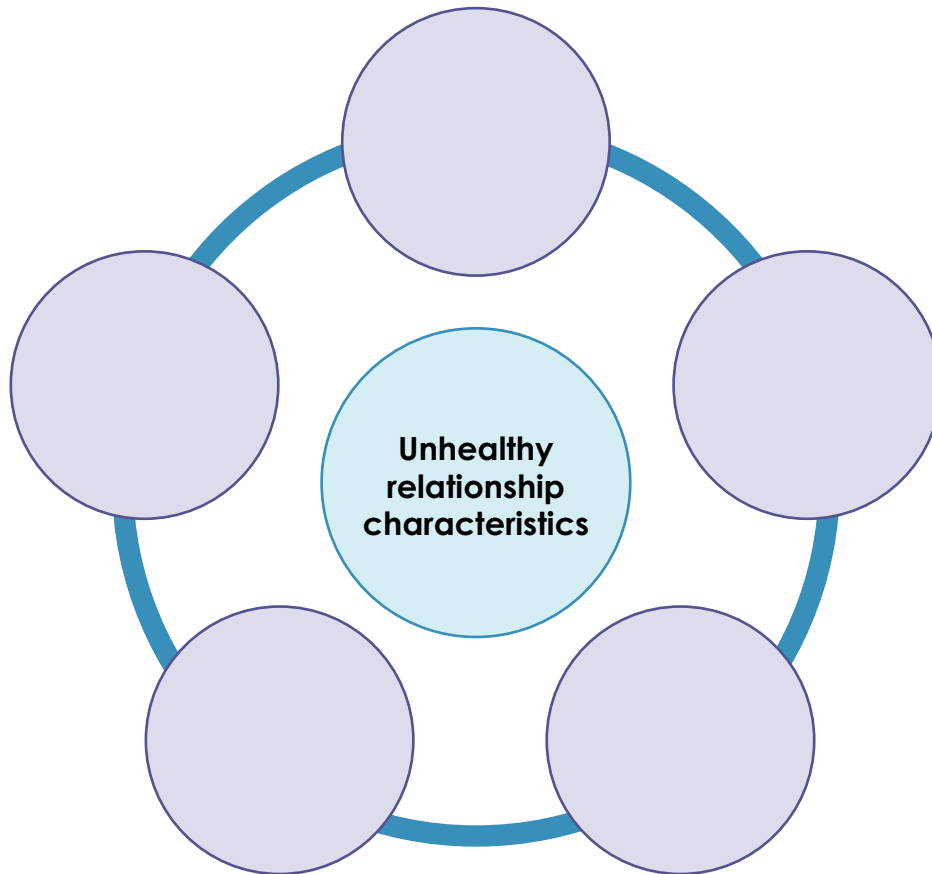
Healthy Relationships

2. A _____ relationship allows people to feel supported and connected without losing their individuality.
3. In the circles in the following diagram, write the characteristics of a healthy relationship.



Unhealthy Relationships

4. A(n) _____ relationship can leave you feeling uncomfortable, sad, and afraid.
5. In the circles in the following diagram, write the characteristics of an unhealthy relationship.



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

6. Complete the parts of the boxes that are missing. You may have a definition and need to fill in the vocabulary word, or you may have a vocabulary word and need to fill in the definition.

Communication			Active listening
	<ul style="list-style-type: none"> Uses spoken and written words to express the information you are sharing 	<ul style="list-style-type: none"> Uses facial expressions, body language, hand gestures, tone of voice, and how loud or soft your voice is to express the information you are sharing 	

I Messages

7. Using the boxes below, complete the information on the four parts of an I message.

I feel... taking _____ for your own feelings	when you... stating the _____ that is a problem
_____ what it is about the behavior or its consequences you don't like	I would really like it if... offering a preferred _____ or _____.

CHAPTER 9 Relationships and Social Health

Lesson 9.1

Communication Styles

8. List the four communication styles.

1. _____
2. _____
3. _____
4. _____

Communicating Through Text Messages and Social Media

9. List two ways text messages or social media posts can be misinterpreted.