

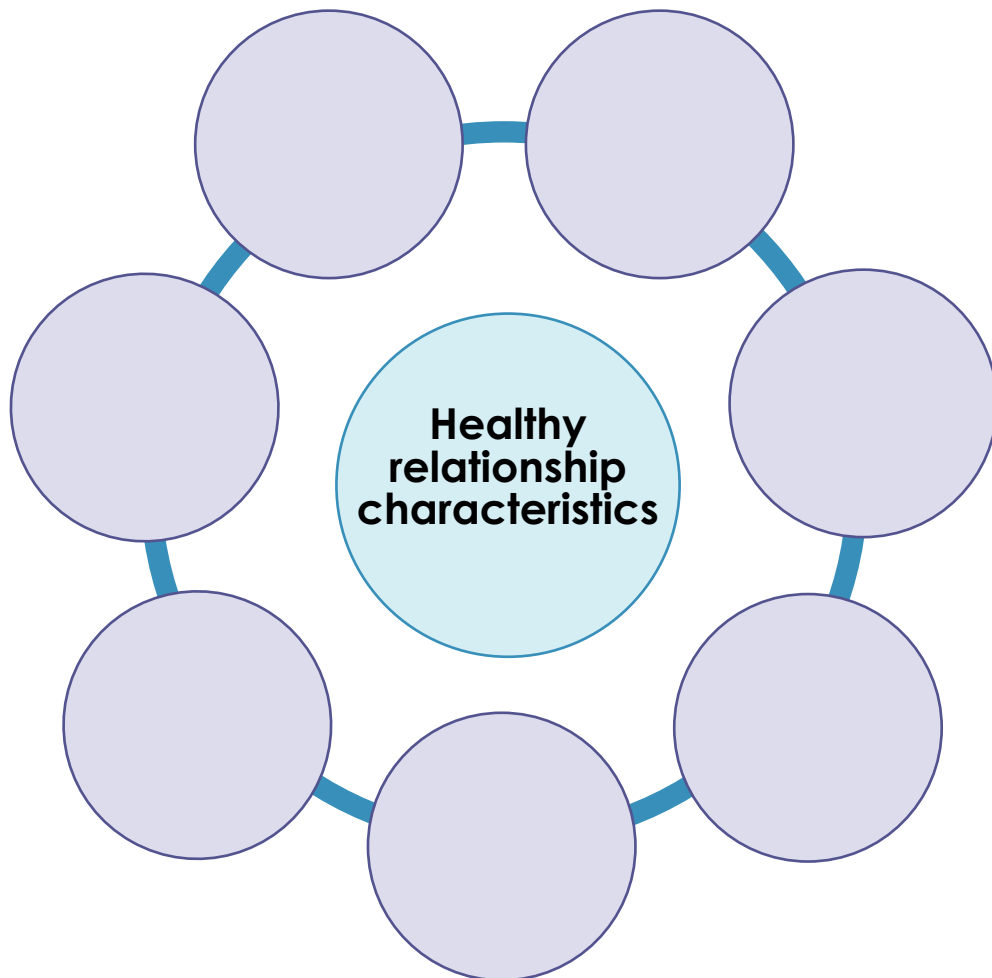
Relationships

1. Define the term *relationships*.

Relationships:

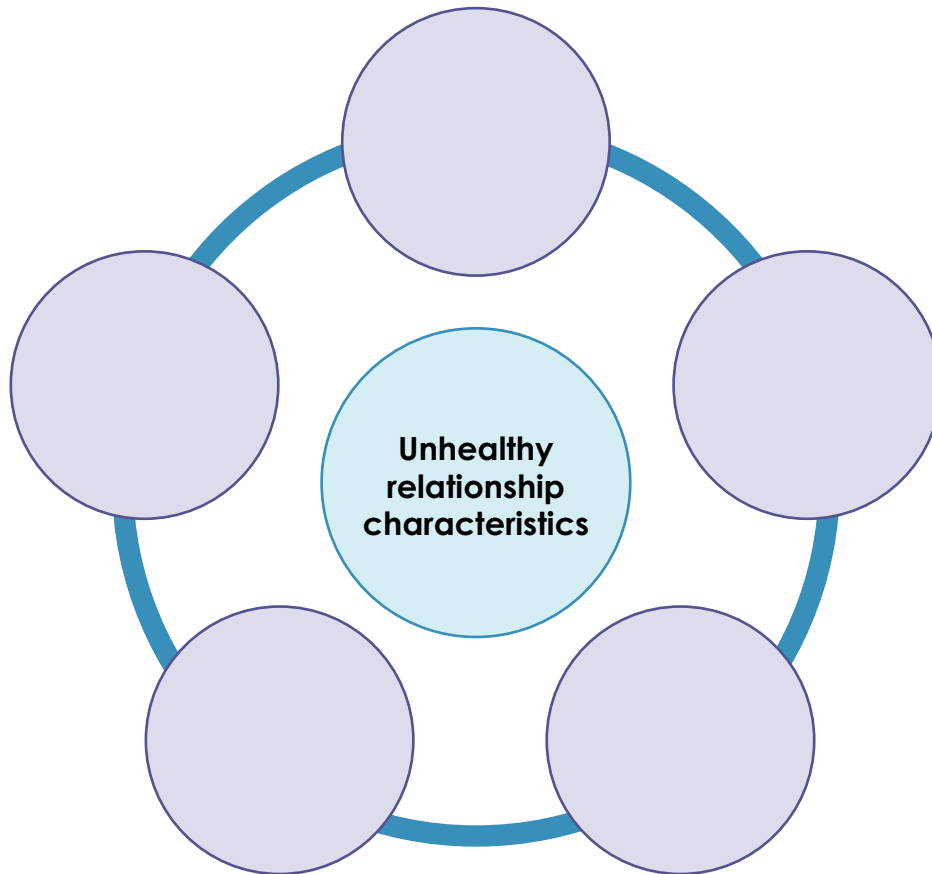
Healthy Relationships

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.

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

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.

LESSON 9.2 Family Relationships Note-Taking Guide

Family

1. List and describe six types of families.

| | |
|-------|--|
| <hr/> | |
| <hr/> | |
| <hr/> | |
| <hr/> | |
| <hr/> | |
| <hr/> | |

Family Needs

2. Fill in the missing information on the different needs of everyone in the family.

| Physical needs | | | Social needs |
|----------------|---|---|--------------|
| | <ul style="list-style-type: none">• Met when family members feel accepted, supported, and loved by their family | <ul style="list-style-type: none">• Developed through teaching things such as how to count and tying your shoes and developing self-esteem and confidence | |

Social Norms

3. A social norm is a _____ that guides your _____ as a member of society or of a specific group.
4. Cultural norms are the _____ you live by; they are the shared expectations and rules that guide the behavior of people _____ culture.
5. Describe a social or cultural norm that guides your behavior.

Guardian Relationships

6. In the following boxes, list three benefits of a healthy relationship with your guardian or a significant adult in your life.

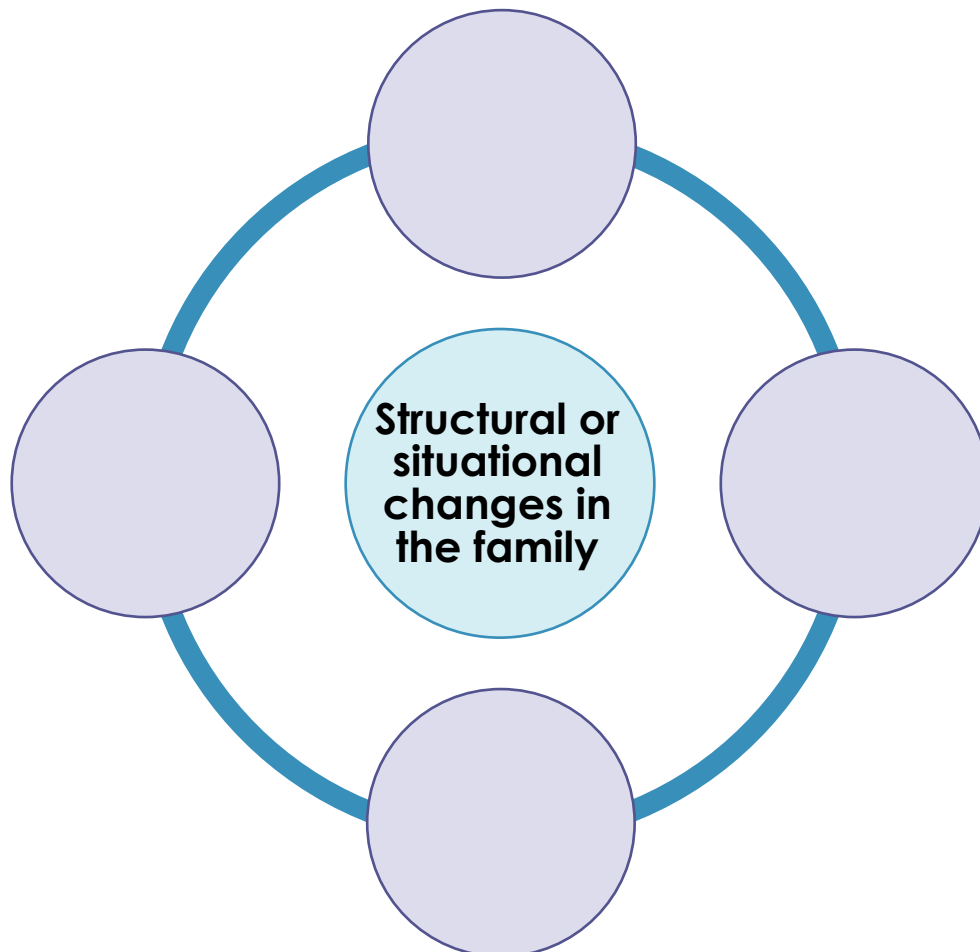
| Benefit #1 | Benefit #2 | Benefit #3 |
|------------|------------|------------|
| | | |

Sibling Relationships

7. Siblings provide _____, social, and _____ support to each other.

Changes to the Family

8. In the circles in the following diagram, list four family structural or situational changes that may happen to a family that affect everyone in some way.



LESSON 9.3 Friendships Note-Taking Guide

Types of Friendships

1. In the following boxes, explain the four types of friendships discussed in the lesson.

What It Takes to Be a Close Friend

2. In the following boxes, explain each of the qualities a close friend needs to have.

| Loyal | Honest | Communicates well | Apologizes when wrong |
|-------|--------|-------------------|-----------------------|
| | | | |

When Friendships Have Problems

3. List three things that can cause problems in a friendship.

1. _____

2. _____

3. _____

4. List one example from each of your answers in question 3 as to how it can be a problem.

Healthy Ways to Express Love in a Friendship

5. In the following boxes, list six ways you can show a friend you love them.

1.

2.

3.

4.

5.

6.

LESSON 9.4 Dating Relationships Note-Taking Guide

Healthy Dating Relationships

1. A healthy dating relationship has many characteristics. Choose two that are important to you and explain why.

Unhealthy Dating Relationships

2. Complete the boxes below concerning unhealthy dating relationships.

You may _____ your other friendships.
You may also neglect your _____, which can also lead to conflicts.



If you and your partner don't _____ well, you often end up with
_____ emotions.



Age, _____, and power differences can lead to potential
_____ and emotional impacts in unhealthy dating relationships.

Dating Emotions

3. Define infatuation and love.

Infatuation:

Love:

4. Love involves chemistry, closeness, and commitment with your partner. Define each of those words.

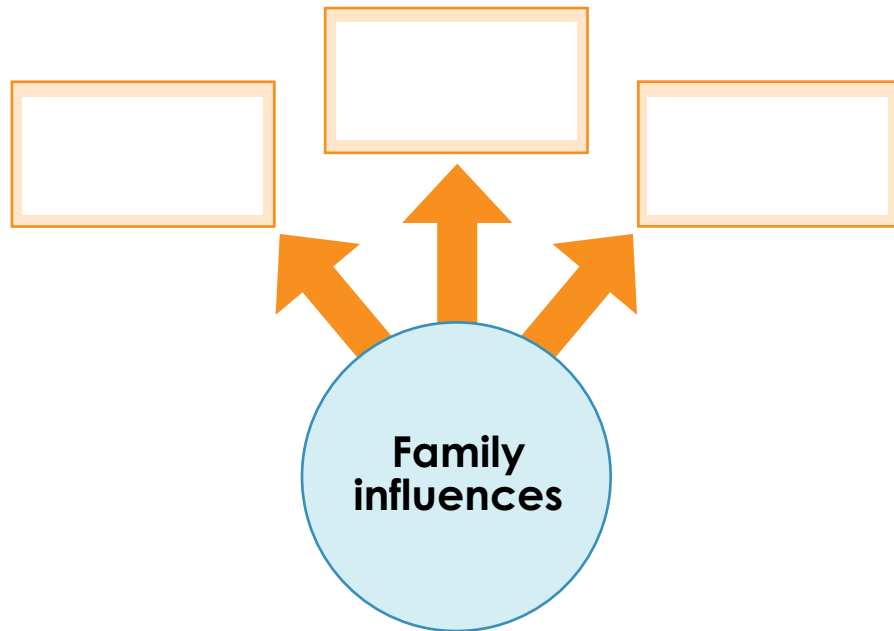
Chemistry:

Closeness:

Commitment:

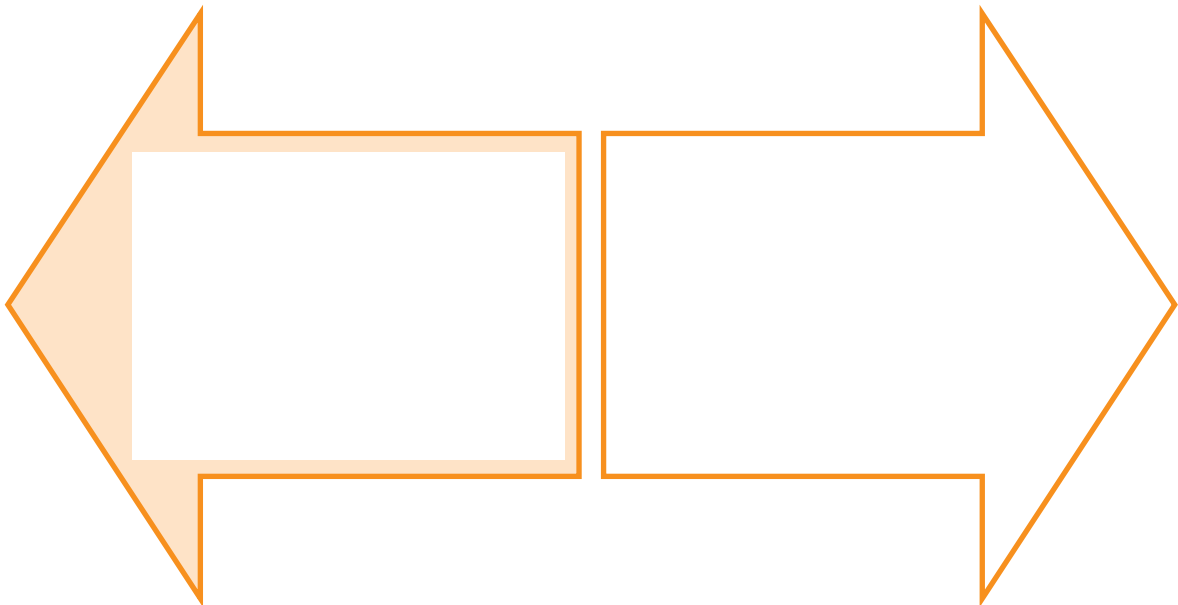
Family Influences on Dating Relationships

5. List three influences family may have on a relationship.



Online Relationship Communication

6. Give two examples of problems technology can cause in a relationship.



Inherent Risks of Online Dating Websites and Apps for Teens

7. List three Dos and three Don'ts of online dating.

| Dos of Online Dating | Don'ts of Online Dating |
|----------------------|-------------------------|
| | |
| | |
| | |

Sexting

8. Explain what sexting is.

| | |
|----------|--|
| Sexting: | |
|----------|--|

CHAPTER 9 Relationships and Social Health

Lesson 9.4

9. List the four legal consequences that may come from sexting.

1.

2.

3.

4.

Dating Relationships: Intimacy and Boundaries

10. Define intimacy and boundaries.

Intimacy:

Boundaries:

Abstinence

11. List three advantages to being abstinent in the box next to the plus sign and two challenges to being abstinent in the box next to the circle with a line through it.

Abstinence is the practice of refraining from any type of sexual activity.



Refusal Skills

12. Explain how you would verbally and nonverbally say no to the following situation: your partner wants to kiss you and you don't want to be kissed.

Breaking Up

13. Explain why it is a bad idea to break up through text message, social media, email, or by having someone else do it for you.



Developing and Maintaining Reproductive and Sexual Health

14. List and describe the four risks to being sexually active as a teen.

