

# Activities

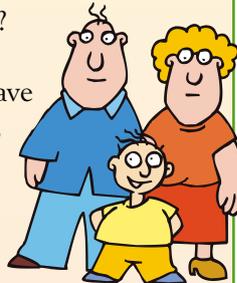


1. Write a paragraph that describes a healthy relationship in your life. Why is this relationship important to you?

2. In groups, identify the most challenging communication problems for adolescents your age. What do you think the number one communication problem is and how could an adolescent try to solve it?

3. Think about the people you have relationships with (mother, father, friends, etc.) and describe the types of communication you typically have with each person.

**Example:** Father - calm, sometimes serious, he likes to have a final comment on important issues.



4. In groups, develop a strategy that includes steps you would take to end a relationship, if necessary, in a positive way. Share your strategy with other groups.

**Home Connection** With your parents or another family member, discuss ways that you can strengthen your family relationships through communication. Which communication tips from the article would be helpful? Make a plan for resolving conflicts when they arise between siblings or family members. Share your plan with your classmates.



## Discussion Questions

**What are some of the biggest communication problems in your relationships?**

**What kind of body language might signal a person isn't interested in a conversation?**

*Building*

# HEALTHY RELATIONSHIPS

Most people have relationships with their parents, siblings, other family members, friends, teachers, and classmates, and as people get older, they have relationships with boyfriends, girlfriends, and spouses (wives and husbands). The healthy relationships in a person's life can bring a lot of happiness and help reduce stress. Healthy relationships are the result of talking and sharing between two individuals and respecting the boundaries of the relationship. Each person must try to see the other person's side and be willing to compromise or settle their differences when necessary.

## People in Healthy Relationships...

- Accept people for who they are.
- Treat the other person with respect.
- Talk on a regular basis.
- Adapt or are flexible when necessary.
- Resolve conflicts.
- Express or show feelings in an appropriate way.
- Don't cross the boundaries of the relationship.
- Have multiple healthy relationships and activities in their life.



## GOOD COMMUNICATION is Part of a HEALTHY RELATIONSHIP

Communication is the process of transmitting information from one person to another. It can be verbal, written, or visual (through body language and facial expressions). Communication is important because it connects people and promotes healthy and strong relationships. Good communication skills help a person effectively convey information, work with others, and resolve problems if they arise. There are many things you can do to develop good communication skills.

## Good Communication Skills mean you:

- Listen attentively to others
- Make eye contact
- Watch the body language of others and show interest with your body language
- Focus on resolving current problems and don't bring up the past
- Don't gossip or talk badly about other people
- Are willing to compromise
- Speak clearly and stay on the topic
- Stay calm and try not to get emotional
- Do not get defensive
- Are open to other's views and opinions

