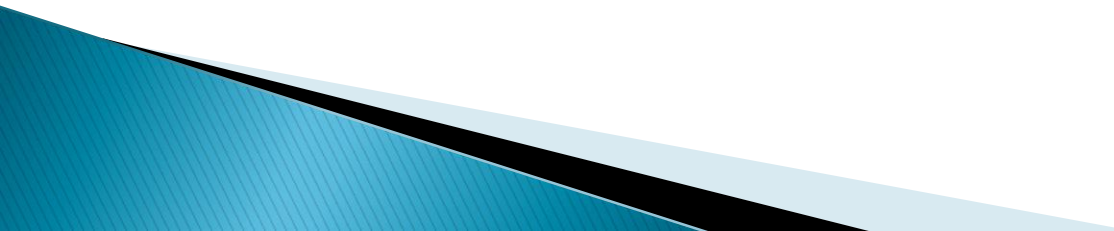


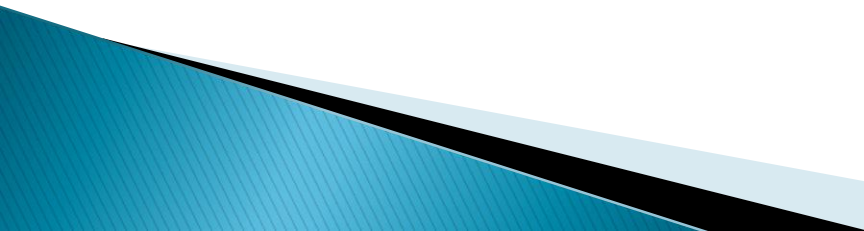
Relationships

Lesson 1 – Friendships during Adolescence

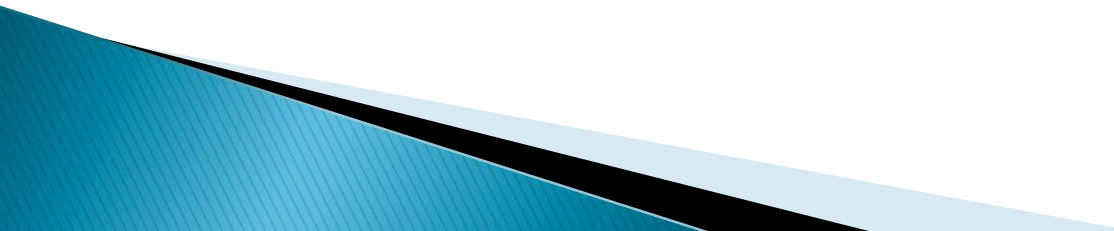
Friendships

- ▶ Relationships are connections you have with other people and groups in your life
 - ▶ Friendships form as a result of common interests and shared values. They are an important part of good social health.
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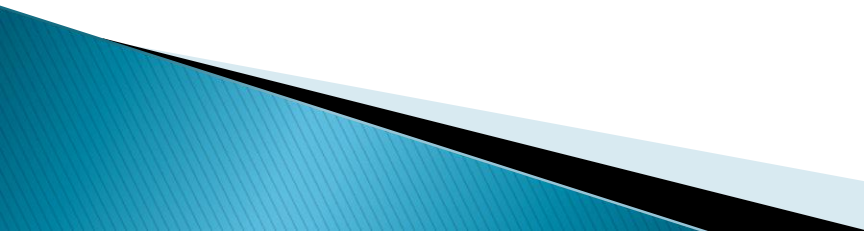
Changes in Friendships during Adolescence

- ▶ Friendships take on greater importance than they once did.
 - ▶ You may begin to seek deeper qualities in the people you choose as friends (such as loyalty and trust).
 - ▶ Your friends also may include members of the opposite gender.
 - ▶ New interests in and out of school may cause old friends to drift apart.
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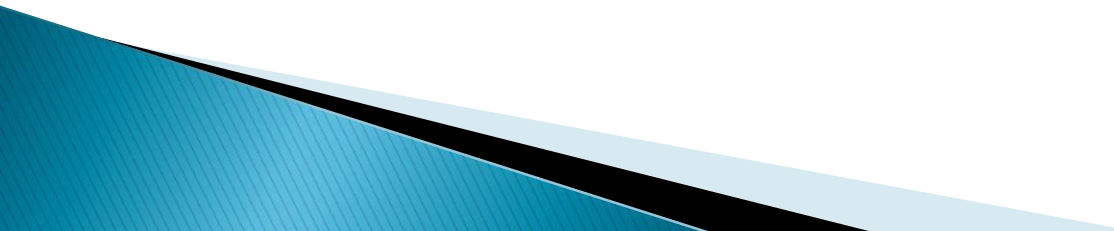
Changes in Friendships during Adolescence

- ▶ Differences in growth and emotional maturity.
 - ▶ New interests in and out of school can cause friends to drift apart.
 - ▶ Saying goodbye to old friends can be painful, but is a normal part of growing up.
 - ▶ Eventually you will find another person or people who share your interests, values and goals.
- 

Qualities of a Good Friend

- ▶ What defines a strong friendship?
 - ▶ Sympathy–being aware of how you may be feeling at a given moment
 - ▶ Caring and Respect– they value each other's feelings as much as they do their own
 - ▶ Forgiveness– They understand that neither person is perfect.
 - ▶ Loyalty and Trust
- 

Cliques

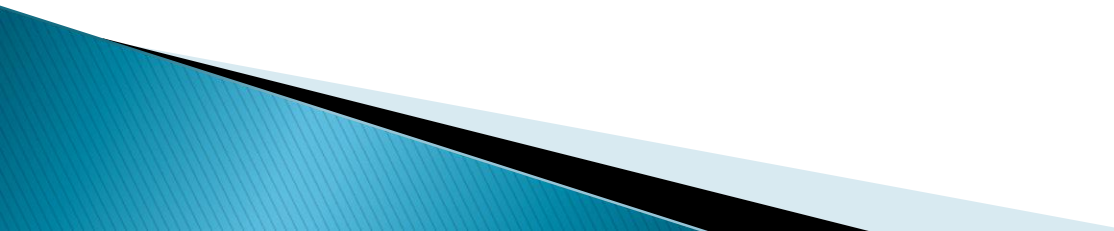
- ▶ A clique is a group of friends who hang out together and act in similar ways
 - ▶ Positive – Help teen's feel accepted and give them a sense of belonging
 - ▶ Negative – can be harmful, especially when members feel negative peer pressure from other members
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Cliques

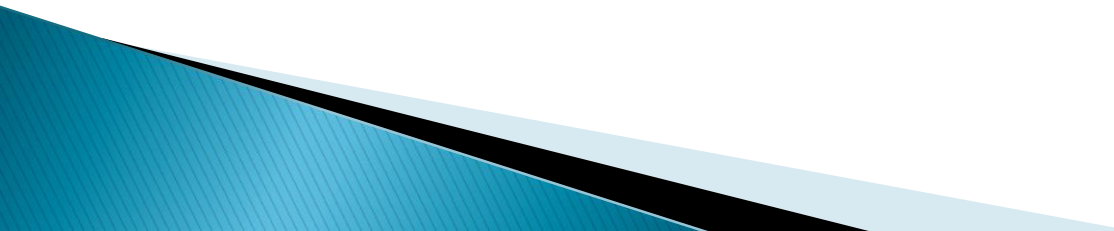
Peer Pressure – is the influence to go along with the beliefs and actions of other people your age.

Negative– when it involves behavior that can cause damage to your health or hurt others.

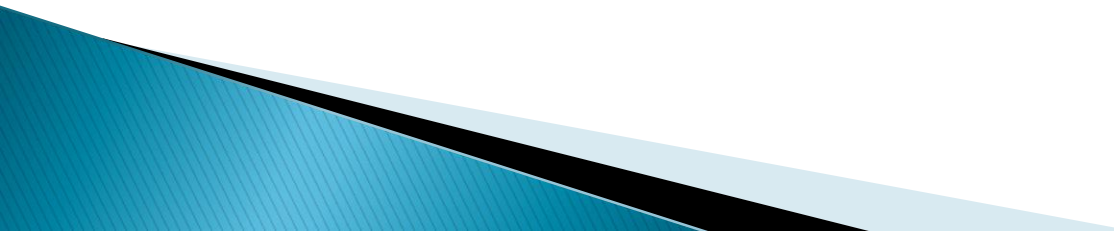
Positive – when peers encourage and support healthy behaviors.



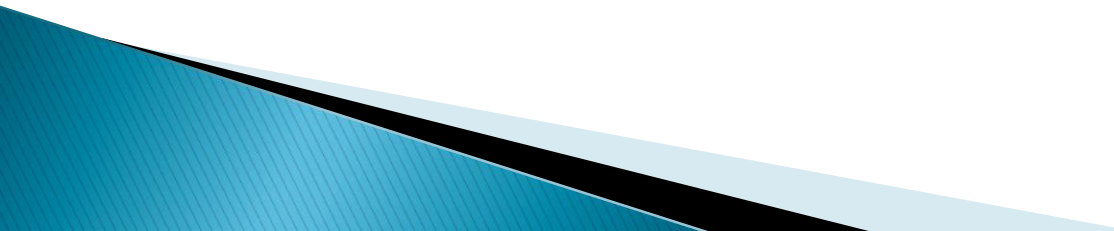
Cliques

- ▶ Some cliques are exclusive groups that limit membership to a chosen few. Cliques like this can be hurtful to outsiders. Members go out of their way to make nonmembers feel bad by teasing them or laughing at them. A better approach is to show kindness and respect to others, even those with whom you have nothing in common.
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Dating

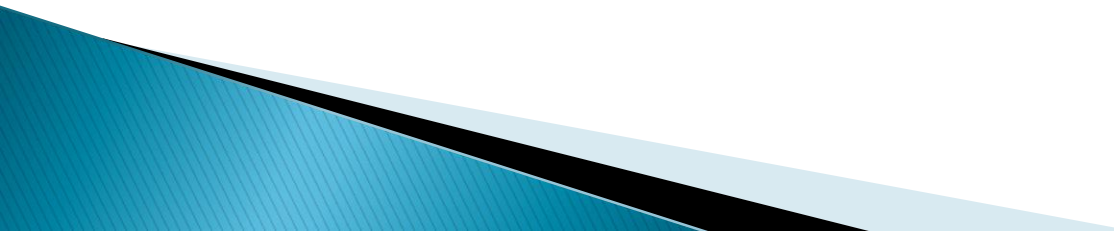
- ▶ During the teen years you may begin to feel attracted to others.
 - ▶ There is no specific time when you are supposed to start dating.
 - ▶ Some teens choose to put off dating because they want to focus on other activities or interests.
- 

Individual vs. Group Dating


- ▶ An alternative to individual dating is to spend time in a group setting.
 - ▶ This strategy can take the pressure off you to keep the conversation moving.
 - ▶ It can make the conversation flow better and take a lot of pressure off individuals in a group.
 - ▶ There is also more safety in groups compared to being on your own.
- 

Practicing Communication Skills

Lesson 2

- ▶ What is communication?
 - ▶ Communication is the exchange of thoughts, feelings, and beliefs between two or more people.
 - ▶ Verbal Communication
 - ▶ Nonverbal Communication
- 

Nonverbal Communication

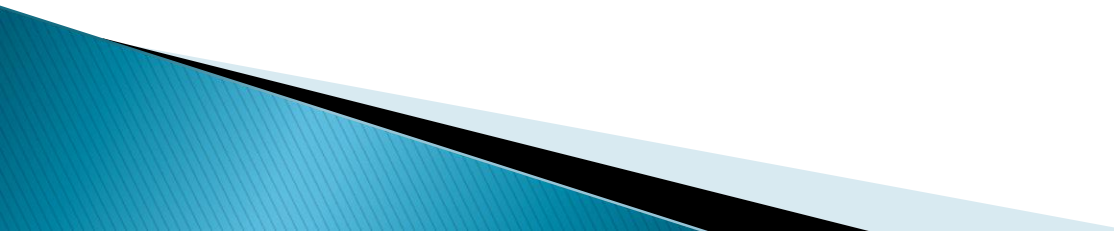
- ▶ Gestures and facial expressions are features of nonverbal communication—communication without words.
 - ▶ Nonverbal communication (2 types)
 - ▶ **Body language** – the use of visual clues to communicate information or feelings.
 - ▶ This include facial expressions, gestures and posture.
 - ▶ **Intonation** – tone of voice
- 

Mixed Messages

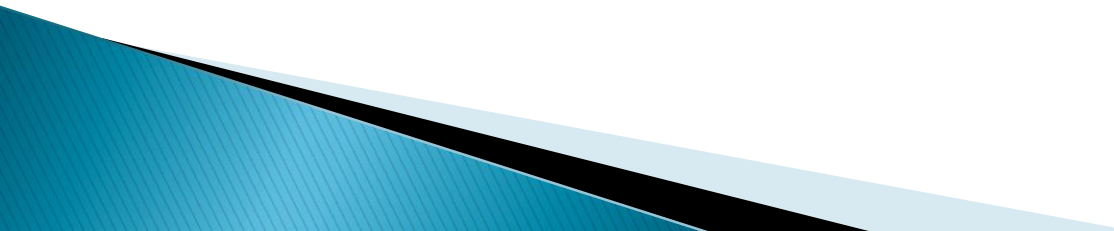
- ▶ A mixed message occurs when your words say one thing but your body language and/or intonation say another.
- ▶ Example: Apologizing while you are grinning or apologizing and continuing to repeat the same behavior that is causing the conflict.



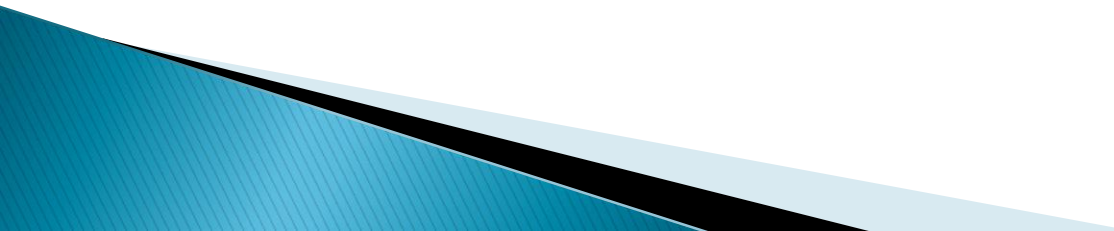
Effective Verbal Communication

- ▶ Communication is a two way street. In order to be effective there are two sets of skills required.
 - ▶ Speaking Skills
 - ▶ Listening Skills
- 

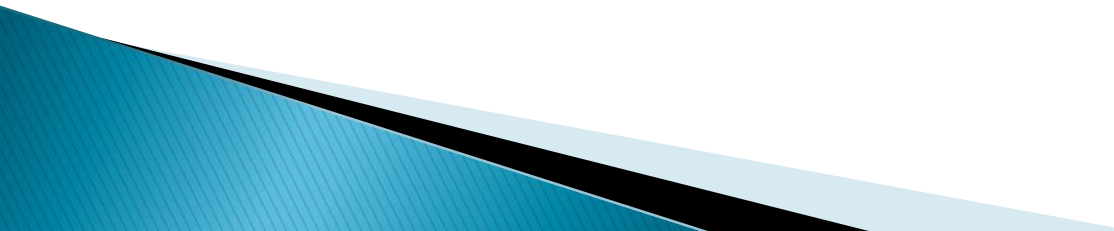
Speaking Skills

- ▶ Speaking Skills determine how a message is delivered.
 - ▶ Make your message clear as possible.
 - ▶ Use “I” messages which is a statement that presents a situation from the speaker’s personal viewpoint.
 - ▶ “I” messages are a key speaking skill.
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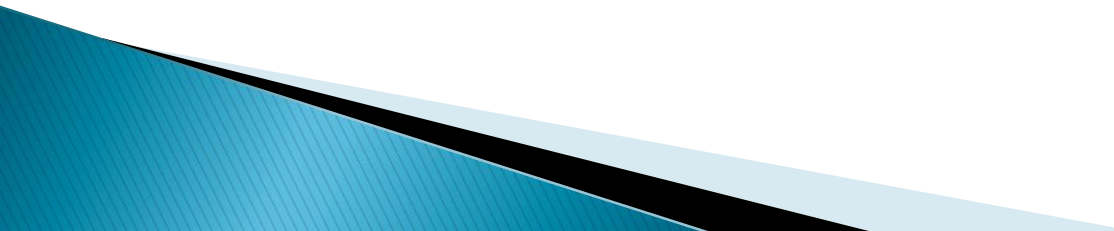
“I” Messages

- ▶ Stay calm
 - ▶ Stick to the point
 - ▶ Choose the right time and place
 - ▶ Be aware of your body language and intonation
- 

Listening Skills / Active Listening

- ▶ Good listening skills are just as important to interpersonal communication as speaking skills
 - ▶ Active Listening is hearing, thinking about, and responding to the other person's message.
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Keys to better Active Listening

- ▶ Pay careful attention to all that the speaker has to say.
 - ▶ Use body language that shows you are listening.
 - ▶ Think for a moment before speaking.
 - ▶ Ask questions to increase understanding and clarity.
- 

Lesson 3

Peer Pressure & Refusal Skills

- ▶ Peer Pressure can be a powerful force during the teen years. Since teens look to members of their peer group for acceptance, sometimes without knowing it. Thus peer pressure can influence healthy choices.
 - ▶ Peer pressure can be:
 - ▶ Direct—forms of words or actions
 - ▶ Indirect— more subtle ex:fashion
- 