

7.ICR.1.1 - CONTRAST  
CHARACTERISTICS  
OF HEALTHY AND  
UNHEALTHY  
RELATIONSHIPS.



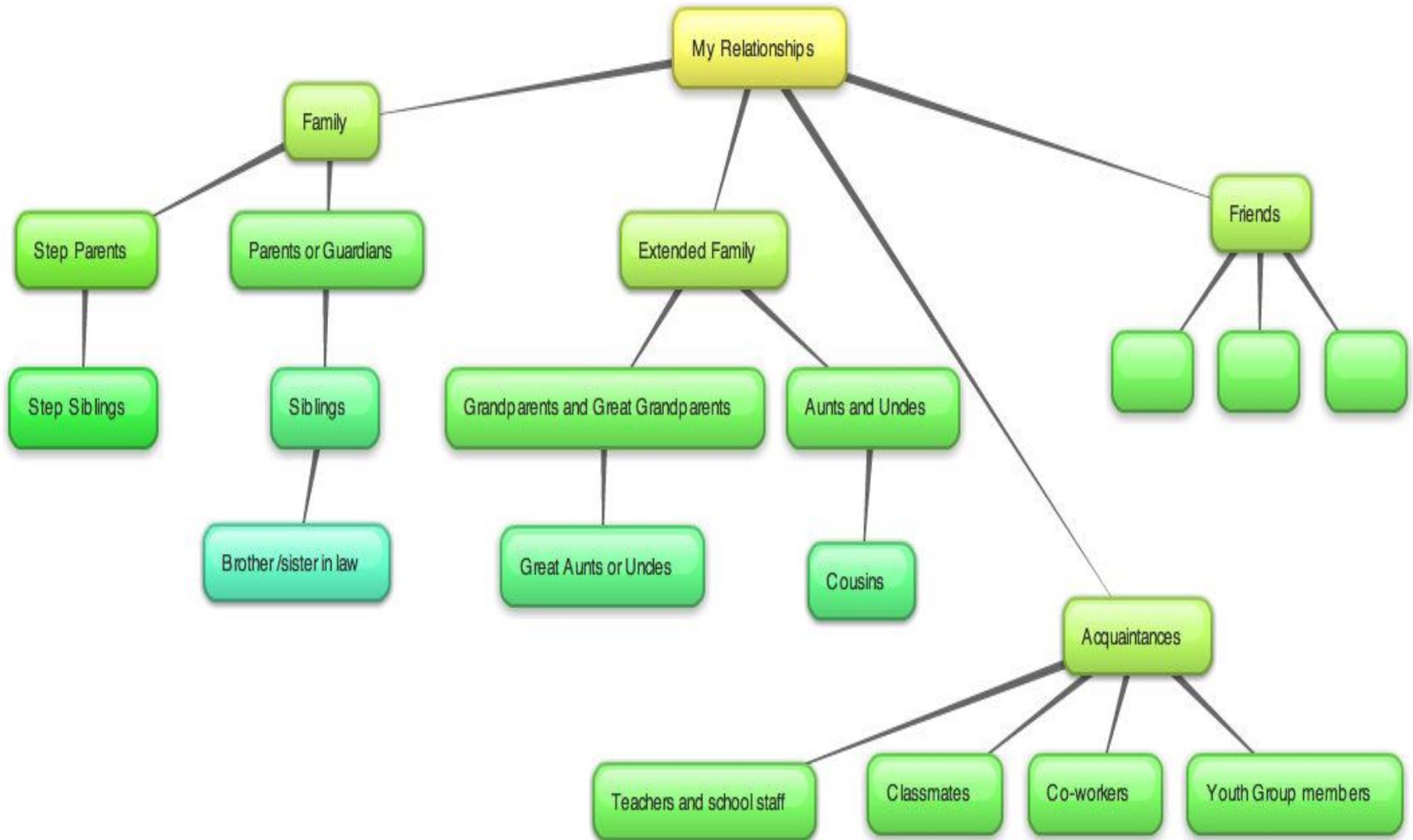
# Our Relationships



- **With whom do you have relationships?**
- **You are going to create a Relationship concept map using a website called Bubbl.us.**
- **Look at your list, how would you group the people you have relationships with?**
  - **family**
  - **friends**
  - **acquaintances**
  - **extended family**

[Create a Bubble](#)

# Relationship Concept Map



# **LET'S LOOK AT YOUR RELATIONSHIP CONCEPT MAP.**

- Do these relationships differ?
- How are they different?

## QUALITIES YOU SEEK IN A FRIEND

- # your paper 1-12
- I am going to describe several qualities that may be desirable in a friend.
- Hopefully, some of your friends and acquaintances have these traits.
- If you value this trait in your friends, write the keyword on your paper in the order that you think it belongs.

# SOME RULES TO FOLLOW:

- You will have to decide where to place the key word based on how important that quality is to you .
- Line #1 is the most important quality you want in a friend, and line #12 is the least important quality.
- You will decide where to place 11 of the traits on your list and then will have one wild card to write another characteristic.
- Once you write a word, you cannot move it until I say you can.

# THE QUALITIES ARE:

- trustworthy: Honors their word and keeps promises. Never dishonest. Can be trusted with your belongings.
- assertive: Stands up for him/herself and others in a respectful manner.
- maturity: Doesn't act like a young child. Can handle disappointment without having a temper tantrum. Can express anger or frustration without screaming or throwing things.
- dependable: You can rely on him/her regardless of the circumstances.
- fun to be with: Has a good sense of humor. Playful, laid-back, easy-going. Doesn't take himself/herself too seriously. Able to laugh at himself/herself. Knows how to have fun.

We are half-way.

- You may rearrange the ones you have to suit yourself.
- Look at the papers of the people around you.
- Does anyone's sheet look like yours? What does that mean?

- honest: Tells the truth. Doesn't accept a lie from others.
- popular: Everyone knows and likes them. Talented. Always chosen for group activities.
- can keep a secret : Will not repeat things that have been told in confidence. Keeps personal things personal. Knows the difference between private and public information.
- respectful: Treats others fairly. Values others and their opinions and shows them. Embraces differences.
- good listener/communicator: Cares about what you are saying. Listens carefully. Can tell you how they feel.
- kind to others: Does not hurt or belittle others. Offers help when people are sad or hurt. Makes you feel good about yourself.

- **Use the “wild card” and write down any trait that has not been mentioned that is important to them personally.**
- **Arrange one last time the way that you want them.**

1. Will you consider these qualities the next time you are making a friend?
2. Does your paper look exactly like everyone else's? Why not?
3. How can you tell if a person has the qualities that are important to you?
4. Will you still want the same qualities in a friend when you are 18? 25? Why? Why not?
5. How many of these qualities do you have?

Trustworthy

Good listener/  
communicator

POPULAR

Mature

Assertive

Honest

Can keep a secret

Kind to others

Respectful

Fun to be with

DEPENDABLE

DEPENDABLE

As we go through life, we “belong” or are a part of different groups.

1. What are some of the groups that middle school students belong to?
2. Do you have a circle of friends with whom you hang out?
3. Is that a group?
4. What are the advantages of belonging to a group? What do we get out of it?
5. What are the disadvantages of belonging to a group?

FRIENDSHIPS ARE AN  
IMPORTANT PART OF LIFE.  
HOW DO WE DEVELOP  
FRIENDSHIPS?

# Relationship Timeline

Acquaintance

Friend

Good Friend

Best Friend

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Time

Shared  
Experiences

Traits You  
Value

Common  
Interests

Relationship  
Chemistry



1. How many best friends or confidants do you have?
2. How many acquaintances do you have?
3. Did your best friend start off as an acquaintance?
4. How did that person become your best friend?
5. Have you noticed a change in friendships now that you are in middle school?
6. What needs do friendships provide for us?

# HEALTHY VS UNHEALTHY

# Healthy Relationships

- Happiness
- Trust
- Love
- Affection
- Equality
- Mutual respect
- Laughter
- Common interests
- Honesty
- Good communication
- Good listener
- Support
- Fair fights
- Acceptance
- Comfort
- Kindness
- Strong self-esteem
- Humor / fun to be with
- Can be yourself
- Independence
- Empathy

# Unhealthy Relationships

- No trust
- No respect
- Jealousy
- Put-downs / insults
- Bad / or no communication
- Always have to have their way
- Doesn't care about others' feelings
- Unfair fights
- Other person tries to change you
- Not honest
- Manipulative
- Lack of understanding
- No fun
- Fearful
- Tries to make you feel guilty

# I Messages

An "I Message" is made up of three parts:

1. Describe the behavior that is bothering you.
2. Tell the individual how it makes you feel.
3. Tell the individual how you would like for them to act in the future.

- Which form of communication skills is the most effective?
  - (assertive)
- What are the behaviors, verbal and nonverbal that you need to demonstrate when you use assertive communication skills?
  - Be confident in your responses.
  - Use strong body language and good posture.
  - Speak clearly and use a firm tone of voice.
  - Make eye contact.
  - Use "I messages."
  - Avoid put-downs

# How I Feel . .

Directions:

Write an “I Message” for each of the following situations. Remember there are three parts to an “I Message.”

1. Your best friend started smoking over the summer. Over the last month, every time you are together, she tries to get you to smoke too. You don't want to start smoking cigarettes, but the last time she pressured you was outside the mall with a bunch of your friends around.
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2. You loaned one of your friends your favorite DVD or video game. You keep reminding him/her to return it. When he/she finally gives it back, the DVD/video game has so many scratches that it will not play.
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3. Your group of friends has been picking on and making fun of another student in your grade. He told the teacher that your group had been bullying him, and some of your friends got into trouble. Your group makes a plan to get even. You have P.E. class with this student and they want you to accuse him/her of stealing from you. One of your other friends is going to be “the witness” to the theft.
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- Even though our relationships with friends are important, we need to be able to recognize when these relationships become unhealthy for us as individuals.
- When that happens, you need to be able to express yourself through the use of “I Messages” so that your friend understands why you do not want to engage in that behavior.

*"The first step in the art of friendship is to be a friend; then making friends takes care of itself."*

**Wilfred A. Peterson**

In your health notebook/journal, explain what this quote means.

Look back at the Qualities of Friendship activity we started class with today.

- Which of these qualities do you bring into a friendship?
- Which of these qualities would you like to improve?
- In the future, how will you handle unhealthy relationships?

# Closure:

You did a good job recognizing the difference between a healthy and an unhealthy relationship and learning a new communication skill to help you deal with situations that could occur with your friends.