

LESSON

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# Relationships

# Journal Question

**List the qualities or characteristics you look for in a friendship.**

**List the qualities or characteristics you look for in a dating partner.**

**Are the qualities and characteristics of friendship and dating relationships the same?**

**Do dating relationships often start out as friendships?**

# Relationships

- **Relationships are connections between people.**
  - Relationships can last a lifetime or be short and superficial.
  - Relationships can be romantic or based on friendships.
  - Most valued qualities in friendships are honesty, confidentiality, empathy, and tolerance.
- **Qualities of long-standing mature relationships include mutual caring, openness, disclosure, commitment, trust, and tenderness.**

# Peer Relationships

- 1. Casual friendships occur between people who share some commonalities but are not characterized by a deep bond. Examples are classmates or co-workers.**
- 2. Platonic friendships often involve members of the opposite sex and are characterized by affection but not romantic involvement.**
- 3. Close friendships involve emotional ties and the sharing of intimate personal information.**

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## **Peer Relationships** *(continued)*

- **Positive friendships are built on shared morals, values, and common interests. Characterized by trust, dependability, predictability, and accountability.**
- **Peer pressure can affect a person's decisions and actions including relationships with friends.**
  - Positive peer pressure can encourage us to try new things and be a better person.
  - Negative peer pressure can encourage us to make poor decisions and behave badly, which can lead to negative consequences.
    - Negative peer pressure can be exerted through manipulation—indirect pressure to get you to do something inappropriate or harassing.

# Resisting Negative Peer Pressure

- **Be true to yourself and your beliefs by asserting your goals and values.**
- **Resist negative peer pressure by being assertive and practicing refusal skills to help you stand up for yourself when needed.**
  - Assertive behavior involves making a firm verbal statement that lets another person know how you feel.
  - Refusal skills are techniques for saying no and sticking with it.

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# Resisting Negative Peer Pressure

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- **Three steps to help you be assertive and use refusal skills:**
  1. State your position. Demonstrate you mean no through both verbal and nonverbal cues.
  2. Suggest an alternative activity. Provide reasons for the alternative activity.
  3. Stick with your position. Stay positive and firm while you make clear that you are not interested in the suggested activity. Use strong words and body language and look your friend in the eye.
- **If these methods don't work, remove yourself from the situation immediately.**

# Bullying

- **Bullying is an imbalance of power between a bully and his or her victim. It is the act of repeatedly doing or saying something to intimidate or dominate another person.**
- **May include making threats, spreading rumors, physically or verbally attacking someone, or purposefully excluding someone from a group.**
- **Punishment for bullying varies from a fine to imprisonment of up to one year.**
  - If bodily injury results or if an act includes the use, attempted use, or threatened use of a dangerous weapon, punishment can be a fine or imprisonment up to 10 years or both.



# Three Main Forms of Bullying

- 1. Verbal: someone says or writes mean things**
- 2. Social: hurting someone's reputation or relationships**
- 3. Physical: hurting a person's body or damaging his or her possessions**

# Bullying Roles

- **Bully**
- **Person being bullied**
- **Assistant: person who assists the bully by encouraging him or her and may join in the act of bullying**
- **Reinforcer: person who reinforces the bully's behavior by being part of the audience and encourages the bully to continue**

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## **Bullying Roles** *(continued)*

- **Outsider:** person who does not encourage the bully's behavior and does not defend the person being bullied
- **Defender:** person who helps the person being bullied by comforting them and may come to their defense during the bullying incident

# Stopping Bullying

- **Often difficult to stop bullying because it is often subtle and not noticed.**
- **Signs a person may be getting bullied:**
  - Unexplainable injuries; lost or destroyed clothing, electronics, or other personal items; changes in eating habits due to lunch or lunch money being stolen; difficulty with sleeping; decline in grades or desire to go to school; less participation in school activities; and self-destructive behaviors
- **Signs a person may be a bully:**
  - Getting into physical or verbal fights; having friends who are bullies; being more aggressive than normal; being sent to the principal for verbal or physical aggressiveness; having unexplained money or belongings; and blaming others for their actions

# Cyberbullying

- **Involves electronic technology including cell phones, computers, tablets, and social media sites.**
- **Cyberbullying takes place 24-7 because messages and images can be posted anytime and anywhere. Many more people can also see the bullying when it is posted on social media or mass distributed.**
- **Once a message or image has been posted, it can be difficult or impossible to fully remove it.**

# Signs of Cyberbullying

- **Similar to bullying, but primary differences are consistency and amount of bullying that can take place through technology.**
- **Cyberbullying can lead to anxiety, depression, and even suicide.**
- **The information posted online can have long-lasting effects because college recruiters and employers search for posts you make and posts that are made about you.**
- **Penalties for cyberbullies and their parents may also include legal charges similar to the bullying penalties.**

# Dating Relationships

- **Nonmarital, usually exclusive relationship between two people that may or may not include a sexual relationship.**
- **Trust is an important characteristic of a dating relationship and is earned as a result of a proven commitment over time.**
- **In any relationship you must consider your own values when making decisions about your relationships.**

# Setting Dating Limits

- **Dating can give you many enjoyable experiences but it can also put you at risk for peer pressure.**
- **Before going on a date, make sure you know who else will be there, what time you will be home, and how will you get from place to place on your date.**
- **Plan for your safety and self-control by avoiding places where there will be alcohol or other drugs and places where you will be alone with your date.**



# Healthy Dating Relationships

- **Healthy dating begins with your personal expectations:**
  - Expect your values to be respected; expect to have the courage and the right to say no to any activity you are not ready for.
- **Key traits of secure relationships include trust, predictability, and faith.**
- **Teens should date a variety of people. Dating is part of the high school experience, and you should date someone who is supportive of you and your activities, encourages you to be your best, and has values and goals similar to yours.**

# Ending a Dating Relationship

- **Break up in person rather than through text, social media, or e-mail.**
- **Break up with the person as soon as you know it won't work out.**
- **When breaking up, it is not the time to pick a fight or blame each other; it is often just a time to move on.**

# Dating Violence

- **Dating violence is the physical, sexual, or psychological and emotional abuse within a dating relationship, as well as stalking.**
- **Sexual violence is any sexual act that is committed against someone's will.**
- **Rape is any kind of penetration of another person, regardless of gender, without the victim's consent.**
- **Date rape is the same as rape except that the rape is committed by a person who is known to the victim in a dating situation.**

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## **Dating Violence** *(continued)*

- **Sexual coercion is the unwanted sexual penetration that occurs after a person is pressured in a nonphysical way.**
- **Sexual assault is any type of sexual contact or behavior that occurs without the clear consent of the receiver.**
- **Signs that a relationship may be headed for trouble:**
  - Manipulation, put-downs, excessive control over the dating partner's behavior, control over the partner's outside friendships, jealousy and possessiveness, scaring or threatening the partner, and a general lack of respect

# Overcoming Abuse

- **People who have been abused or have experienced dating violence must remember that they did nothing to justify being treated in an abusive way.**
- **All forms of abuse are illegal and should be reported to the authorities.**
- **Victims should seek out assistance to receive physical, emotional, and spiritual support.**
- **Abusers also need help because many have also been victims of abuse and see violence as a way of life.**