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Personal Relationships

Personal relationships refers to person to person intimate relationships that are rooted in close association, familiarity and are essential to adulthood. Trust, respect, openness, honesty and successful conflict resolution are the hallmarks of healthy relationships. Family influences and young adulthood relationships form the building blocks for the development of all future relationships. A successful transition to adulthood is dependent on each young person's ability to develop and maintain healthy personal relationships.

PERSONAL RELATIONSHIPS

Personal relationships is a term used to describe person to person intimate relationships that are rooted in close association and familiarity, are essential to one's well-being, are informal, private or include a sexual relationship.

Intimate interpersonal relationships are marked by shared personal experience, bonding, genuine care, openness and honesty.

Use the definition provided above to identify personal relationships in your life. Write your answers in the space provided.

Does your list include friends, boyfriend or girlfriend, parents, grandparents, siblings, cousins, aunts and uncles, teachers? Are there other relationships on your list you have included? How does your list of intimate relationships compare to others?

What makes a relationship healthy? Use the space provided to write your response.

Each term listed below refers to elements found in healthy interpersonal relationships. Evaluate and define each term. Write your definition in the space provided.

Respect _____

Trust _____

Openness _____

Accountability _____

Equality _____

Unselfishness _____



Facts About Healthy Relationships

Trust and respect are essential in healthy relationships. Being able to trust and respect means that each person in the relationship is able to support the other person's goals, values, interests, opinions, feelings and friends even though they may differ from their own. Being able to trust and respect means valuing and supporting someone for who they are.

Communication between people in healthy relationships is a two-way process; if not, it is one-sided and ineffective. Individuals need to be able to freely and openly share thoughts and feelings as well as to be able to listen to the thoughts and feelings of others. By listening carefully and sharing your thoughts and feelings with another person, you show that they are an important part of your life.

Self-accountability in relationships means taking responsibility for oneself and one's actions. Individuals acknowledge mistakes and take responsibility to correct their own actions.

Making decisions together and sharing in responsibilities strengthens relationships. Each individual derives mutual benefit in relationships that are concerned with fairness and equality. Individuals are able to compromise, accept change and seek mutually satisfying solutions to conflicts.

A healthy relationship is dependent upon acting in ways that promote each person's sense of safety and security. Individuals need to feel comfortable and confident to express themselves and to engage in activities that reflect their personal preferences. Individuals can have a healthy relationship with everyone in their life, including family, friends, dating partners and husband or wife. Relationships take time, energy and care to make them healthy. Relationships made in young adulthood are a special part of life and will teach young people some of the most important lessons about who they are.

Intimate interpersonal relationships are marked by shared personal experience, bonding, genuine care, openness and honesty.

How do you know if you are in a healthy relationship?

Trust and respect are essential in healthy relationships.

Intimate Relationships

You know that you are in a healthy relationship with someone when you feel good about yourself when you are with that person. Unhealthy relationships make you feel bad about yourself. Feeling bad may include feelings of sadness, anger, fear, insecurity or anxiousness.

Healthy Friendships

Healthy friendships are characterized by an equal amount of give and take. In unhealthy friendships, there is an unfair balance or a lack of equal give and take. One person in the friendship feels that they are always giving more to the relationship than the other person. In healthy friendships, you should feel safe around the other person and feel that you can trust him or her with your secrets. Instead of feeling pressured to spend time with someone, you naturally choose to do so.

Healthy Parent Relationships

Relationships between young adults and their parents are often confusing. It is common for young people to encounter relationship struggles with their parents. As young people grow and change, they are given more responsibility and freedom to make choices about their lives and how they spend their time, especially with friends and dating partners. While many young people are eager to make decisions about where and when they go places, parents may continue enforcing rules and limits.

Guidelines for Getting Along with Parents During Young Adulthood

Listed below are basic strategies that may be used to establish and maintain healthy relationships with parents.

- ***Discuss the Rules Ahead of Time***

If you discuss the rules ahead of time, you will know what your parents will say yes or no to before you make plans. Your parents can also explain why each rule is in place. Ask parents to give you the chance to explain how the rules make you feel and suggest some potential alternative rules. Your parents may be willing to listen to your ideas and use them when making rules that you can both agree on.

- ***Remain Calm***

Do not lose your temper when your parents say no to something. Show your parents that you are responsible and mature by talking instead of yelling, and listening to what they have to say.

- ***Abide by Established Rules***

Being responsible and following rules may impact your parents so that they will be willing to negotiate rules in the future.

- ***Choose Your Battles***

Determine what it is that is important. This will help you decide if it is worth arguing about. Some issues may be more important than others.

- ***Spend Time with Your Family***

Communicate with your parents and make time to spend with them. Suggest activities that your whole family will enjoy together.



***Effective
communication***

*is a two-way
process.*

