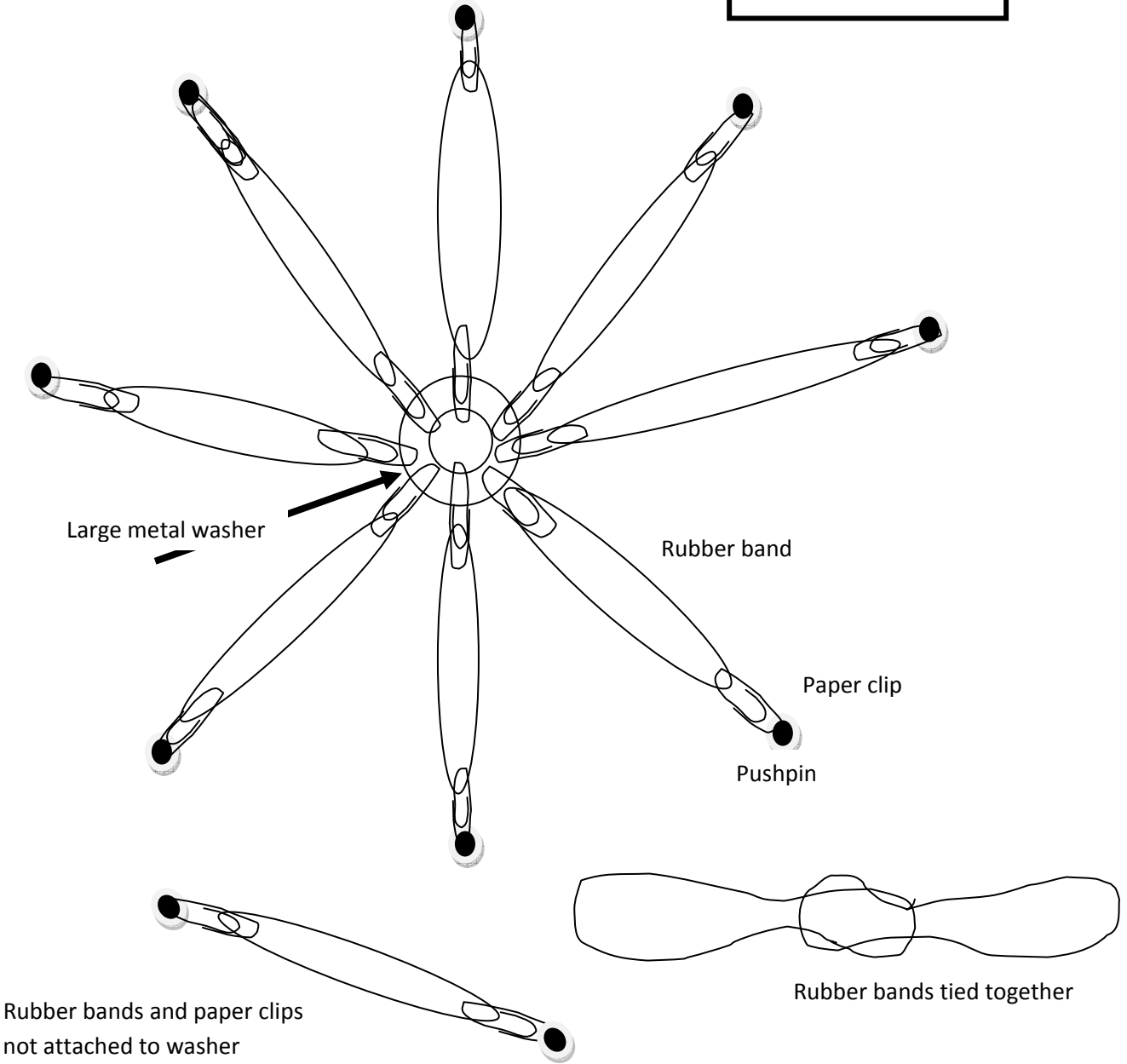


**Relationships Lesson-
Diagram for Introduction Option B**

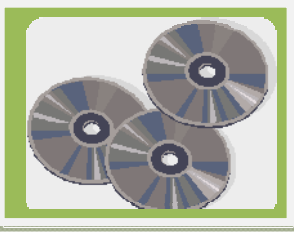
Cardboard Surface



RELATIONSHIPS AND THE MEDIA-



Evaluating the Images



- After watching the video clip/listening to the song/viewing the advertisement, how do you feel about relationships?

- Did this particular video, etc., make any specific point about relationships? Describe what you learned.

- What perspective was presented regarding women? Men?

- Were there any images presented that were positive? That you can agree with?

- In light of what was presented, do you feel that the message is in line with gospel values? Which gospel values do you believe are important for you and your relationships?

Characteristics of **HEALTHY AND UNHEALTHY** *Relationships*

Healthy Relationships: Both people...	Unhealthy relationships: One or both people...
Genuinely like and have high regard for each other	Consistently manipulate the other's emotions and actions
Like each for who they are and not for what they can get from each other	Work to maintain physical and emotional control over the other
Are interested in each other's opinions, dreams, and ideals	Are often caught in lies
Are having fun and are happy	Keep secrets hidden from people outside the relationship
Use appropriate expressions of affection	Feel that they own and can name the other's feelings
Challenge each other to grow and are willing to be challenged in return	Need constant reassurance of the other's affection and loyalty and are jealous of outside relationships
Recognize the strengths and weaknesses of the other	Deal with conflicts by anger or vicious, hurtful arguments
Have great trust in each other	Convince the other to change behavior by using intimidation, guilt or violence
Are willing to negotiate what they want from the relationship	Blame the other for failure in the relationship
Remain faithful to his/her core values and beliefs	Bribe or threaten the other to maintain the relationship
Are interested in and proud of the accomplishments of the other and are not jealous of her/his success	Cover for negative behaviors of the other
Do not assume responsibility for the mistakes of the other	Assume responsibility for the other's mistakes
Do not feel guilty when the other is unhappy	Feel guilty when the other is not happy
Do not try to change each other but focus on the changes each need to make herself/himself	Are self-absorbed and think their needs are the most important



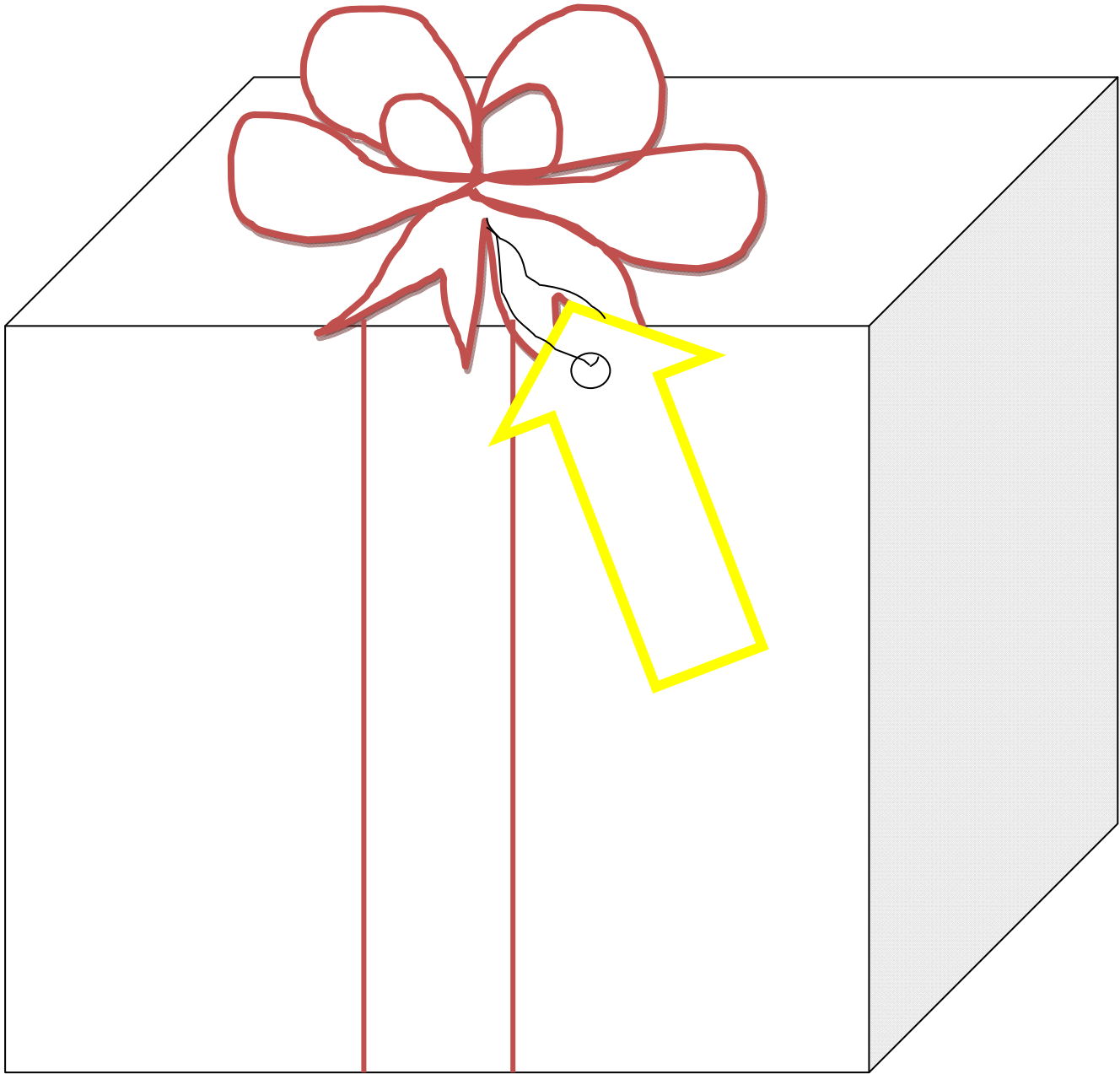
SKILLS FOR HEALTHY RELATING

Take some time to be quiet and find a place where you can reflect on these ideas. Read through the list of statements that describe the skills needed for healthy relationships. Choose one or two of these skills that you would like to work on in order for your future relationships to be healthy. If you keep a journal, write about how you will incorporate these skills into your life.

- I am determined to be honest with myself. I will stay in touch with my thoughts and feelings, where they come from, and how I express them.
- I am fully responsible for all my actions and reactions. I blame no one and no thing for how I behave or for what I feel.
- I do not impose what I believe on others, nor do I try to interpret the beliefs of others to suit my needs or desires.
- I do not share my feelings with others in order to manipulate them or satisfy my own emotional needs.
- I am willing to be open and honest even if it is possible that I may be rejected or ridiculed by others.
- I honor my own thoughts, feelings, and needs, but when others approach me, I focus on theirs rather than mine.
- I accept others just the way they are without demanding that they become what I would like them to be.
- I am comfortable with myself, and I do not let others manipulate me or convince me to do what I am not comfortable doing.
- I am secure about my abilities, talents, and interests, and I do not need to put other people down to feel good about myself.
- I am deeply grateful for who I am and what I have, and I do not envy the gifts of others.
- I do not need power or prestige to feel important. I am important because I am a beloved child of God, and I recognize that every other human being is the same.



GIFTEDNESS



On the lid of the box, write your greatest gift. In the left section of the box, write in the things you are good at doing. On the vertical ribbon, write 3 results of your greatest gift. In the right section of the box, write what others have done to nourish you. In the arrow, fill in the nicest thing you ever did for anyone. In the shaded area of the box, describe a gift you have that you'd like to use in new and better ways.

SELF-LOVE

Unscramble the words in the heart to discover struggles we have on the journey to self-love.



1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____



Self-Love Answer Key:

1. Accepting my goodness

4. Loneliness

7. Being genuine

9. Recognizing my talents

2. Loving my faults

5. Self-identity

8. self-doubt

10. Rejection

3. Body image

6. Criticism





Barriers to Self-Esteem

Read over the list and circle the barriers you feel can keep a person from developing healthy self-esteem. In small groups, you will discuss how a person might work to overcome these barriers.

Humiliation	Standards	Patience
Fear	Sports	Rumors
Pain	Love	Bad experiences
Loneliness	Homelessness	Conflict
Algebra	Hunger	Temptation
Guilt	Body image	Sin
Tempers	Words	Time
Anger	Being boxed in	Personal failure
Envy	Lost communication	Apathy
Boyfriend	Anxiety	Differences
Girlfriend	Disrespect	Church
Shyness	Non-acceptance	War
Hate	Rejection	Self-doubt
Perfectionism	Being distant	Ignorance
Criticism	Being/feeling left out	Blindness
Mystery	Prejudice	Past hurts
Put-downs	Stereotypes	Competition
Lack of trust	Sexism	Being “average”
School	Emotions	Lack of talents
Friends	Being laughed at	Chaos
Fighting	Stress	Family arguments
Depression	Being “not good enough”	Satanism
Happiness of others	Selfishness	Jealousy
Stealing	Intelligence	No respect
Negative attitude	Not trying	Dishonesty
Choices	Expectations	Alcohol
Drugs	Sex	Violence
Toxic relationships		

QUALITIES OF MEANINGFUL RELATIONSHIPS

Spend a few minutes thinking about the people in your life with whom you have a special or important relationship.

Then answer the following two questions:

-
- The things that make these relationships special are...*
 - Some steps I can take to improve these relationships are...*
 - Some things that stand in the way of these relationships are...*
-

Below is a list of positive qualities of meaningful relationships. Check the ones that you have noticed while considering your own important relationships. Identify one of your relationships in which many of these qualities are present and circle the qualities present in this relationship.

- Honesty
- Understanding
- Trusts me
- Does not gossip
- Respects others
- Fun to be with
- Does things for me
- Cheerful
- Lets me do things for her/him
- Listens to me
- Helps me to be a better person
- Forgives others
- Has time for me
- Allows freedom and space
- Helps me grow closer to God
- Challenges me to grow
- Asks me to be responsible

THE DATING GAME-

Questions for Girls to Ask Boys

You will have five minutes to ask as many of the following questions as you are able. To keep track of which question you ask of the eligible bachelors, circle his number when you ask the question.

- A. 1 2 3 After we have been dating for a while, you decide to stop seeing me. How do you end the relationship?
- B. 1 2 3 We are going to a formal dance and I have made an extra effort to look really great. What kind of comment can I expect from you when you arrive to pick me up?
- C. 1 2 3 We are at a party and I was the driver because you don't have your license yet. I drink at the party and you have to find your own ride home. What response can I expect from you in the days to come?
- D. 1 2 3 You happen to stop at my house when my parents are not at home. We've been inside talking for a few minutes when my mom drives up. You can easily slip out the back door before she sees you. What will you do?
- E. 1 2 3 You are participating in some event and you invite me to attend. I tell you that I will not be there, but I'll pick you up when it's over. How do you feel about this and what do you tell me?
- F. 1 2 3 You and I have been dating for quite a while. We're getting along well, but my best friend really can't stand you. How do you react to this?
- G. 1 2 3 We're out with a group of friends when I do something kind of stupid and really embarrass myself. All I want to do is go home. What do you do to help me?
- H. 1 2 3 My pet dies the afternoon of our school's biggest football game of the season. I'm too upset to go to the game. What do you do?



THE DATING GAME-

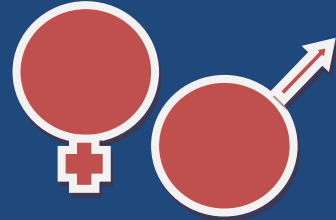
Questions for Boys to Ask Girls

You will have five minutes to ask as many of the following questions as you are able. To keep track of which question you ask of the eligible bachelorettes, circle her number when you ask the question.

- A. 1 2 3 We are on our first date and it's pretty clear that it's not going well for either of us. How do you react?
- B. 1 2 3 I show up for our date and you noticed that I am definitely not dressed right for the occasion. How do you react?
- C. 1 2 3 We date a few times, decide it's not for us, and quit. Now your friends are giving you a hard time because you even considered dating me. What do you say to them?
- D. 1 2 3 We've been out a couple of times and you realize that I am more interested in you than you are in me. How do you respond the next time I call and ask you out?
- E. 1 2 3 Your parents have a rule that they want to meet anyone you'll be dating. I told you that there's no way I'm going to meet your parents before we go out on a date. What do you do?
- F. 1 2 3 I've noticed lately that you're acting like something is bothering you. What do you say if I tell you that I'm concerned and would like to help if I can?
- G. 1 2 3 You catch me in a bad mood one day and I happen to say something that embarrasses you in front of your friends. What do you say to them when I leave?
- H. 1 2 3 We're at this really great party and I'm supposed to pick my little brother up and take him home. There's no way we can do this and get back to the party before it ends. What do you suggest we do?



MALE-FEMALE RELATIONSHIPS



Here are some questions that can help you clarify what you think about male-female relationships. On the left, write your answers to the questions. On the right, guess what the other sex might answer.

Your view	View of the other sex
Two qualities that someone you date must have...	
When Mr. or Ms. Right comes along, you'll know s/he's the one for you. Agree or disagree? Why?	
How important is physical beauty or strength in romantic relationships? (Very, somewhat, a little, not at all)	
What places would be fun to go or what activities would be fun to do when out on dates?	
Name at least two ways that men and women differ, besides the obvious physical differences.	
Do you believe in "love at first sight"? Why or why not?	
What makes a relationship between A male and a female your age successful? What makes it really work?	

ANIMAL FRIENDS

Photocopy this resource and cut it apart along the lines.

<p>These animals always have their defenses up, and those defenses are so nasty they always keep others away.</p> <p>• Skunk •</p>	<p>These animals are foul and dirty. They pick out one member of the group to pick on and are unrelenting in tormenting that member. Even though they live together in a group, they have little to do with others. They are born with a shell around them, and breaking through the shell is the way they gain independence.</p> <p>• Chicken •</p>
<p>These animals have tough protective shells. They pull their head deep into their shell whenever they are approached by others. They move slowly and look at everything carefully.</p> <p>• Turtle •</p>	<p>These animals do not like cities and usually live in wilderness areas, but are rarely found alone. They are protective of their own territory, but always work together with others. Everyone in their group watches out for everyone else. They are smart, have a keen sense of smell, and often can be heard howling at night.</p> <p>• Wolf •</p>
<p>These animals are considered the fiercest animals in the jungle. They live in tightknit community groups where all members work together for survival. They are extremely protective of the other members of the group and are strong and powerful. Their leader is called the king and is highly respected by others in the jungle.</p> <p>• Lion •</p>	<p>These animals are among the busiest of all creatures. They are clever and can make an opening in anything that is made from wood. They are extremely adaptable and are just as comfortable in water as they are on land, although they are better swimmers than runners. They build intricate homes that often interrupt and redirect the normal flow of things.</p> <p>• Beaver •</p>
<p>These animals are quick, clever, and resourceful. When they are little, they are considered soft and cuddly. They should actually be approached with caution because they are explosive fighters who could tear things apart if agitated. Sometimes they withdraw to be alone and are known to hibernate when things get cold.</p> <p>• Bear •</p>	<p>These critters are not exactly warm and cuddly. When they are moving they are difficult to detect. They are swift and move low in the grass and often blend into the background. They are normally feared and take special handling. They are often used as a symbol for evil, but are useful in keeping a balance in nature. Some of them are known for their unique noisemakers.</p> <p>• Snake •</p>
<p>These animals live in the water, are highly intelligent, and are excellent communicators. They live in community, and everyone shares the responsibility of raising the young. Their children are very precious to them. They are also playful and even make friends with other species.</p> <p>• Dolphins •</p>	<p><i>Circles of Care Version 2.0 Revised 2007 Copyright ©2006</i></p>

IMPROVING YOUR RELATIONSHIP WITH PARENTS

Consider the relationship you have with your parents now. You may be thinking that it's just fine the way it is, or you may be wondering how it could be better. All relationships need work and all can improve in some way. Check two of the following that you feel would most improve your relationship with your parents.

- Trusting each other more
- Being truthful and honest
- Learning about each other
- Spending time together
- Affirming one another more
- Communicating better

How will you go about strengthening these aspects of the relationship? List several practical steps you will take. *(Remember—this is about what **YOU** can do, not what you think others should be doing!)*

I will _____

I will _____

I will _____



PARENT-TEEN RELATIONSHIPS

Circle one of the four responses after each statement about parent-teen relationships.

A=Agree

SA=Somewhat agree

SD=Somewhat disagree

D=Disagree

An argument is always a destructive force between parents and teens	A	SA	SD	D
An adolescent should always obey without ever questioning a parent's authority	A	SA	SD	D
Most problems between parents and teens come from parents' failure to listen to or understand young people	A	SA	SD	D
Most problems between parents and teens come from teens' failure to listen to or understand their parents	A	SA	SD	D
Communication between parents and teens automatically happens when teens and parents love each other	A	SA	SD	D
Since parents brought their children into the world, they owe them clothes, food, housing, and lots of attention	A	SA	SD	D
Parents should have a say in whom their children date	A	SA	SD	D
Parents can't possibly understand how much pressure is on young people, especially regarding sex and substance abuse	A	SA	SD	D
Parents and teens who put their relationship first will stay close for life	A	SA	SD	D

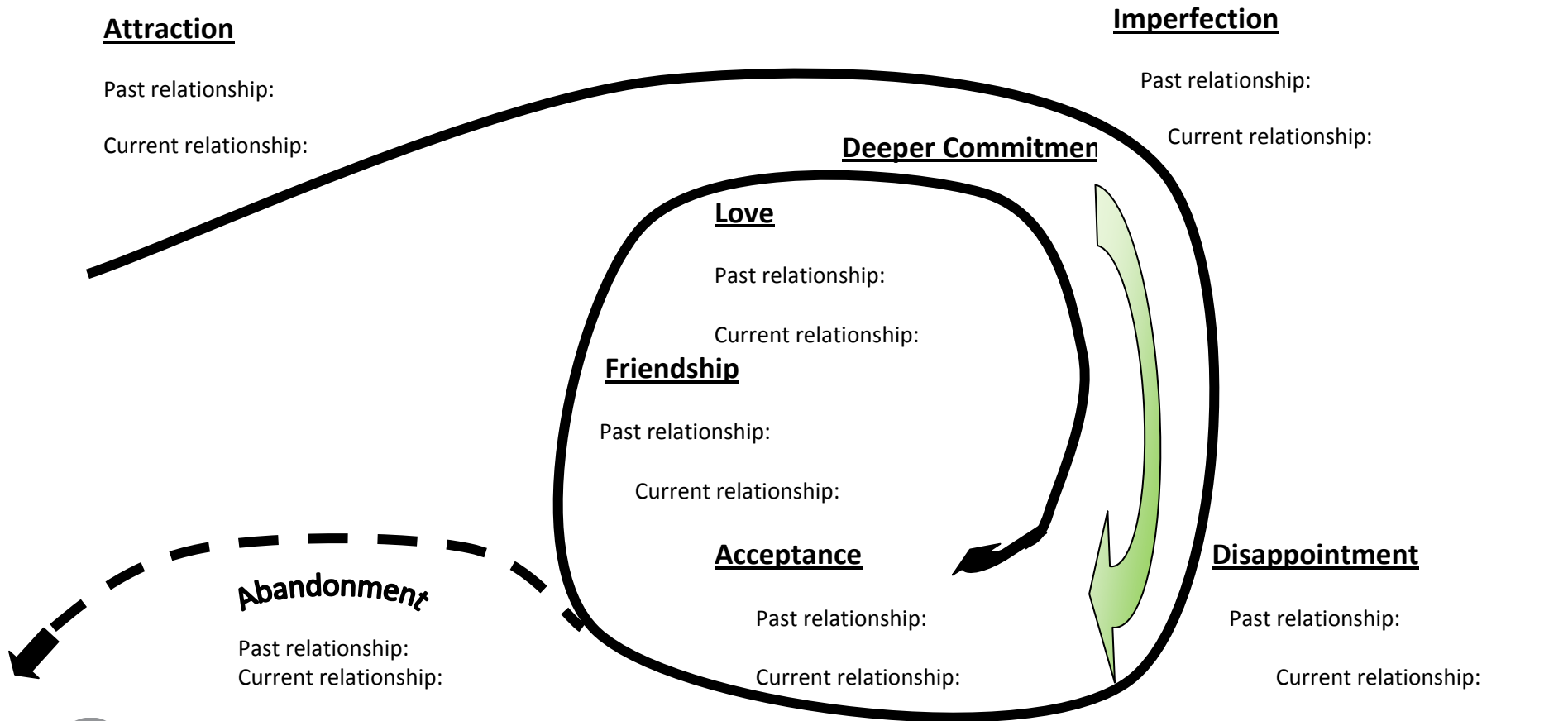


TEN WAYS TO BUILD BETTER RELATIONSHIPS WITH PARENTS

- ❖ Set times to get together (just to talk, have lunch, see a movie)
- ❖ Decide on a favorite place for your talks (at the park, in the den, in your room)
- ❖ Ask your parents how things are going for them (show interest in their work and what they're dealing with)
- ❖ Listen carefully (what feelings are being expressed? Offer help and support)
- ❖ Let your parents know when you are upset (don't keep things to yourself, don't go to your room to hide, be honest and open about your feelings)
- ❖ Tell them the good news (successes, victories, joys) as well as the bad news (problems, conflicts with others, worries)
- ❖ Ask them for insights and opinions (learn from their wisdom)
- ❖ Celebrate together (celebrate when something good happens in the family, begin new traditions)
- ❖ Tell your mom and dad "thank you" (for the sacrifices they've made, for the big and the little ways they show their love for you)
- ❖ Show your love and appreciation (remind them how important they are to you, don't take them for granted)



THE RELATIONSHIP CYCLE



RELATIONSHIP CHALLENGES:

The Call to Forgive

Carefully read each of the following statements and give each one a rating. You may not select more than six statements for any of the three ratings.

- E = Easy to forgive
D = Difficult to forgive
DD = Very difficult to forgive

- ____ 1. A friend who shoplifts even though s/he knows it bothers you.
- ____ 2. An adult who was dishonest or misled you.
- ____ 3. A friend who cheats on exams.
- ____ 4. A parent who disciplines you without listening to your explanation.
- ____ 5. A friend who gossips or tells your secrets to others.
- ____ 6. A brother or sister who borrows your stuff without asking.
- ____ 7. A fellow student who copied one of your papers or stole a project.
- ____ 8. A parent who cheats others.
- ____ 9. A friend with whom you had a fight and with whom you have not made up.
- ____ 10. A parent who says you can go to a party, but changes his/her mind because they want you to do something at home instead.
- ____ 11. A teacher who grades you unfairly and refuses to talk about it.
- ____ 12. A sister or brother who gets you in trouble with your parents.
- ____ 13. An adult leader (coach, teacher) who treats you unfairly.

Now complete the following statement:

A person with whom I have recently experienced hurt or trouble is.....



STEP BY STEP:

Making a Plan

On the handout titled *Relationship Challenges: The Call to Forgive*, you completed the statement: A person with whom I have recently experienced hurt or trouble is... Think for a few moments about the person you named and some of the ways you've learned to improve your relationships. Complete the following statements:

In the coming week, in my relationship with _____, I will.....

The steps I will take are.....

A Prayer of Forgiveness

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

*O Divine Master, grant that I may not so much seek to be consoled
as to console;*

To be understood as to understand; to be loved as to love.

For it is giving that we receive;

It is in pardoning that we are pardoned;

It is in dying that we are born to eternal life.

St. Francis of Assisi



GOT PROBLEMS??

When one of your relationships develops some problems or even hits rock bottom, what do you do? How do you work through the problem and try to resolve it? Take a situation and write down what you actually did.

What **COULD** you do? Look over the possible choices below and rank them 1 to 6 according to how important they are (1=most important, 6=least important).

- ____ State the problem or find what the trouble is.
- ____ Apologize to the other person when you're wrong.
- ____ See forgiveness as a positive force, not something only weak people do.
- ____ Take the initiative. Be the first to reach out to others (whether you are right or wrong).
- ____ Pray for the strength and courage to be really forgiving.
- ____ Forgive others completely the way God has forgiven you.

Compare your rankings with how you actually dealt with the situation you wrote about above. If time allows, share your rankings with others in your group. What do you notice about all the choices?



TIPS FOR THE TROUBLED

- Try to be more loving toward all people, especially in everyday life.
- Admit when problems and conflicts arise in relationships. Don't run away or deny the issues. Respect others.
- Express your feelings in appropriate ways.
- Accept that relationships do change or end. Don't string someone along.
- Seek help and support from others. Talk about your worries, your fears, and your losses with someone you trust.
- Learn from your mistakes and reflect on how you might handle things differently in the future.
- Be sure to forgive yourself.
- Build other positive relationships. Reach out to others and be of service to others.
- Recover from your pain one day at a time, realizing that the world has not ended despite your loss.
- Reach out to the Lord frequently in prayer.
- Celebrate forgiveness in the Sacrament of Penance.

