

Friends and Responsible Relationships

What do you value most in a friend?

1. Someone who offers to help when you have a problem
2. Someone who makes you laugh even when you are sad
3. Someone who expresses emotions without hurting others
4. Someone who is honest and reliable
5. Someone who is a good listener

Rank these 5 qualities in order of most important to least. Why did you choose that order? Why are those qualities more important than the others?

Friendship

- Relationship based on mutual trust, acceptance, and common interests or values
- People look to their friends for honest reactions, encouragement during bad times, and understanding when they make mistakes
- Types of friends
 - Casual
 - Close
 - Loyalty, honesty, empathy, reliability

Tips for making friends

- Be yourself; don't put on an act
- Join groups that share your values or offer activities you like
- Treat everyone with respect
- Take a little time to talk with people you know casually
- Ask questions that require more than just a yes or no answer

Problems in relationships

- Envy and jealousy
- Cruelty and manipulation
- Cliques
 - A narrow, exclusive group of people with similar backgrounds or interest
- Peer pressure
 - A need to conform to the expectations of the tight circle of friends.
 - Positive force
 - Negative force

Buddy/Group activity

Figure out ways to make teens who move to our school feel welcome.

1. Make a list of possible things you could do.
2. Evaluate your list and decide which idea you think would work best.
3. Draft a proposal explaining how your idea would work.

Relationships...more than friends

- Hanging out and talking
- Going out as couples
- Dating

Do you think it's a good idea to date exclusively during middle school/high school? Why or why not?

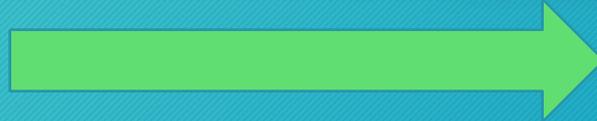
Violence in dating relationships

- A pattern of emotional, physical, or sexual abuse that occurs in a dating relationship
 - One partner uses the abuse to gain control of the other partner

Cycle of violence

Tension-building

- Pick fights
- jealous
- Possessive
- Criticizes
- threatens



Violent episode

- Uses force
- Weapon
- cause serious injury
- May destroy possessions

Calm

- Ask forgiveness
- Makes promises
- Buys parents
- Is affectionate
- Denies the abuse



Warning signs

- Your date is jealous when you talk to others
- Your date makes all the decisions
- Your date tries to control what you do/wear
- Your date has a history of bad relationships
- You feel isolated from your friends and family
- You feel less self-confident

Date Rape

- More than half of the young women raped know the person who raped them
- Date rape- when the rape occurs during a date
- Date rape drug
 - Colorless, odorless, tasteless drug
 - Act drunk
 - Unable to recall what happened
- Emotional affects can be long lasting

Tips for dating safely

- Go out as a group
- Let someone know where you are going
- Avoid alcohol and other drugs
- Have money to get home
- In an emergency call 911
- The “X” plan.....

X- Plan



- <https://bertfulks.com/2017/02/23/x-plan-giving-your-kids-a-way-out-xplan/>

Why stay in an abusive relationship?

- May think behavior is normal
- May think possessive or jealous is romantic
- Think males should act a certain way
- May think physical aggression is masculine
- Males may be embarrassed/ashamed to admit to being abused
- May fear being alone

How to end an abusive relationship

- Admit the abuse exists
- Realize it is not your fault
- You can't change the abusers behavior
- Seek support and help from family and friends
- Talk to counselor, teacher, doctor or social worker
 - Legally required to report the abuse

Activity

- Text book
 - Page 146-147
 - Building and practicing the skill