

Interpersonal Relationships

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Presentations for PowerPoint

Interpersonal Relationships



CHAPTER

8

Developing Relationship Skills

Focus Topic

What Are Friendships?



What Is a Friend?

- Someone with whom you can talk
 - Someone who accepts you
 - Someone who supports you
 - Someone who is trustworthy
 - Someone who is open
-
- Code of Conduct: A pattern of behaving and acting in a way that is acceptable.

Acquaintances

- These are people you know but who are not close friends.
- You may attend the same school and see them in the community.

Good Friends

- These are people you see often who
 - share some of your interests and experiences
 - share personal thoughts and feelings
 - trust you to some degree



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Close Friends

- These are best friends with whom you share inner thoughts and secrets.
- Close friends accept each other.
- Close friends trust each other.
- Close friends care about what is best for each other.

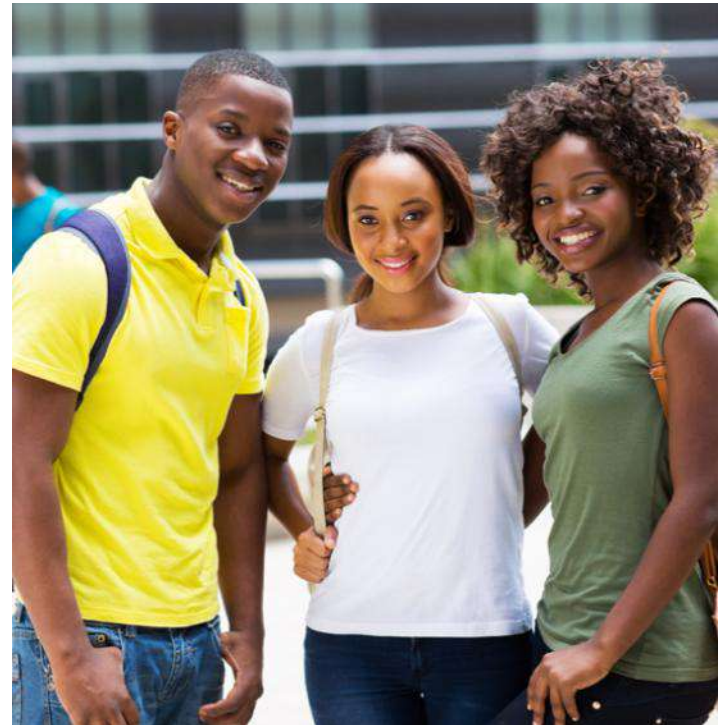
Benefits of Friendships

- Help you know and understand your own thoughts and feelings
- Help you accept yourself as a person and increase your self-esteem
- Help you develop empathy
- Help you improve your communication skills
- Help you learn to work cooperatively
 - *Rapport: A feeling of connectedness with others.*
- Satisfy your need for companionship
- Help you prepare for future long-term relationships

Continued

Skills for Developing Friendships

- Be friendly.
 - **Icebreaker**- a short interaction that helps you connect with another person.
- Develop rapport.
- Share yourself.
- Build trust.
- Respond with **empathy**.
- Be open to growth.
 - **Blind sports**. Limits to your knowledge or understanding.



Developing Friendships with Communication Technology

- **Cyber-Acquaintances:** People, who become “friends”, you have met online.
- While the speed, frequency, and ease of using communication technology make it attractive for developing a relationship into a friendship, it is important to be aware of the dangers involved.

Peer Relationships

- **Peers** are of the same age group, and are at the same stage in the life path.
- **Peer Pressure.** A feeling of wanting to belong to a group, and in order to do so they must often conform, or adapt to certain standards of appearance, dress, and behavior.
- https://youtu.be/akbCmxb_w8s (Mean Girls)

Focus Question

How do friendships help an individual grow as a person?



8.2 Relationships in the Family

- **Factors Influencing Family Relationships**
 - How well do family members understand each other.
 - How much time do family members spend together.
 - What common interests do family members share
 - What kind of communication occurs in the family.
 - Does consistent support and care exist in the family?
 - Does love and acceptance exist in the family?

Relationships with Parents and Guardians

- **Understanding Parents' Points of View**
 - Mutual understanding between teens and their parents or guardians can lead to a strong relationship.
 - To help mutual understanding develop, teens need to share their own thoughts, feelings, and goals with their parents, using good communication.
 - **U.S. society, makes many parents feel pressured to raise “perfect children”.**

Relationships with Parents and Guardians II

- Most parents/guardians put considerable time and effort into providing for their families.
- Talking with parents or guardians about their work can help teens understand pressures students are under at work.
- Parents must make decisions that protect the well-being of all family members. As teens recognize the *scope*, or the amount and variety of parents responsibilities, they begin to see why parents make certain decisions.

Using Technology to Connect W/Family Members

- **Modern technology can promote communication among family members.**
- **Always text or call your parents when you are running late they worry!**
- **Good and frequent communication can prevent many potential conflicts.**

Parent-Teen Conflicts

- **Both teens and parents are adjusting to changes.**
- **As teens become young adults, they emotional separate from the close, dependent bond with the family.**
- **Parents must learn to gradually let go and allow teens to become independent.**
- **Some parents may keep a tight control, even when the teen is able to handle more responsibility. These differences can lead to conflict.**

Negotiating Solutions

- **To negotiate a solution, both parties need to accept some give-and-take. Everyone needs to benefit from the solution.**
- **Steps to help prepare teens to negotiate with parents/guardians.**
 - **Set a time to talk about an issue**
 - **Think about EXACTLY what you want to say and how you can express yourself most clearly.**
 - **Think about what end result you desire.**
 - **Consider what aspects of the solution you can negotiate.**
 - **Determine which aspects of the situation are more important and which ones you are willing to compromise on.**

Relationships with Siblings

- **Siblings can be close friends.**
- **Rivalry is common between brothers and sisters if they are growing through different stages or even the same stage.**
- **May rebel to gain parents attention.**
- **Older siblings can help their younger siblings meet the challenges that arise as they do so.**
- **Siblings can become the core of a strong support group.**

Relationships with Grandparents

- Relationships with extended family members can be a source of good friendships, role models, and mentors.
- **Extended Family-** Grandparents, aunts, uncles, cousins, and other relatives.
- Children benefit from the love and support provided by grandparents.
- As children get older, they will be more willing to confide in a caring, listening grandparent who has built a relationship with them.

8.3 Relationships In the Community

- The social skills used in building good friendships apply to building relationships in your community.
- Sharing with others in your community will likely focus on areas of common interests and goals.
 - Volunteering in a community activity can make your community a better place to live.
 - In what ways could volunteering benefit your growth as an individual?
- Using good relationship-building skills and becoming involved in your community will help you develop good friendships.

Community Involvement

- **There are many clubs and programs that welcome volunteers to assist in providing services to members in the community.**
- **The community activities you choose to take part in will depend on your goals and values.**
- **Involvement in the community will help you develop good friendships where you live.**

Relationships with Significant Adults

- Adults other than parents who play an important part in your life can be called **significant adults**.
 - Relatives, Teachers, Youth leaders, Religious leaders, Coaches & neighbors.
- They are people who take the time to get to know you, and care about you and what happens to you in life.
- A good friendship can develop even if that person is much older than you.
- These adults feel responsible for the well-being of the children they interact with, but they don't feel as much pressure as parents feel, which allows them to be more empathetic.
- *What life skills does participating on a team sport help a person develop?*

Think About It....

What are some examples of relationships with significant adults that have helped you grow as a person?

Professional Relationships in the Community

Professional Relationships exist between two or more people when services are provided by the professional.

Skills for being friendly and developing some rapport are still needed in a professional relationship. These skills help develop mutual respect.

Ethical communication is needed in a professional relationship. Honesty is essential.

Professional Relationships in the Community

The following skills will help you maintain a professional relationship.

- **Share input using I-statements**
- **Listen closely**
- **Use clarifying, paraphrasing/reflecting**
- **Use eye contact when speaking and listening**
- **Keep personal sharing to a min.**
- **Focus on the common task at hand.**

Relationships with People of Other Cultures

- **Over your life span, you will encounter people from many different cultures, reflecting the diversity of U.S. society.**
- **Multiculturalism** is the influence of many different cultures on society.
 - **Customs**
 - **Language**
 - **Traditions**
 - **Racial background**
 - **Different beliefs**
 - **Personal or family values**
 - **Religious practices**
 - **Getting to know people who are different from you can have a positive effect on your personal growth.**