



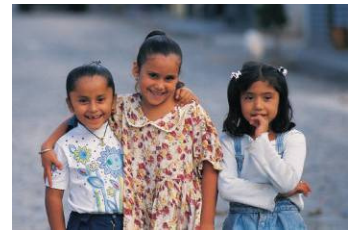
## Contemporary Living

### Ch 14 Successful Relationships p. 210-223

**Relationships:** The connections you have with other people, depends on the degree of closeness, the purpose of the relationship, and their form

#### Rewards of Relationships:

- Companionship
- Love and affection
- Support
- Positive self-concept
- Expanded interests
  
- By having a relationship with someone, you naturally have certain expectations of them and them of you.
  
- People with high self-esteem have confidence to make new friends easily and don't let others push them around
  
- Those with low self-esteem may act as if they don't care and have trouble making friends



What are some stereotypes you know of?



- Stereotypes prevent us from making new relationships.

How could you break through a typical stereotype?



### **Positive Relationships**

- Take work and time to grow, develop, and be maintained

Where could you go to make new friends?



How do you keep in touch with your friends?



**Tolerance:** respecting other people's beliefs and customs, accepting people for who they are

**Prejudice:** a lack of tolerance, and unfair biased attitude toward an individual or group

**Discrimination:** treating certain people differently as a result of prejudice

What kinds of questions are employers not allowed to ask you on an interview?



## Relating to Authority Figures

- Be courteous and respectful.
- Practice self-discipline. Obey the rules.
- Tell the truth.
- Listen to what you are told. Ask questions if you don't understand.
- Accept responsibility for your behavior. Admit your mistakes.
- When you have a problem, talk to a person in authority.

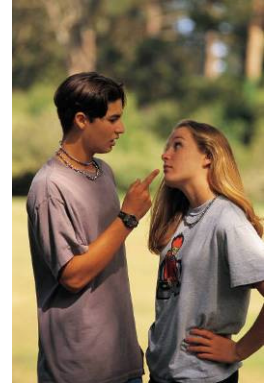


## Unhealthy Relationships

Characteristics of an unhealthy relationship:

- *Physical abuse*: physically harming you or threatening to do so, touching you in any inappropriate way
- *Controlling behavior*: when someone always wants you to do things their way
- *Isolation*: When a person won't let you spend time with or talk to other people including other friends or family

- *Low self-esteem*: If you feel depressed or bad about yourself when you're with the person
- *Dependence*: Feeling like you need that person to function/live. You can't do anything on your own.
- *Bullying*: Threatening you or forcing you to do things you don't want to.
- *Dishonesty*: being lied to or feeling like you have to lie to the person about your feelings or actions
- *Irresponsible behavior*: If someone tries to make you take risks or behave in a dangerous manner
- *Illegal activity*: Influencing you to steal, drink alcohol, use drugs, or other activities



- Get help: 



Girls and Boys Town National Hotline

**1-800-448-3000**

**“Call With any Problem, Anytime. Open 24 hours a day, everyday”**