

G-W Goodheart-Willcox Publisher

Succeeding in Life and Career

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Tenth Edition



Presentations for PowerPoint

Succeeding in Life and Career

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Chapter 8

Personal Relationships

Section 8-1

Developing Positive Relationships

Objectives

- Discuss types of relationships.
- List benefits of positive relationships.
- Describe how to develop key elements that form the basis of positive relationships.

Types of Relationships

- Positive relationships are healthy and satisfying for the people involved
- Positive relationships do not just happen—they must be developed
- Learning how to develop positive relationships begins in the family

Parents

- Infants form their first relationships with their parents
- Infants are totally dependent on parents and other caregivers to fulfill their needs



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continued

Parents

- Children become more independent as they grow older
- Changes in the parent-child relationship often cause conflict
- Good communication can help maintain a positive relationship

Siblings

- Children begin building relationships with siblings at an early age
- Sometimes jealousies emerge as siblings compete with one another



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continued

Siblings

- Children who learn how to handle jealousies and competition with siblings can better handle these situations with friends
- Building positive relationships with siblings prepares you to build positive relationships with peers

Peers

- Relationships with peers become very important during the teen years
- Positive peer relationships form a support system for teens
- To build positive relationships with peers, learn to accept them as they are



Think Further



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- *Think about some friends with whom you have positive relationships. Why do you think you chose them as friends?*

Romantic Relationships

- Romantic relationships become more important in the late-teen and adult years



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continued

Romantic Relationships

- Romantic relationships are positive because
 - caring for someone, and knowing he or she cares for you, adds meaning to life
 - daily experiences can be shared
 - partners encourage each other to develop to their full potential

continued

Romantic Relationships

- Some romantic relationships lead to marriage
- Marriage relationships grow and change as spouses grow and change
- To keep marriage relationships positive, couples need to keep lines of communication open

Work Relationships



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- At work, relationships are less intimate

continued

Work Relationships

- Create positive work relationships by
 - respecting the feelings of others
 - accepting your fair share of responsibilities
 - acknowledging the contributions of others

Benefits of Positive Relationships

- Physical benefits include fewer physical illnesses
- Emotional benefits include enhanced emotional well-being
- Social benefits include involvement in more activities

continued

Benefits of Positive Relationships

- There are economic benefits of positive relationships
- People who relate well to others on the job are likely to
 - enjoy their work
 - stay on the job
 - be rewarded financially

Qualities Needed for Positive Relationships



Positive self-concept



Mutual respect



Reliability



Trust



Openness

Positive Self-Concept

- A positive self-concept means that you see yourself as worthwhile
- When others see that you think highly of yourself, they are likely to think highly of you as well
- An important part of friendship is giving and receiving positive feedback

Mutual Respect

- **Mutual respect** means regarding others with honor and esteem
- People in positive relationships know they do not have to agree on everything
- However, they do respect each other's right to differ

Trust



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- Trusting means having confidence in someone
- In a positive relationship, you must trust the other person and prove you are trustworthy

continued

Trust

- To earn trust, you must
 - keep secrets
 - not laugh at friends who share serious concerns with you
 - not encourage friends to participate in activities that are not in their best interests

continued

Trust

- If you give advice that backfires, you may lose the trust of a friend
- When advice is sought, it may be better to help friends analyze the possible alternatives and choose their own plan of action

Openness



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- Openness refers to an atmosphere in which people feel free to share their thoughts and feelings

continued

Openness

- You must make people feel comfortable about opening up to you
- You must also be willing to open up to others; people cannot meet your needs unless you tell them what they are

Reliability

- People in positive relationships must be reliable
- Reliability involves keeping your word as well as following routine patterns of behavior
- Reliability helps people know what to expect from others in relationships

Section 8-1 Review

- How does building positive relationships with siblings prepare children to build positive relationships with peers?
 - *learning to handle jealousy and competition with siblings helps children know how to handle these situations with peers*
- List three benefits of positive relationships.
 - *Answers will vary.*

continued

Section 8-1 Review

- *True or false.* People in positive relationships agree on most everything.
 - *false—they respect each other's right to differ*
- Being able to keep secrets is a part of which key relationship quality?
 - *trust*

Section 8-2

Developing Friendships

Objectives

- Name three types of friends.
- Describe factors that lead people to form friendships.
- Explain three types of dating.

continued

Objectives

- Explain the difference between love and infatuation.
- Analyze factors involved in a responsible relationship.

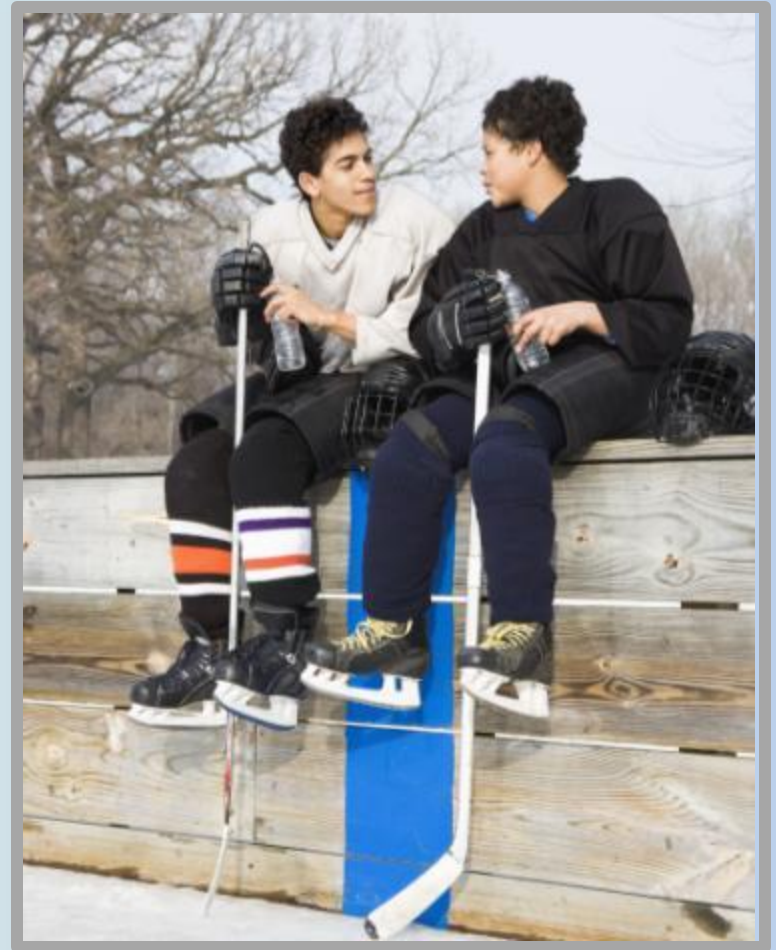
Friendships

- *Friends* are people who
 - know, like, and trust each other
 - spend time together
 - share thoughts and feelings
 - complement one another's positive traits
 - can alert each other to habits and attitudes that may need to be changed

continued

Friendships

- *Friendship* is the bond that forms between friends



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continued

Friendships

- Type of friendship is determined by the strength of the bond between people
 - *Acquaintances* are people you know
 - *Good friends* are people with whom you share common interests
 - *Best friends* are friends with whom you share your deepest thoughts and feelings



Think Further

- *What are some activities you share with your good friends and with your best friends. How do the types of activities differ?*



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Meeting New People

- Meeting people is the first step in making friends
- In a multicultural society, people from different cultures live in the same community
- Be open to forming friendships with people of different ages, cultures, and ethnic backgrounds

Forming Friendships

- Friendships are likely to develop between people who have similar
 - personalities
 - interests
 - values and outlook on life

continued

Forming Friendships

- Peer influence is greatest during the teen years
- Be alert to the influence your friends have on you
 - Do these influences help you grow to your fullest potential?
 - Friends should not drag each other down

How to Make Friends



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- People are more likely to talk to you if you
 - show you are interested in them

continued

How to Make Friends

- focus on what they are saying
- ask questions
- provide feedback to keep the conversation moving
- are open-minded

Dating

- The factors that attract people to friends also attract them to dating partners
- Through dating, people
 - learn about themselves
 - prepare for a marriage relationship
 - learn how to give and take
 - learn about the opposite sex

Group Dating



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- **Group dating** is when a number of people of both sexes go out together

continued

Group Dating

- Each person is free to get to know all members of the group
- People can interact without pressure
- Group dating is an easy way to begin dating

Casual Dating

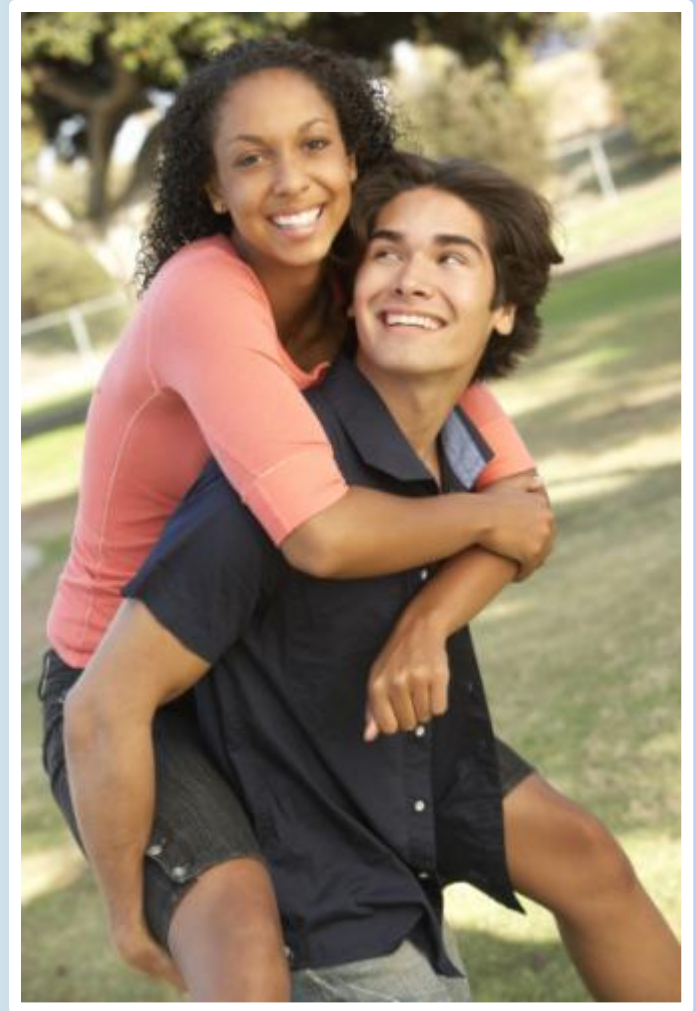
- Casual dating allows people to date more than one person at a time
- Through casual dating, people
 - socialize with many different people
 - learn to get along with others
 - do not necessarily fall in love
 - do not feel disloyal or jealous

Steady Dating

- **Steady dating** is when two people agree to date only each other
- Steady dating provides some security for both partners
- The commitment involved in steady dating encourages the couple to resolve conflicts

What Is Love?

- *Love* involves caring more about your mate than about yourself



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Is It Love or Infatuation?

- Love is often confused with infatuation, or an intense feeling of admiration
- You can be infatuated with
 - someone you have never met
 - a fantasized image of someone you know

continued

Is It Love or Infatuation?

Love	Infatuation
Focus is on the person as a whole	Focus is on just one trait—appearance or a special skill
Grows slowly as people learn more about one another	Begins quickly and is often short-lived
The other person's wants, needs, and feelings are important	A person's own feelings and desires are important

Responsible Relationships

- It is normal to experience sexual desire
- Teens may feel pressured to have sexual relations
- Before having a sexual relationship, consider the emotional and physical consequences

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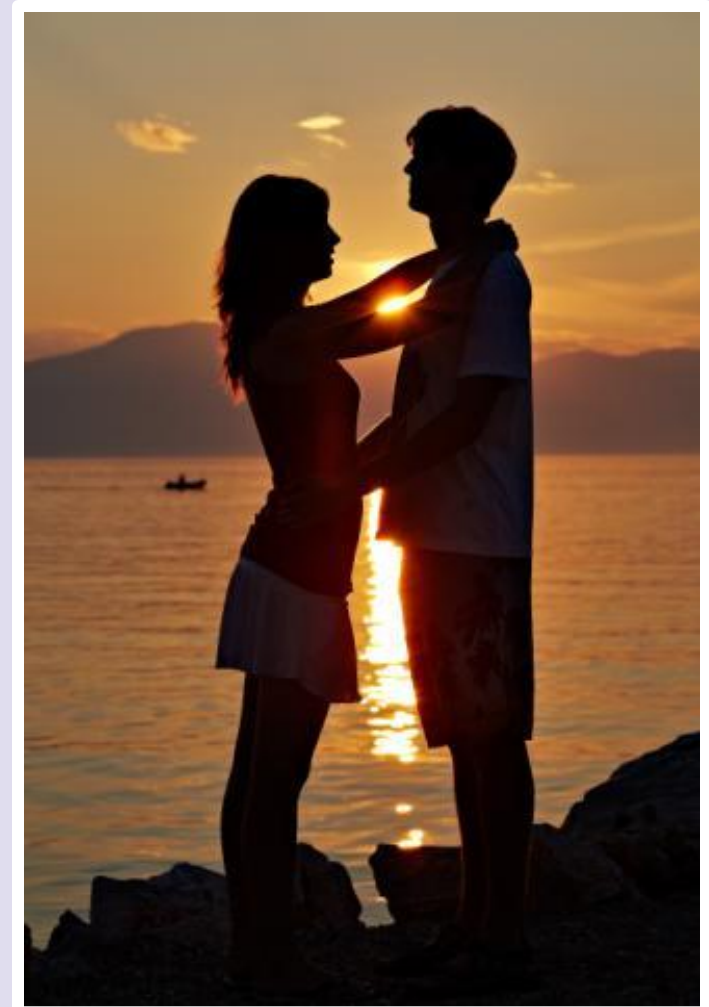
Responsible Relationships

- Things to consider include
 - possible feelings of guilt and shame
 - danger of contracting a sexually transmitted infection
 - risk of pregnancy



Think Further

- *Some teens feel pressured to engage in sexual relations. What are possible sources of this pressure?*



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Facing Sexual Decisions

- Sexual abstinence is a choice to refrain from sexual intercourse until marriage
- Teenagers may choose abstinence because
 - it fits with their values and standards; they believe sexual relations belong only in marriage, for example

continued

Facing Sexual Decisions

- Teenagers may choose abstinence
 - because of health and safety concerns
 - as a matter of personal integrity and an expression of self-esteem; they have goals they want to reach and feel unready for the responsibilities of parenthood



Did You Know?

- Each year, approximately 750,000 women under 20 become pregnant in the U.S.
- 2 out of 3 births to women younger than 18 are unintended



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Sources: Alan Guttmacher Institute, Centers for Disease Control and Prevention

Dealing with Sexual Pressures

- Be prepared to follow through with your decision when you decide not to have sex
- Know your limits and make sure your date knows them too
- Practice saying no—you don't need a reason

continued

Dealing with Sexual Pressures

- Avoid situations that may be difficult to handle
- Avoid alcohol and drugs—their use can cloud judgment

Showing Affection in Other Ways

- There are many ways to say, “You are truly special to me”



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Section 8-2 Review

- *True or false.* Friendships are more likely to form between people who are different.
 - *false—friendships are more likely to form between people who are alike*
- Explain casual and steady dating.
 - *in casual dating, people date more than one person at a time; in steady dating, people agree to date only each other*

continued

Section 8-2 Review

- After seeing Bob perform in a local band, Colleen can't stop thinking about him. Is this love or infatuation?
 - *infatuation*
- How can having self-esteem impact a person's decision making?
 - *people who feel good about themselves, trust themselves to make good decisions; they don't need others' approval*

Section 8-3

The Marriage Relationship

Objectives

- Identify the role of love in a marriage relationship.
- Describe factors that influence mate selection and marital success.
- Explain the importance of the engagement period and the process of adjusting to married life.

Learning to Love



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- Marriage can be the closest and most satisfying relationship between two people

continued

Learning to Love

- Getting married does not magically end all problems
- Marriage is a growing, changing relationship
- The challenge of marriage is to grow closer together rather than farther apart

continued

Learning to Love

- Dating serves many important functions
 - Encourages positive peer relationships
 - Helps people evaluate the personality traits they like or dislike in others
 - Helps people learn that getting along with others involves give-and-take
 - Helps people prepare for marriage

continued

Learning to Love

- How does a couple decide if they love each other enough to spend the rest of their lives together?
 - Their love is unselfish
 - Sharing time and activities is important to them
 - They communicate well

Factors That Influence Marital Success



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- Couples with several of the following factors have a better chance of a lasting marriage

continued

Factors That Influence Marital Success

- Family background
- Values and standards
- Emotional maturity
- Age for marriage
- Common interests
- Parental approval
- Attitude toward marriage
- The engagement period

Family Background

- Similar family backgrounds can strengthen a marriage relationship
 - family lifestyle
 - family relationships
 - family customs
- People can learn from their difficult family backgrounds and have successful marriages

Values and Standards

- Shared values and standards strengthen a marital relationship
- A person's values affect where he or she invests resources (effort, time, money)



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continued

Values and Standards

- Standards (cleanliness, following rules) affect daily routines
- Shared values and standards become more important over time

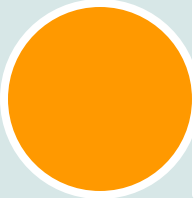
Emotional Maturity

- People who are emotionally mature have a better chance for a successful marriage



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Characteristics of Emotionally Mature People



Make their own decisions and accept the consequences



Do not expect life or people to be perfect; deal with and resolve problems



Recognize their own needs, values, and goals, and those of others



Will share, cooperate, and compromise with others

Age for Marriage

- The younger couples are when they marry, the less likely they are to have successful marriages
- Emotional maturity grows with age
- Older couples are more likely to have
 - emotional maturity
 - stable finances
 - time to establish careers

Common Interests

- Spouses should share some common interests
- Spouses should also continue to enjoy friendships with others and develop mutual friendships

Parental Approval



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- The most successful marriages have the approval and support of parents

continued

Parental Approval

- When parents approve, spouses seem to compromise more readily when they have conflicts
- When parents do not approve, spouses have less incentive to settle their differences

Attitude Toward Marriage

- The attitude spouses have about marriage plays a major role in their marital success
- People with positive attitudes have more realistic expectations about marriage; they do not think marriage means living happily ever after

The Engagement Period



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- The engagement period marks the end of dating and the start of a couple's plan for married life

continued

The Engagement Period

- During engagement, couples
 - discuss important issues
 - establish good relationships with future in-laws
 - make plans for a wedding and future home
- Not all engagements end in marriage

Making Marriage Work



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- Since people grow and change, marriage relationships continually grow and change

Early Marital Adjustments

- Most newlyweds are faced with
 - adjustment to a new home
 - adjustment to new daily living habits and routines
 - changes in long-term goals and financial commitments
 - changes in relationships with others; less time for family and friends

Nurturing a Marriage

- **Intermittency of love** is normal in a relationship; love seems to fade and then reappear
- A successful marriage is one in which both partners want success and are willing to work for it

Section 8-3 Review

- *True or false.* A person is destined to have an unsuccessful marriage if his or her parents did.
 - *false—a person whose parents had a bad marriage can learn from their mistakes*
- How do emotionally mature people handle decision making?
 - *they make their own decisions and accept the consequences*

continued

Section 8-3 Review

- What should couples do during the engagement period?
 - *discuss important issues, establish good relationships with future in-laws, make plans for a wedding and future home*
- Often in marriages, love seems to fade and then reappear. What is this called?
 - *intermittency of love*

Section 8-4

Negative Relationships

Objectives

- Describe a negative relationship.
- Explain how to end and recover from a negative relationship.
- Explain how a code of behavior can help you manage negative peer pressure.

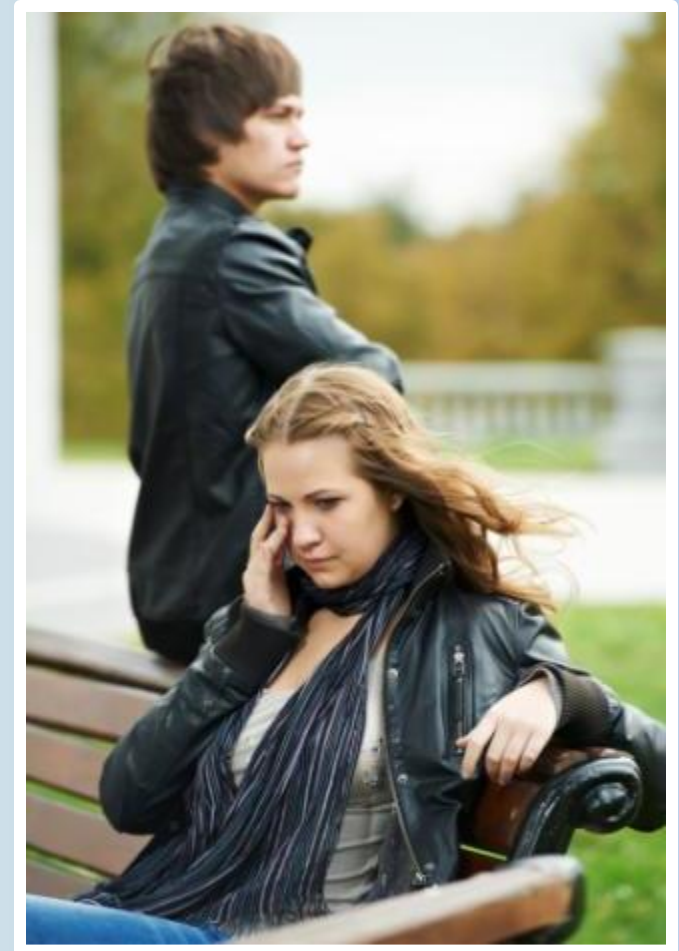
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Objectives

- Give examples of sexual harassment.
- Explain what rape is and how to avoid being a rape victim.

What Is a Negative Relationship?

- *A negative relationship* is neither healthy, satisfying, nor successful for one or both of the people involved



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continued

What Is a Negative Relationship?

- A negative relationship goes beyond being annoyed with another person
- A negative relationship
 - threatens a person's physical and/or emotional well-being
 - often involves some level of abuse
 - can be difficult to end

Ending a Negative Relationship

- People are trapped in negative relationships by
 - financial dependence
 - threats or fear of further abuse
 - shame and loss of self-esteem that make them feel deserving of abuse

continued

Ending a Negative Relationship

- People trying to end a physically abusive relationship should
 - get away from the abuser and seek help from others, including law enforcement, to stay safe
 - obtain any needed medical care
 - get counseling
 - get legal advice, if needed

continued

Ending a Negative Relationship



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- Physically abusing someone is against the law; victims can file police reports after abusive incidents

continued

Ending a Negative Relationship

- Emotional abuse includes name-calling and put-downs that can leave emotional scars and damage self-esteem
- End emotional abuse
 - by ending the relationship and getting away from the abuser
 - or by getting counseling to change negative patterns of interaction

Recovering from a Negative Relationship

- Recovering from a negative relationship takes time and can include
 - considering how negative relationships can be avoided in the future
 - getting support from positive relationships with family and friends
 - getting counseling



Think Further

- *List activities people can do that can help them heal from negative relationships.*



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Negative Peer Pressure

- Negative relationships are sometimes the result of negative peer pressure
- Peer pressure is the influence a person's peers have on him or her
- Peer pressure can be positive or negative

continued

Peer Pressure

Positive Peer Pressure	Negative Peer Pressure
Encourages someone to adopt acceptable behavior	Urges someone to adopt unethical behavior
Example: Encouraging a friend to study for a test or try out for a play	Example: Encouraging a friend to shoplift or cheat on a test

Managing Negative Peer Pressure

- To manage negative peer pressure,
 - identify when it is being used
 - develop a code of behavior and follow it
- Discuss your code of behavior with parents and other trusted adults

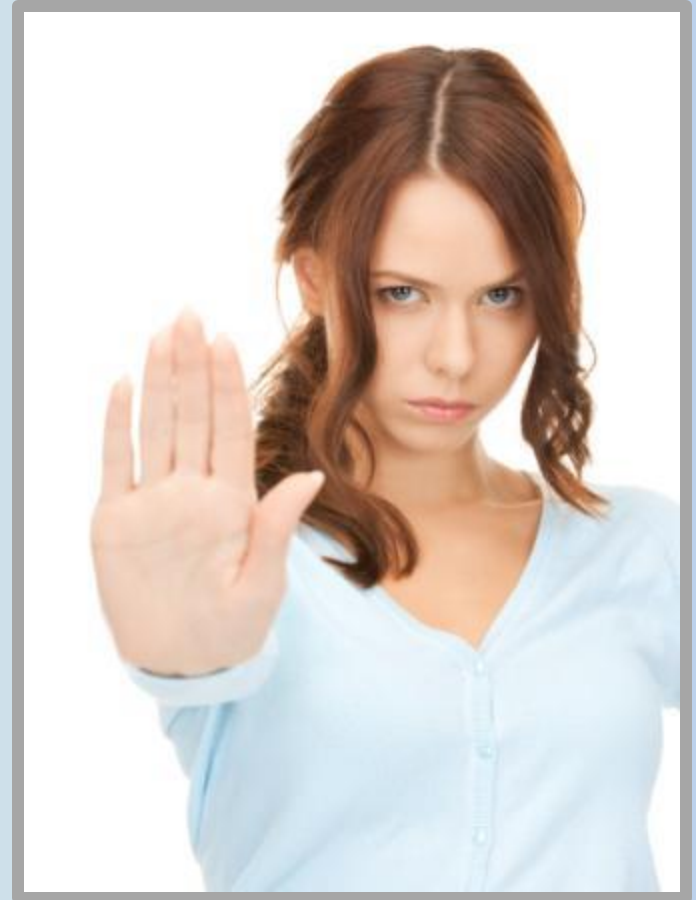
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Managing Negative Peer Pressure

- Try to choose friends who will not urge you to act irresponsibly
- Avoid situations that might cause you to break your code of behavior

Sexual Harassment

- **Sexual harassment**
 - Unwanted or unwelcome sexual advances
 - Requests for sexual favors
 - Other verbal or physical sexual conduct



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continued

Sexual Harassment

- Behavior often considered sexual harassment includes
 - sexual language
 - sexual name-calling
 - pressure to engage in sexual activity
 - personal questions about sexual behaviors

continued

Sexual Harassment

- sexist or sexual remarks
- demands for sexual favors
- staring at, touching, or grabbing a person in a sexual manner
- All types of sexual harassment are illegal
- Sexual harassment can happen anywhere between people of all ages

continued

Sexual Harassment

- Victims may blame themselves and hope it will stop on its own
- If you think you are being sexually harassed,
 - tell the harasser you resent the behavior and will take action if it continues
 - talk to a person in charge, if it continues
- You have the right to expect others to respect you as a person

Rape



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- **Rape** is the crime of forcing another person to submit to sexual relations

Date and Acquaintance Rape

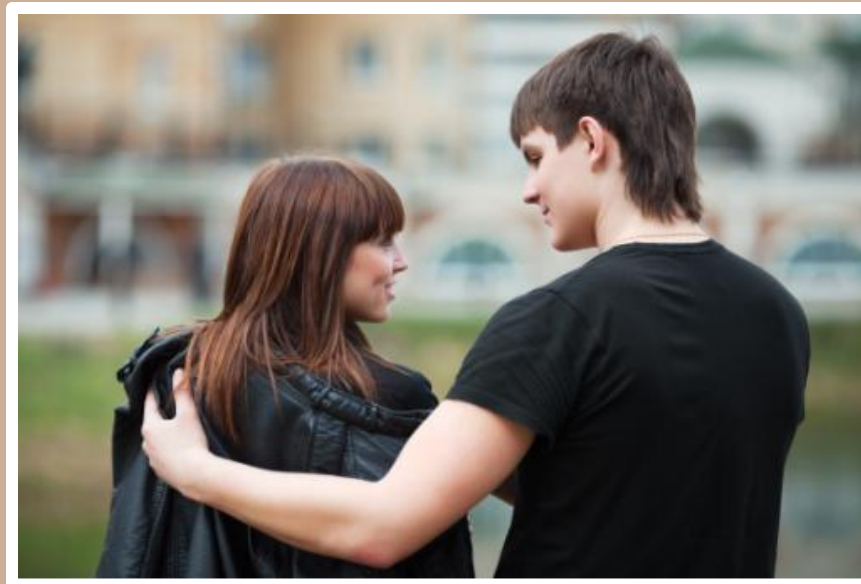
- **Acquaintance rape** is far more common than rape by a stranger
- **Date rape** is the rape of a dating partner
- When a person says “No,” yet is forced to have sex, it is rape
- Even if the victim used poor judgment, it is still rape; rape is illegal but poor judgment is not

continued



Did You Know?

- In over half of all reported rape cases involving teens, the rapist was someone the victim knew. Many cases of acquaintance rape go unreported.



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Date and Acquaintance Rape

- Preventing date and acquaintance rape
 - Avoid situations where you could be attacked
 - Learn to recognize situations that could get out of control
 - If someone's actions make you uncomfortable, leave
 - Let the other person know you mean what you say

continued

Date and Acquaintance Rape

- Rape is traumatic for the victim and can have serious long-term effects
- To regain their self-esteem and trust in others, victims need medical care and counseling
- Reporting incidents is important for preventing other rapes

Section 8-4 Review

- What should be the first step in ending a physically abusive relationship?
 - *get away from the abuser*
- When is peer pressure negative?
 - *when it is used to persuade someone to adopt unethical behavior*

continued

Section 8-4 Review

- What should you do if you are the victim of sexual harassment?
 - *demand that the harasser stop the behavior, take action if it does not stop by talking to the person in charge*
- *True or false.* Rape committed by someone the victim knows is far more common than rape by a stranger.
 - *true*