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- **Section 5.1 The Importance of Relationships**
- **Section 5.2 Examine Your Roles**

Key Concepts

- Identify the qualities that help build healthy relationships.
- Explain how rewards and costs affect relationships.
- Suggest ways to improve relationships.

Chapter 5 Roles and Relationships

Section 5.1 The Importance of Relationships

Main Idea

People have many qualities that help build and improve a healthy relationship.

Chapter 5 Roles and Relationships



Vocabulary

Content Vocabulary

- ▶ relationship
- ▶ acquaintance
- ▶ mutuality
- ▶ trust
- ▶ self-disclosure
- ▶ rapport
- ▶ reward
- ▶ cost
- ▶ exploitation

Academic Vocabulary

- ▶ voluntary
- ▶ interaction

What makes your life meaningful?

- Ask 10 different peers
- Record the responses
- Calculate the percentage of respondents who mentioned relationships
- Due: Monday, October 12

Chapter 5 Roles and Relationships

Build Your Relationships

A **relationship** can be one of the most important things in your life, so it is worthwhile to learn about them and how to make them stronger. Healthy relationships can:

Meet personal needs

Help you get things done

Enrich life



Vocabulary

relationship

A connection with another person.



Chapter 5 Roles and Relationships

Build Your Relationships

Types of Relationships

People have different types of healthy relationships with the many people they know. It is possible to have a weak but friendly relationship with an **acquaintance**. It is good to meet and interact with a variety of people. Diversity keeps things interesting.



Vocabulary

acquaintance

A person known to one, but usually not a close friend.

Chapter 5 Roles and Relationships

Build Your Relationships

Types of Relationships

A person chooses his or her closest friends. Those relationships are voluntary. A family, on the other hand, comes with built-in relationships. Those bonds exist automatically, although people have to work to keep them healthy.



Vocabulary

voluntary

Done willingly; using one's free will.

Chapter 5 Roles and Relationships

Build Your Relationships

Healthy Relationships

No relationship is perfect. A relationship can be very fulfilling, but it can also be disappointing or even painful at times. There are several things you can focus on to keep your relationships healthy.

- **Mutuality**
- **Trust**
- **Self-Disclosure**
- **Rapport**
- **Empathy**
- **Shared Interests**



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- Start GO

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Build Your Relationships

Healthy Relationships

Imagine that you and a classmate are working on a project together. It would not be fair if one person did all the work. Relationships are the same way. They require **mutuality**.



Vocabulary

mutuality

A condition in which both people in a relationship contribute to the feelings and actions that support the relationship.

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Build Your Relationships

Healthy Relationships

When a close friend makes fun of you, he or she does more than hurt your feelings. That close friend also breaks the trust you felt by being his or her friend.



Vocabulary

trust

The belief that others will not reject, betray, or hurt one.



Chapter 5 Roles and Relationships

Build Your Relationships

Healthy Relationships

People will tell another person more about themselves as the relationship between them grows stronger. **Self-disclosure** indicates that you feel close enough to someone to trust them with your thoughts and feelings.



Vocabulary

self-disclosure

The willingness to share personal matters pertaining to oneself with others.



Chapter 5 Roles and Relationships

Build Your Relationships

Healthy Relationships

On his or her first day at a new job, a worker often notices the good rapport between co-workers who have been in the office much longer. Rapport is a healthy sign that the office functions well, even if the worker might take a while to share it.



Vocabulary

rapport

A feeling of ease with another person.

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Build Your Relationships

Healthy Relationships

Relationships can also benefit from empathy and shared interests.

Empathy People with the ability to set aside their own ideas understand someone else's opinion.

Shared Interest Sometime it is easy to develop a friendship with someone who shares your interests.



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- Picture representing each quality

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Relationship Rewards and Costs

Relationships take a lot of work. The **cost** of any relationship consists of the time, effort, and emotions that you put into it. Sometimes that cost will also include the money you have spent for gifts or to help out a friend in need.



Vocabulary

cost

Physical, mental, and emotional contributions made to a relationship.

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Relationship Rewards and Costs

Relationships also give you a lot in return. Some people may look for material return while others want emotional support. The main **reward** for a healthy relationship is often the feeling that it fulfills your own personal needs.



Vocabulary

reward

A benefit that brings pleasure and satisfaction in a relationship.

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Relationship Rewards and Costs

Relationships do not just end at the first sign of trouble. Friends and family can accidentally let you down. Maintaining a relationship means getting through the hurt or disappointment that friends and family can sometimes make you feel.



Chapter 5 Roles and Relationships

Relationship Rewards and Costs

Danger Signals in Relationships

A relationship suffers when it is not satisfying. Some relationships are not worth pursuing anymore. One key sign is when a relationship loses its mutualism. No one wants to do all the work or be the victim of exploitation.



Vocabulary

exploitation

The act of using a person or thing unfairly for personal benefit.

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Chapter 5 Roles and Relationships

Relationship Rewards and Costs

Walk Away

It can feel like defeat to end a relationship. Remember that as you change, your needs change. It is not worth the cost to maintain a relationship that no longer fulfills you.

People often find it difficult to walk away from involuntary relationships, like those with relatives or co-workers. If you cannot repair these relationships, try to treat the other person like an acquaintance. Be friendly, but do not try to get close.

Relationships with Others

There can be many roadblocks to building and maintaining a variety of healthy relationships.

- Hunter's family moves often.
- Cal prefers computer games to playing with other kids.
- Maureen cannot seem to find relationships that are fulfilling.
- Claire and her twin sister spend all of their time together and do not meet anybody else.

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Relationships with Others

Skills You Will Need

Lots of relationships require the same set of skills:

- Good communication
- Conflict prevention and resolution
- Reaching out to others

Watch how other people conduct their relationships and try to learn from your own.

Chapter 5 Roles and Relationships

After You Read

Review Key Concepts

Identify three functions of relationships in a person's life.

Relationships function to meet your emotional needs, enrich your life, and help you get things done.

Chapter 5 Roles and Relationships

After You Read

Review Key Concepts

Identify 6 qualities that make up healthy relationships.

6 qualities of a healthy relationship may include trust, mutuality, empathy, Shared interest, self-disclosure, and rapport.

Chapter 5 Roles and Relationships

After You Read

Review Key Concepts

Explain how rewards and costs affect the survival of a relationship.

Relationships that are rewarding will grow; those with too many costs will not survive.

Chapter 5 Roles and Relationships

After You Read

Review Key Concepts

Describe skills that can be learned to use in relationships with others.

Communication skills, conflict resolutions skills, and skill in reaching out to others can all be used in relationships.

Chapter 5 Roles and Relationships

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- Create a “do’s and don’ts” list for maintaining good relationships based on the ideas discussed in this section.
 - Example: befriend people who are different from you, do not remain friends with exploiters
 - 5 for each

Section 5.2 Examine Your Roles

Main Idea

People fill many roles in life. Roles are learned from the family and others, such as role models.

Section 5.2 Examine Your Roles

Key Concepts:

- Describe the purpose of roles and how they are learned.
- Relate role conflict to role expectations

Chapter 5 Roles and Relationships



Vocabulary

Content Vocabulary

- ▶ role
- ▶ given role
- ▶ chosen role
- ▶ role model
- ▶ role expectation
- ▶ stereotype
- ▶ role conflict

Academic Vocabulary

- ▶ effect
- ▶ anticipate

Chapter 5 Roles and Relationships

Life's Many Roles

Everyone has more than one **role**. Roles help people know how to act in different situations. You might not **realize** all the roles you have.

- Teammate
- Student
- Classmate
- Grandson/ Granddaughter
- Friend
- Neighbor
- Son/Daughter
- Brother/Sister
- Cousin



Vocabulary

role

An expected pattern of behavior.

Chapter 5 Roles and Relationships

Life's Many Roles

A person's role has a big **effect** on their behavior. You probably act differently with your teacher than with your friends. This is because your role as a student is different than your role as a friend.

Vocabulary

effect

A result or cause.



Chapter 5 Roles and Relationships

Life's Many Roles

Given and Chosen Roles

A child immediately becomes a citizen of the country in which he or she is born. Citizenship is a **given** **role** that depends on the situation surrounding a person instead of that person's desire.



Vocabulary

given role

A role that is automatically acquired, such as that of son or daughter.

Chapter 5 Roles and Relationships

Life's Many Roles

A person must decide to enter a **chosen role**. Becoming a friend, spouse, or employee is a conscious choice.



Vocabulary

chosen role

A role that is deliberately selected.



Chapter 5 Roles and Relationships

Life's Many Roles

Learn Your Roles

Each family member serves as a **role model** and provides basic information about social roles.

As people grow older, they often find role models outside of the family. Anyone from a teacher to a friend can be a good role model.



Vocabulary

role model

A person from whom one learns behavior and attitudes.

Chapter 5 Roles and Relationships

Life's Many Roles

Learn Your Roles

As you learn about roles, you decide how you want to act and how you think other people should act. You also develop a **role expectation** which allows you to tailor your behavior to new people and situations.



Vocabulary

role expectation

The behavior that is expected and anticipated from those who fill certain roles.

Chapter 5 Roles and Relationships

Life's Many Roles

Learn Your Roles

Role expectations require you to make social assumptions about a person or group that you do not know well. Making assumptions can sometimes be a bad habit.



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Life's Many Roles

Learn Your Roles

A **stereotype** applies social assumptions to groups based on their age, appearance, gender, race, ethnicity, or nationality. Often, your assumption about a person based just on a few external characteristics can be hurtful to them as well as just plain wrong.



Vocabulary

stereotype

An idea about the qualities or behavior of a certain group of people.

Chapter 5 Roles and Relationships

Life's Many Roles

Learn Your Roles

Roles are learned from different sources and change in society over time. As a result, people of different backgrounds and ages can develop different sets of role expectations, also known as **role conflict**.

It is important in a healthy relationship to discuss what each person expects of themselves and the other person.



Vocabulary

role conflict

Differing views of role expectations.

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After You Read

Review Key Concepts

Explain what roles are and how they impact a person and his or her relationships.

Roles are the expected patterns of behavior that go with a person's position in society. They help people know what they are to do. They hinder if role expectations are too rigid or if there is role conflict.

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After You Read

Review Key Concepts

Describe role conflict and what solutions people can use to solve role conflict problems.

Role conflict is differing views of role expectations; disagreement about roles.

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