

Roles and Relationships

Contents

Section 5.1 The Importance of Relationships

Section 5.2 Examine Your Roles

Key Concepts

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

Section 5.1 The Importance of Relationships

Main Idea

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

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

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

Meet personal <u>needs</u> Help you get things <u>done</u> Enrich <u>life</u>

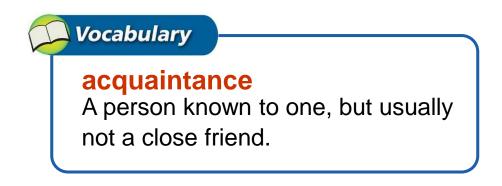


relationship A connection with another person.



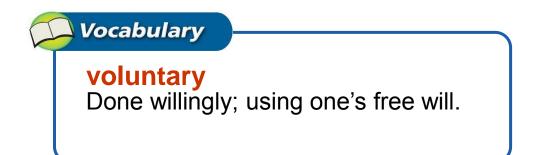
Types of Relationships

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



Types of Relationships

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



Build Your Relationships

Healthy Relationships

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

- Mutuality
- <u>Trust</u>
- Self-Disclosure
- Rapport
- Empathy
- Shared Interests



Start GO

Glencoe Families Today Chapter 5 Roles and Relationships

Healthy Relationships

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



mutuality

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

Healthy Relationships

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

Vocabulary

trust

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



Build Your Relationships

Healthy Relationships

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

Vocabulary

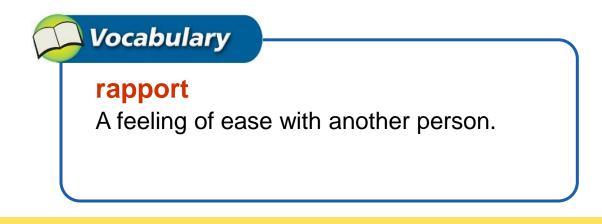
self-disclosure

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



Healthy Relationships

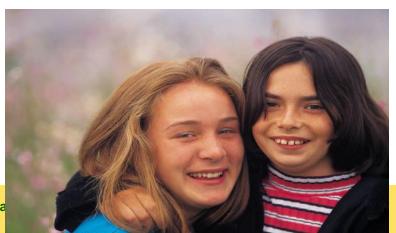
On his or her first day at a new job, a worker often notices the good <u>rapport</u> between co-workers who have been in the <u>office</u> much longer. <u>Rapport</u> is a healthy sign that the office <u>functions</u> well, even if the worker might take a while to share it.



Healthy Relationships

Relationships can also <u>benefit</u> from empathy and shared interests.

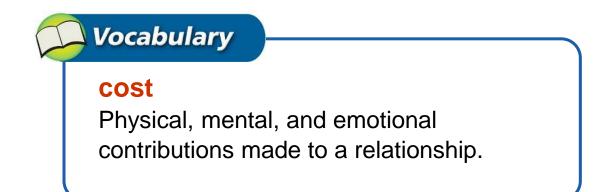
Empathy People with the <u>ability</u> to set aside their own ideas <u>understand</u> someone else's opinion. **Shared Interest** Sometime it is easy to <u>develop</u> a friendship with someone who shares your <u>interests</u>.



• Picture representing each quality

Relationship Rewards and Costs

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



Relationship Rewards and Costs

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



reward

A benefit that brings pleasure and satisfaction in a relationship.

Relationship Rewards and Costs

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



Relationship Rewards and Costs Danger Signals in Relationships

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

Vocabulary

exploitation

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

Pg 92-Independent Living

Relationship Rewards and Costs

Walk Away

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

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

Relationships with Others

There can be many roadblocks to <u>building</u> and <u>maintaining</u> 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.

Relationships with Others

Skills You Will Need

Lots of relationships require the same set of skills:

- Good <u>communication</u>
- Conflict prevention and <u>resolution</u>
- <u>Reaching</u> out to others

Watch how other people <u>conduct</u> their relationships and try to <u>learn</u> from your own.

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.

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.

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.

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.

Page 93 (1-4)

- 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 <u>purpose</u> of roles and how they are <u>learned</u>.
- Relate role conflict to role <u>expectations</u>

Vocabulary

Content Vocabulary

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

Academic Vocabulary

- effect
- anticipate

Life's Many Roles

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

- Teammate
- Student
- <u>Classmate</u>
- Grandson/ Granddaughter
- Friend

- <u>Neighbor</u>
- Son/Daughter
- Brother/Sister
- Cousin

Vocabulary role An expected pattern of behavior.

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

Vocabulary

effect A result or cause.

Life's Many Roles

Given and Chosen Roles

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



given role

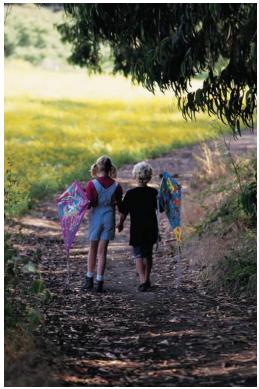
A role that is automatically acquired, such as that of son or daughter.

Life's Many Roles

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

Vocabulary

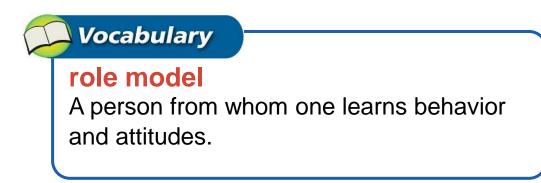
chosen role A role that is deliberately selected.



Learn Your Roles

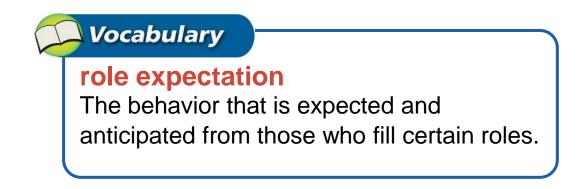
Each family member <u>serves</u> as a **role model** and <u>provides</u> basic information about <u>social</u> roles.

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



Learn Your Roles

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



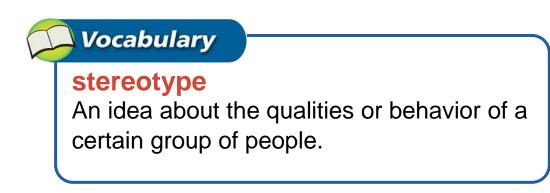
Learn Your Roles

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



Life's Manv Roles Learn Your Roles

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



Learn Your Roles

Roles are <u>learned</u> from different sources and change in <u>society</u> over time. As a result, people of different <u>backgrounds</u> and ages can develop <u>different</u> sets of role expectations, also known as <u>role conflict</u>. It is important in a <u>healthy</u> relationship to <u>discuss</u> what each person expects of themselves and the other person.



Differing views of role expectations.

After You Read Review Key Concepts

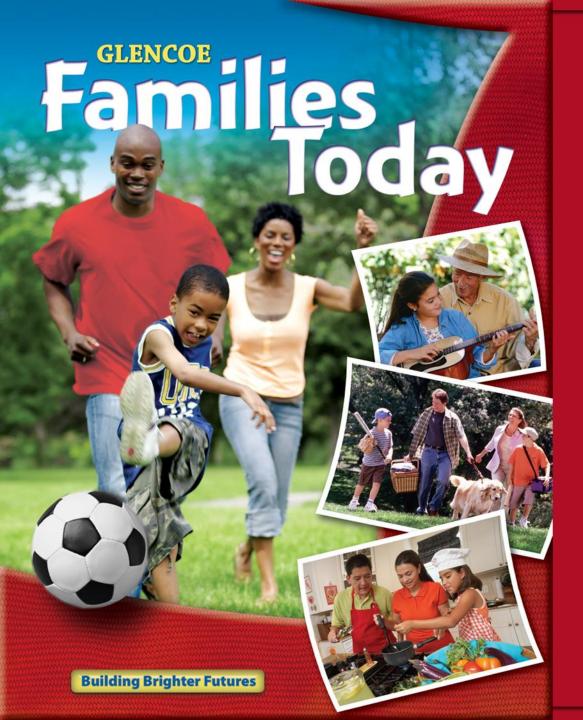
Explain what roles are and how they impact a person and his or her relationships.

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.

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.



End of Chapter 5 Roles and Relationships

