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# Distance Learning Week #1

## Home Economics

DUE 5/8/20

Miss Smith  
Kimball High School

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# Steps for distance learning

1. Join the **Remind** account the code is **@homeecyay**
2. My office hours are Monday- Friday 10AM-12PM
  - a. You may contact me for a quick response through email ([asmith@tusd.net](mailto:asmith@tusd.net)) or the Remind app.
  - b. I can be contacted anytime during the week, however for the quickest response use my office hour times.
3. Review the Powerpoint provided and complete the assignment at the end of powerpoint. Once completed with the assignment please email it to [asmith@tusd.net](mailto:asmith@tusd.net) in a Word document, a Powerpoint document, or a PDF. **I will not accept work in the form of Google Docs or Google Slides.** If using paper based work, turn the work printed into the office.
4. Remember that this work is NOT optional and it will reflect on your grade.

# Submitting paper-based to the office

If you are submitting your work paper-based to the office, please use this heading I have attached below:

Student Name:	
Teacher Name:	
Class Name/Subject:	
Period:	
Assignment Week #:	

# Successful Relationships: Chapter 14

You will have many types of relationships in your life.

**Relationships** are the connections you have with other people.

**Close** relationships are supportive and fulfilling, such as a parent, sibling, relative, or friend.

**Casual** relationships are often linked to activities or interest and have a different level of importance.

Many relationships you have serve a specific purpose, such as coworkers form relationships that enable them to work well together, or members of a baseball team form relationships so they can play baseball well together.

# Rewards of Relationships

Relationships bring many benefits and rewards such as:

- Companionship
- Love and affection
- Support
- Positive self-concept
- Expanded interests

# Example Qualities in Strong Relationships

- Understanding
  - You are more likely to understand other if you try to see thing through their eyes.
- Honesty
  - Be honest with other people by telling the truth and showing you are trustworthy.
- Respect
  - Be considerate and polite. Listen to other people's opinions.
- Tolerance
  - Respect differences. People have a right to their own customs and beliefs.
- Acceptance
  - Accept others as they are. Don't expect them to change so they can be more like you.
- Empathy
  - Through your words and actions show that you understand other people's feelings.

# Example Qualities in Strong Relationships cont.

- Dependability
  - Keep your promises. Show people that they can count on you.
- Patience
  - Being patient with other people's habits and faults shows that you care.
- Commitment
  - Demonstrate that you value a relationship and want to make it work.
- Willingness to communicate
  - Learn to express your thoughts and feeling effectively and to listen attentively
- Flexibility
  - Don't insist on having your way. Be willing to compromise when there's a disagreement.
- Sense of humor
  - Learn to laugh at yourself and see the funny side of situations.

# Signs of Unhealthy Relationships

- Physical abuse
  - No one has the right to harm you physically or threaten to do so. If any relationship includes fear of harm, ask a trusted adult for help now. Physical abuse can't be explained away and is NEVER acceptable.
- Controlling behavior
  - It's unhealthy to be around a "friend" who always wants to control what you do, where you go, and with whom you spend your time. Don't confuse controlling behavior with caring. In a healthy relationship, you are in control of your own actions.
- Isolation
  - A relationship that isolates you from other friends and your family is harmful and headed in the wrong direction. It causes you to miss out on activities and the company of others. No single person can bring the rewards that come from healthy relationships.
- Low self-esteem
- Dependence



# Signs of Unhealthy Relationships cont.

- Low self-esteem
  - Feelings of depression, inadequacy, or low self-esteem when you are around another person are clear signs the relationship isn't a positive one.
- Dependence
  - Feelings like you are totally dependent on another person and that you couldn't function on your own are not good signs. It's far better to be with someone who encourages you to act independently and make decisions for yourself.
- Bullying
  - If someone bullies you or threatens to harm you, walk away from the relationship. Such behavior unacceptable.
- Dishonesty
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- Irresponsible behavior
- Illegal activity

# Signs of Unhealthy Relationships cont.

- Dishonesty
  - Lies and deceit have no part in a healthy relationship. You can't be yourself if you feel the need to lie about your actions or feelings, or if you believe the other person is dishonest with you.
- Irresponsible behavior
  - A relationship with someone who encourages you to take unnecessary risks or behave in ways that could get you into trouble can jeopardize your health and future.
- Illegal activity
  - If someone influences you to steal, drink alcohol, use drugs, or engage in other illegal activities, end the relationship. Look for friends who respect you and the law.

# ASSIGNMENT

Using what you have learned about healthy and unhealthy relationships find 3 examples of relationships. You may use television programs, movies, media, or social media to find your examples. Once you have found an example, answer the following questions:

1. Where did you find the relationship? Describe the setting: people, place, type of relationship (parent, romantic, sibling).
2. Is the relationship a close or casual relationship?
3. List 3 reasons the relationship is either healthy or unhealthy?