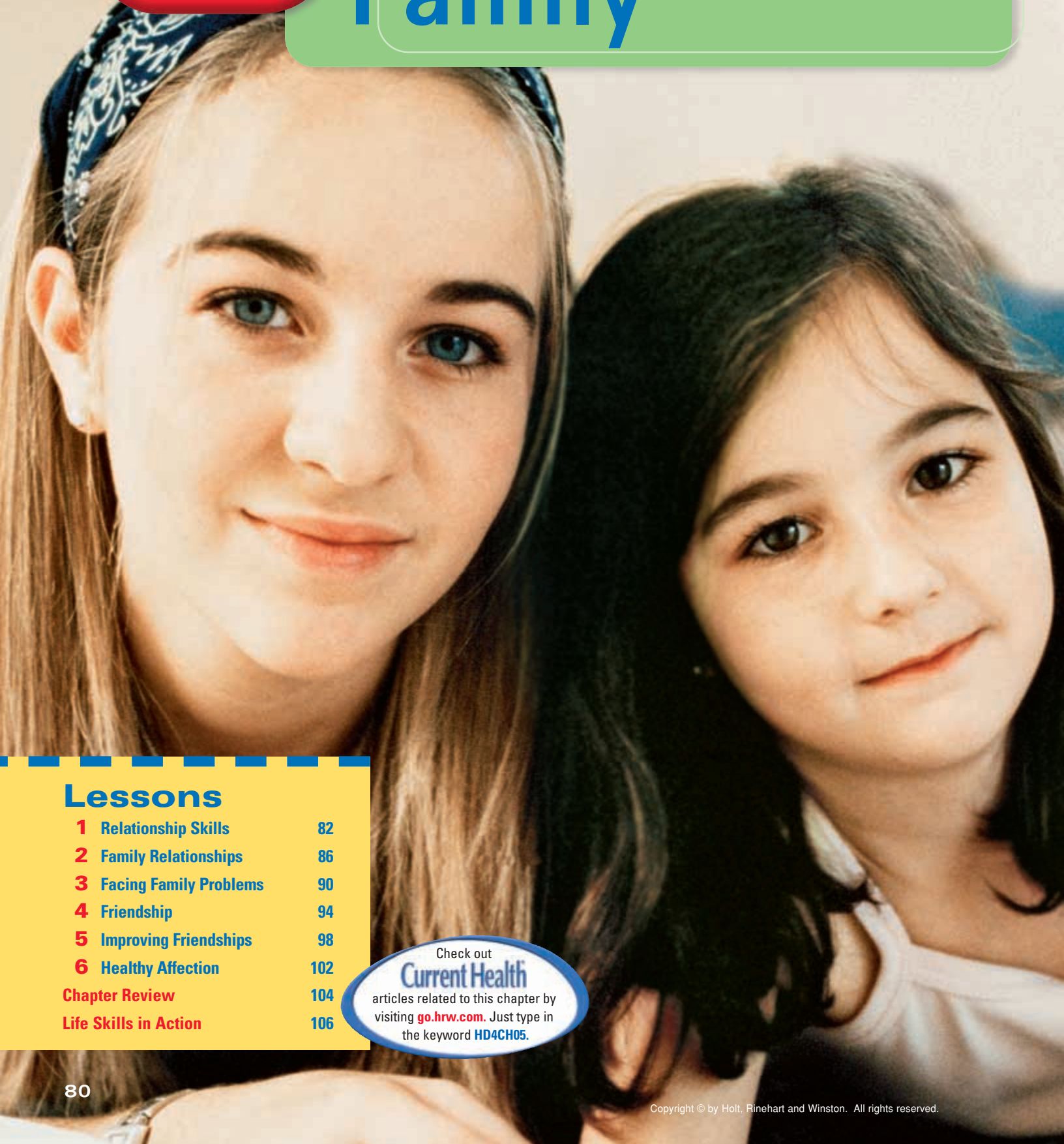


CHAPTER
5

Friends and Family



Lessons

| | |
|---------------------------------|-----|
| 1 Relationship Skills | 82 |
| 2 Family Relationships | 86 |
| 3 Facing Family Problems | 90 |
| 4 Friendship | 94 |
| 5 Improving Friendships | 98 |
| 6 Healthy Affection | 102 |
| Chapter Review | 104 |
| Life Skills in Action | 106 |

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the keyword **HD4CH05**.

“ Beth was **such a pest** when she was little. Once, she **dumped glue** on all of the keys of our piano. By the time we found out, **every key** was stuck.

So, when Mom gave me the responsibility of watching Beth every day before supper, I wasn't happy. But Beth is not a bad kid. She just has a lot of energy and likes attention. We usually have fun. I just have to keep her away from glue. ”

Health IQ

PRE-READING

Answer the following multiple-choice questions to find out what you already know about relationships. When you've finished this chapter, you'll have the opportunity to change your answers based on what you've learned.

1. Which of the following shows body language?
- your hands
 - your face
 - the way you stand
 - all of the above

2. Assertiveness is
- only used by adults.
 - a respectful way of behaving.
 - a way of not expressing your true feelings.
 - rude.

3. Abuse is
- sometimes the victim's fault.
 - always the victim's fault.
 - never the victim's fault.
 - All of the above

4. The best way to cope with abuse is to
- tell a trusted adult as soon as possible.
 - wait and tell someone if the abuse happens again.
 - wait until someone asks about it.
 - keep it a secret.

5. Leadership is
- bossing people around.
 - guiding people responsibly.
 - something only adults do.
 - expressing your feelings loudly.
6. Which statement about affection is NOT true?
- Abstinence is one way to show affection among teens.
 - People should always show affection the same way to everyone.
 - People should never offer affection in a way that is unwelcome.
 - You can show affection to your family and friends.

ANSWERS: 1. d; 2. b; 3. c; 4. a; 5. b; 6. b

Relationship Skills

What You'll Do

- Describe six skills of good speaking and listening.
- Describe the three kinds of body language.
- Distinguish between assertive, aggressive, and passive behavior.
- Explain how tolerance and empathy help build relationships.

Terms to Learn

- relationship
- communication
- body language
- behavior
- empathy
- tolerance

Start Off Write

How can you tell if a friend is disappointed?

Your physical health has to do with your body. Your emotional health has to do with your feelings. Your social health has to do with your relationships. But what is a relationship?

A **relationship** is a social or emotional connection between people. Families, friendships, and teams all require healthy relationships. We build healthy relationships by using social skills, such as good communication. **Communication** is sending and receiving messages clearly. Good communication helps people in relationships know and understand each other.

Speaking and Listening

When you are talking to someone, it's important to be clear. Think carefully before you speak. Plan what you want to say. Make sure that your tone matches your message. Look at people when you are talking to them. Speak clearly and directly. Ask questions to be sure you are understood.

When you are listening, pay attention to the speaker. Look at the speaker's face, and show that you are interested. Allow the speaker to finish sentences without interruption. Nod when you understand. Ask questions when you don't understand. Good listeners also try to learn from what they hear.



Figure 1 These friends can't communicate until they are both paying attention to each other.



Happy



Angry



Sad

Figure 2 Your hands, face, and the way you stand change to express different moods and feelings.

Body Language

Could a friend tell just by looking at you after a game if your team won or lost? Your friend may know from your body language.

Body language is a way of communicating by using the look on your face, the action of your hands, and the way you stand.

Here are three ways your body communicates:

- **The Look on Your Face** People who are happy often smile. People who have wide eyes and arched eyebrows may be showing that they are surprised. People who are gritting their teeth and scowling may be angry. People who are tired may have trouble keeping their eyes open.
- **The Action of Your Hands** People who are clenching their fists may be angry. People who are clapping may be happy or excited. Someone who is putting a hand around an ear may want you to speak louder. People sometimes put their face in their hands when they are frustrated.
- **The Way You Stand** People who feel confident may stand up straight and hold their head up. People who feel sad may slouch and hang their head.

We communicate best when our words and body language express the same information. Sometimes, a person's body language and words send different messages. If a person scowls, grits her teeth, and yells, "I'm fine!" you may wonder what she really means. If you get a mixed message, ask the person to explain it to you.

LIFE SKILLS
ACTIVITY

COMMUNICATING EFFECTIVELY

Role-play using assertive behavior in the following scenarios:

- Someone interrupts you while you are trying to explain your project idea.
- A waiter brings you the wrong food.
- Your friend asks you to let him cut in line.

Figure 3 Every situation has a range of possible responses. Assertive behavior is often an effective choice.

Behavior

Your behavior is also a method of communication. Your **behavior** is how you choose to act. An important word in this definition is *choose*. You are responsible for choosing your behavior. You have the ability to respond to most situations in many ways, so choose your behavior wisely.

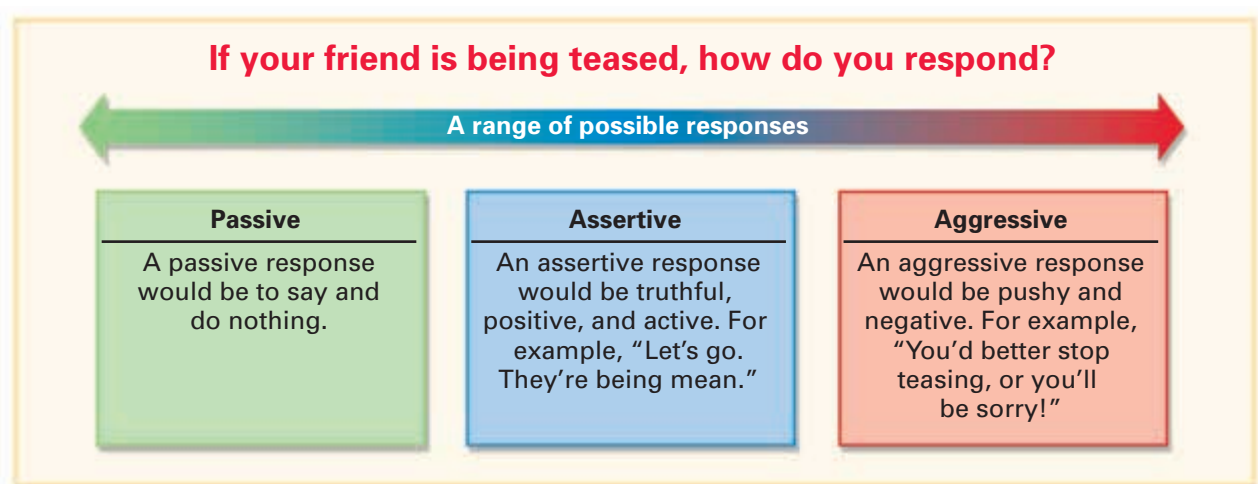
Your behavior tells people a lot about you and your feelings. For example, when you take out the trash without being asked, you send the message that you care about your family and are responsible. Good behavior helps build good relationships.

Kinds of Behavior

There are three basic kinds of behavior:

- Passive behavior is not acting on your thoughts, feelings, or beliefs. For example, not speaking up when something is wrong is passive behavior.
- Assertive behavior is acting on your thoughts, feelings, or beliefs in a way that is honest, respectful, and not harmful to anyone. For example, respectfully speaking up when something is wrong is assertive behavior.
- Aggressive behavior is acting on your thoughts, feelings, or beliefs in a way that is not respectful to those who have different thoughts, feelings, or beliefs. For example, pushing someone who upsets you is aggressive behavior.

Assertive behavior is often the best choice for communicating respect and understanding. Assertiveness lets people know what is important to you. It also respects what is important to others.



Empathy

Empathy (EM puh thee) is a way to improve communication and relationships. **Empathy** is understanding and sharing another person's feelings. You can learn about another's feelings by listening carefully and noticing body language. Also pay attention to the person's behavior. If you get a sense that a person is having strong feelings, you may want to check it out with him or her. For example, if you are talking with a new student in your school who seems afraid, try asking, "Is it scary to be in a new school?" Try to imagine what that would feel like. You won't feel exactly what the other person is feeling. But understanding another person's feelings helps you both communicate better.



Tolerance

Some of your relationships will be with people who do not think, believe, or act in the same way you do. **Tolerance** (TAHL uhr uhns) is the ability to put differences aside and accept people as they are. Tolerance helps us work together and share our skills. You can show tolerance by

- listening carefully to many points of view
- being respectful, even when you don't agree with someone
- looking past differences to see what people have in common

Figure 4 A person with a broken arm might have trouble carrying books or a lunch tray. Empathy can help you understand and help that person.

Lesson Review

Using Vocabulary

1. Identify three forms of body language.

Understanding Concepts

2. Explain how to show empathy.
3. List six good speaking skills.
4. List six good listening skills.
5. Identify three ways to show tolerance.

Critical Thinking

6. **Applying Concepts** Raj sees a sixth-grade boy push a first grader out of a school bus seat so that he can sit there. The first grader is sad but does not do anything. Raj is angry. What would be an example of an assertive response from Raj? What kinds of behaviors do the other two students show?

internet connect

www.scilinks.org/health
Topic: **Communication Skills**
HealthLinks code: **HD4022**

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Lesson 2

Family Relationships

What You'll Do

- Describe five kinds of families.
- Explain the roles of children and adults in families.
- Explain why children's roles may be different in different families.
- Describe six ways you can help your family function smoothly.
- Identify three ways to show support and five ways to show affection in a family.

Terms to Learn

- support
- affection

Start Off Write

How do people in families care for each other?

Last summer, Gustavo's grandfather taught Gustavo how to make toasted cheese sandwiches, fix a bike chain, and tell when tomatoes in the garden are ripe. Last Saturday, Gustavo helped his younger brother, Damian, fix his bike chain. Then, they washed up and made lunch.

Like Gustavo, you may learn and teach in your family relationships. Your family teaches you your language and your values and teaches you how to get along as part of a group. Family members should care for and respect each other. But they don't always agree. Family members sometimes disagree and respond differently to problems. The members of a family have different roles, and every role is important. But keeping family relationships healthy is everybody's job.

Kinds of Families

There are many kinds of families. Some families have two parents. Some families have one parent. Couples can be a family without having children. New families are made when a person who has been married before gets married to someone else. The new couple and all of their children form a *blended family*. *Extended families* can include grandparents, aunts, uncles, and cousins.



Roles

Running a household is a lot of work. So everyone in a family has a role to play, and everyone's role is important. Adults make rules and make sure everyone is safe. They are responsible for providing the family with the basic things a family needs, such as food and housing. They teach children values and help them learn to be responsible.

Children's roles change over time. Your role in your family has probably changed as you have gotten older and have learned to do more. Right now, you probably have chores such as helping to do the dishes or laundry. Your role in your family will probably continue to change as your family's needs change and as you grow older and more responsible.

Different Families, Different Roles

Different families have different needs. So, the roles for both children and adults can vary from family to family. Your role in your family may be very different from the roles your friends have in their families. Your parents may give you different jobs to do than your friends have. Each family is organized around its needs. For example, children whose parents both work outside the home may have more jobs around the house than other children do. If a friend has a pet or a yard and you do not, your friend may have responsibilities for those things that you don't have.

Health Journal

In your Health Journal, keep track of the things you do to help your family. List the roles you have. Write down the roles you would like to have. How can you add those roles?



Figure 5 Children and adults have different responsibilities in families. But everyone's responsibilities are important.



LIFE SKILLS ACTIVITY

EVALUATING MEDIA MESSAGES

Watch a TV program that shows a family. Do the characters support each other as a family? If not, what kinds of relationships do they have? How could the characters support each other better? If the characters have healthy relationships, what can you learn from them? Using the characters of the program, write a story that shows the importance of good family relationships.

Functioning Smoothly

The way you behave in your family affects the other members. For a family to function smoothly, all members have to care about the others and take their roles seriously.

How can you help your family function smoothly?

- Show respect for others in your family by politely asking for things or telling them your ideas.
- Tell adult family members about problems you see. For example, if your older sister drives the car dangerously, tell your parents. Your sister may be upset you told, but you may prevent her from hurting herself or others.
- Help your brothers and sisters. For example, offer to help a younger brother or sister with schoolwork or a project.
- Do your chores without being reminded.
- Be sensitive to others' needs and feelings.
- Spend time having fun and relaxing with your family.

The members of your family are individuals. They will not always think or act exactly alike. Appreciating the differences in each other strengthens your family.

Figure 6 Supporting your family can include helping a brother or sister.



Supporting Each Other

Adults provide most of the support for a family by making sure the family has food, clothing, housing, and leadership. But you can give some support, too. **Support** is helping when help is needed. You can support your family by

- being a good listener
- showing your brothers and sisters that you care about their concerns and activities
- taking part in family events, traditions, and celebrations



Figure 7 Supporting family members is one way to keep your family strong.

Showing Affection

Showing affection helps family members care for each other. **Affection** is a feeling of liking or fondness. When you show your family members that you feel affection and love for them, you help them know they are valuable to you. You can tell them in person that you love them, or you can express your feelings in writing. You can show your love by treating them the way you would like to be treated. Your relationship with your family is probably the most important bond you have. Showing your family members that you love them lets them know how important they are to you.

Lesson Review

Using Vocabulary

1. What is support? What are three ways you can support your family?

Understanding Concepts

2. Describe five kinds of families.
3. List five ways of showing love and affection to your family.
4. Identify six ways you can help your family function smoothly.

5. Why does the role of children vary from family to family?

Critical Thinking

6. **Making Inferences** Juan's responsibilities at home include vacuuming, taking out the trash, and making his bed. Laura's responsibilities include setting rules and providing for the health and safety of her family. What can you infer about Juan and Laura?

Lesson 3

Facing Family Problems

Katie's older brother, Allen, argues with their stepfather almost every day. Lately, the arguments are getting louder. Katie would like the shouting to stop.

What You'll Do

- List five difficult changes that families face.
- Describe two ways to settle a minor family conflict.
- Describe two serious problems that families face.
- Identify a way to cope with serious problems.

Terms to Learn

- family conflict
- abuse
- neglect

Start Off Write

What is a good way to cope with a difficult change?

Katie's family has a problem, but her family is not alone. Every family has problems sometimes. Dealing with problems in your family is a skill you can learn. Often, identifying a minor problem early can help manage the problem and keep it from becoming a major problem later. Families can work through many kinds of problems together. Major problems may require help from outside the family.

Difficult Changes

Some problems arise because of changes in a family. The illness or death of a family member, moving to a new city, losing a job, and divorce can all disrupt a family. After these difficult changes happen, family members may feel sad or angry.

One of the best ways to cope with difficult changes is to talk about them. Talking about how these changes affect each member of a family can help the family see the problem from everybody's viewpoint. Sometimes, it helps to learn that other people feel the way you feel. Or it may help to learn that other people have feelings you didn't know they had.



Figure 8 One of the best ways to cope with problems and stress is to address them as soon as possible.

Family Conflicts

Another kind of problem that families face is a family conflict. A **family conflict** is any clash of ideas or interests within a family. Conflicts can be major or minor. Major conflicts include loud arguments, such as the ones between Allen and his stepfather. Major conflicts and adult conflicts are not your responsibility and should be handled by adults. But you can learn to work on minor conflicts you may have with your brothers and sisters.

To manage a minor conflict, use the following steps:

1. Allow time for each person in a conflict to calm down.
2. Then, allow each person in the conflict to tell his or her point of view. Remind each person in the conflict to practice good listening skills.
3. After everyone has spoken, identify the problems.
4. Try to find an answer everyone can agree on.

Family Meetings

Family meetings can also help you work on problems and prevent conflicts. Family meetings give family members time to meet and speak together. At family meetings, everyone should act and speak respectfully and should listen carefully. It may be helpful for someone to write down a list of things to talk about so that the meeting can stay on track. A list also helps keep the meeting short. If you meet regularly, your family can follow up on problems that were brought up at earlier meetings to see if the problems are being resolved.

Figure 9 Family meetings can help keep conflicts from growing into bigger problems.



Myth & Fact

Myth: Some families never have problems.

Fact: All families go through times of change and difficulty.

Figure 10 Talking with counselors can help people cope with serious problems.



Serious Problems

Not all problems are minor. Anytime a problem puts someone in danger, the problem is major and serious. Abuse (uh BYOOS) and neglect (ni GLECKT) are two examples of serious problems.

- **Abuse** is treating someone in a harmful or offensive way physically, emotionally, or sexually. Abuse is always wrong.
- **Neglect** is the failure of a parent or other responsible adult to provide a child basic care, such as food, clothing, or shelter. Neglect is always wrong.

Abuse and neglect can cause serious harm or death. All types of abuse and neglect are dangerous problems that must be stopped as soon as possible.

Coping with Serious Problems

Living in a household with abuse or neglect is hard. Sometimes, victims of abuse think that they are the reason someone is abusive. Some victims believe they are neglected or abused because they don't deserve to be treated well. But victims never cause people to become abusive. Furthermore, a young person alone probably cannot stop a person from behaving that way. So, it is important for victims of abuse to get help. Perhaps they can talk to another member of their family about the problem. If they cannot talk to someone in their family, they can talk to a guidance counselor or one of their teachers. School officials know how to get students in touch with people who help victims of abuse.

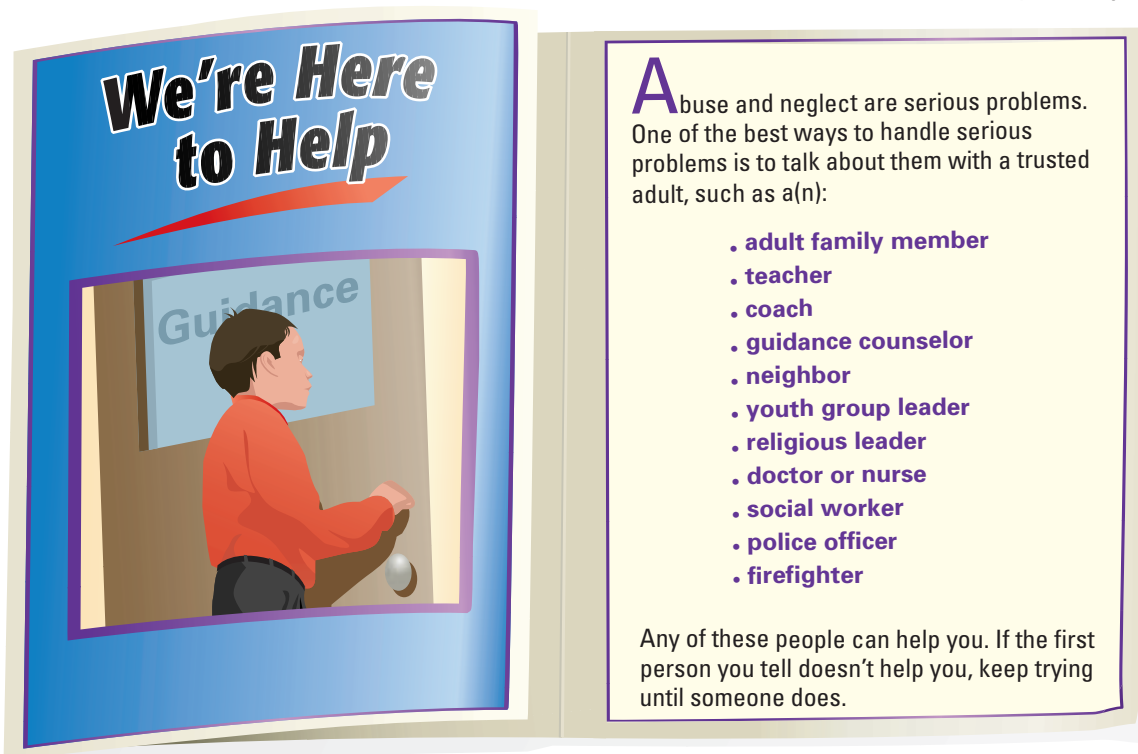
SOCIAL STUDIES ACTIVITY

What resources in your community help families with their problems? Use the library or Internet to research resources in your community for various kinds of family problems. Write a report about one of the agencies you learn about and the kinds of services it provides.

Getting Help

Help is available for people who have to cope with serious problems. Victims of abuse and neglect can live in safety, but only if the people who can help know about the problem. If you or someone you know has a serious problem, tell a trusted adult as soon as possible. A list of people who can help is included below.

Figure 11 A lot of people are ready to help.



Lesson Review

Using Vocabulary

1. What is family conflict?

Understanding Concepts

2. Identify two ways to settle a minor family conflict.
3. Describe two serious problems that families face.
4. What are five difficult changes that families face?

5. Identify a way to cope with abuse or neglect in a family.

Critical Thinking

6. **Identifying Relationships** Why is it a good idea to turn off radios and televisions during a family meeting?
7. **Making Good Decisions** When Pat's grandfather went into the hospital, Pat felt scared. What might Pat do to cope?

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Topic: **Abuse and Violence**

HealthLinks code: **HD4003**

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Lesson 4

Friendship

What You'll Do

- List six questions that can help you identify people who may make good friends.
- List three questions that can help you identify bad relationships.
- Identify two benefits of positive peer pressure.

Terms to Learn

- friendship

Start Off Write

Is peer pressure always bad?
Explain your answer.

Emilia has been lonely since she moved 6 months ago. She misses her old school and her old home. But mostly she misses her friends. Making new friends is harder than she thought it would be.

Like Emilia, you would probably miss your friends if you moved away. Besides your family, your friends are probably the most important people in your life. So, keeping friendships healthy is important, too. A **friendship** is a relationship between people who enjoy being together and who care about each other. The number of friends that you have is not important. It is important that the friends you do have help keep you healthy and safe.

Friendship and Character

Good friends like each other and treat each other well. Friends enjoy keeping each other company. They use good communication skills to talk about ideas and goals. And by doing activities together, they learn new things and grow closer.

Good friends also demonstrate good character. They look out for one another's safety. They know what is important to each other. They share or respect each other's beliefs and values. They are friends not only when friendship is easy. They are dependable and loyal during difficult times, too.



Figure 12 Good friends like being together and doing things together.

Making Friends

Friends who like and care about you can help you stay safe and healthy. But how do you meet people who can become good friends? Sometimes, people meet and become friends because they live near each other or are in classes together. Sometimes, people meet friends through other friends. One of the best ways to meet friends is to take part in projects and activities at school or in your community. By taking part in activities you enjoy, you can meet other people who enjoy those activities, too.

After you meet someone, how can you tell if that person may make a good friend for you? Ask yourself the following questions:

- Does this person share or respect my values?
- Do I enjoy being with this person?
- Does this person accept me and like me?
- Do my parents trust this person?
- Does this person have qualities that I think are important?
- Will this person and I have a chance to spend time together?

If the answer to each of these questions is yes, the person is likely to be a good friend to you. If you answer no to some of these questions, think about finding other people to be friends with.



Figure 13 One way to meet new friends is to take part in activities.

Health Journal

Imagine that a person moves into your neighborhood and will be going to your school. In your Health Journal, write how he or she could make friends there. What teams, clubs, and organizations might help this person make friends?



TABLE 1 A Summary of Refusal Skills

- Avoid dangerous situations.**
- Say “No,” verbally and with body language.**
- Stand your ground!**
- Stay focused on the issue.**
- Walk away from unhealthy situations.**

Bad Relationships

Some relationships are not good. How can you spot a bad relationship? One feature of most bad relationships is negative peer pressure. *Negative peer pressure* is encouragement to do things that could cause harm. The following questions can help you identify bad relationships:

- Does this person hurt me or threaten to hurt me?
- Does this person try to control me, keep me away from other friends, or ask me to hurt others?
- Does this person encourage me to act against my values?

If you answered yes to any of these questions about a relationship, talk to your parents so that they can help you resolve the problem. Using the refusal skills in the table above can also help you stay safe in relationships and resist negative peer pressure.



STUDY TIP

for better reading

Organizing Information

Make a list of refusal skills. For each refusal skill, list a situation in which you would use that skill.

Hands-on ACTIVITY

FRIENDSHIP SURVEY

1. Create a survey about friendship. Include questions such as the following:
 - What qualities do you value in your friends?
 - How do your friends help keep you healthy?
2. Gather answers for each question. Record all of the answers without using names.

3. For each question create a bar graph that shows the range of answers given.

Analysis

1. Which answers were given most often?
2. Which answers were given least often?
3. What did this survey teach you about friendships?

Positive Peer Pressure

Not all peer pressure is negative. You can create positive peer pressure by showing good character. *Positive peer pressure* is encouragement to stick to values and achieve goals. Positive peer pressure is helpful in two ways. First, it can help friends challenge each other to do their best.

Using positive peer pressure can also keep a risky situation from resulting in a bad choice. Speak up if you think a friend has made a bad decision or an unhealthy choice. Help him or her make a better one. Sometimes, it takes an idea from only one person to help another be strong and stay on track. For example, if a friend decides to pick on someone, tell him or her that teasing is wrong. Being honest takes courage. But honesty can be the most important part of friendship.

LIFE SKILLS ACTIVITY

MAKING GOOD DECISIONS

Role play using positive peer pressure to help in the following scenes. You discover that your friend

- has stolen candy from a store
- is preparing to cheat on an upcoming test
- is planning to sneak into a movie without paying



Figure 14 Helping a friend study is one example of positive peer pressure.

Lesson Review

Using Vocabulary

1. What is friendship?

Understanding Concepts

2. List six questions that can help you identify good friends.
3. List three questions that can help identify bad relationships.
4. Explain two benefits of positive peer pressure.

Critical Thinking

5. **Applying Concepts** Yolanda loves playing soccer, but she wants to quit the soccer team because she is not allowed to play every minute of every game. What could Yolanda's friends say to her about her decision to quit the team?

Lesson 5

Improving Friendships

Becky likes group projects. She enjoys meeting new people. She likes planning. She enjoys learning new skills. Most of all, Becky likes becoming better friends with people by working together.

What You'll Do

- **Explain** two benefits of respecting people.
- **Describe** three ways you can lead by example.
- **Explain** how cooperation helps you reach goals.
- **Explain** the difference between friendship and popularity.

Terms to Learn

- leadership
- cooperation

Start Off Write

How can you make good friendships even better?

How can working together on a project help make friendships stronger? When you work together, you learn the importance of good communication, and you learn to trust people's strengths. Working together can help you learn to get along, take charge, and respect the people around you.

Showing Respect

Friends often have many things in common. But friends are still individual people who have their own ideas and goals. Sometimes, friends disagree. Accepting the differences in your friends is a way to show them that you respect them and like them for who they really are, not because they are just like you.

Respect can also help you learn about people from other backgrounds and cultures. The world is large, and there are many ways of living in it. Learning to appreciate differences in people and cultures helps you respect people from many backgrounds. By respecting and understanding the views of people from many backgrounds, you can learn to look at the world in new ways. Understanding the world from many points of view can help you find more ways to solve problems.

Figure 15 Respecting differences among your peers opens your world to different cultures and ideas.



Showing Leadership

Sometimes, being a good friend means you have to be a leader. **Leadership** is guiding others in a responsible way. Leadership is not “bossing people around.” Good leaders set a good example for others to follow whenever an example is needed.

You can be a leader by

- using refusal skills to show others how to handle negative peer pressure
- demonstrating respect
- developing a plan to solve a problem

Leadership takes practice. The more chances you have to practice being a leader, the better leader you will become.

Leading Projects

Most projects need a good leader. Project leaders first break a big project into smaller jobs. Then, they manage the smaller parts so that all the work gets done.

For example, if you wanted to lead a car wash for a fundraiser, you may break the project into smaller jobs such as advertising, washing, and collecting money. After you have identified the jobs in a project, you can make a plan to get the jobs done in order. You could help people as they work on the project, show people how to work together, and thank them when the project is over.

Myth & Fact

Myth: It's easy to be a leader because everyone else does the work.

Fact: Good leadership is hard work.

Figure 16 Some Jobs in a Car Wash



Working Together

Even if a project has a great leader, the work will not get done unless people agree to work together. **Cooperation** (koh AHP uhr AY shuhn) is working with others to reach a goal. Sharing the work among many people allows each person to gain from other people's skills. For example, when working on a car wash, you may find that one person is good at making posters and another likes keeping track of money. Both skills are valuable, so both people are important to the goal. And both people can learn from each other. Cooperation is a skill that does more than get jobs done. It helps you learn and grow socially.

Cooperating in Friendships

Friendships gain from cooperation, too. You and your friends have skills and talents that you can use to help each other. For example, you can help each other study for classes, learn the lines of a play, or practice a sport. Friends who work together can reach larger goals by helping each other than either friend could reach alone.

Cooperation helps make a friendship stronger by showing your friends that you want them to succeed. It shows that you are willing to spend time and effort to help them reach their goals.

Figure 17 Cooperation helps get jobs done faster and helps you learn and grow.





Figure 18 Being supportive of your friends can be as simple as getting together to talk.

Supporting Your Friends

Sticking to your values can be hard when you think you are alone. Doing what is right is often easier if you know that your friends will support you even if others do not. How can you and your friends support each other? You can talk together regularly about decisions you are making. You can also offer suggestions when friends ask for help. And you can stand by your friends when they say no to negative peer pressure.

Sticking to your values may not always make you popular. Every day, you get the message that being popular is important. And being liked does feel good. But popularity is often based on things you cannot control. Friendship is based on values and respect. The support of one good friend is more valuable than being popular. Popularity can change quickly. But a good friend will support you even during hard times, when you need help the most.



Teen: My best friend is starting to hang out with some people who ask her to lie to her parents about where she is going and what she is doing. How can I be a good friend to her?

Expert: Stick to your values, and encourage your friend to stick to hers, too. Encourage your friend to be honest with her parents and with you. Tell her that you care about her and are concerned for her safety.

Lesson Review

Using Vocabulary

1. What is leadership? List three ways you can lead by example.

Understanding Concepts

2. Explain the difference between friendship and popularity.
3. Explain how cooperation helps you reach goals.

4. Explain two benefits of respect.

Critical Thinking

5. **Identifying Relationships** How do cooperation and leadership help solve problems? Can you have cooperation without leadership? Can you have leadership without cooperation? Explain your answers.

Lesson 6

Healthy Affection

What You'll Do

- Describe eight healthy ways to show affection to friends.

Terms to Learn

- affection
- abstinence

Start Off Write

What are three ways you could show affection to a friend in the hospital?

Showing your friends that you like them is an important part of friendship. Choosing healthy ways to show your friends that you like them helps you strengthen your friendships.

Affection is a feeling of liking or fondness. People who feel affection for one another can show it in many ways. The ways people show affection vary from person to person and from culture to culture.

Showing Affection

There are many healthy ways for you to show affection for your friends, such as

- smiling or speaking cheerfully
- complimenting
- telling the person how much you like his or her company
- sending a kind card or letter
- making a kind phone call
- patting your friend on the back
- showing empathy

When you show affection, make sure your message is clear, understood, and respectful. Never offer affection in a way that is unwelcome. For example, some people don't want to be touched. Don't touch them, even if you think a hug would show affection. Respecting their choice not to be touched also shows you care about them.

Figure 19 A nice card is one way to show someone that you care.



Choosing Abstinence

Another way to show affection respectfully is to choose sexual abstinence (AB stuh nuhns). **Abstinence** is refusing to take part in an activity that puts your health or the health of others at risk. For example, abstinence from smoking helps protect your health and the health of the people around you. Abstinence from sexual activity prevents pregnancy and keeps you safe from some diseases. Teens who choose sexual abstinence live safer, healthier lives.



Figure 20 Real friends show affection respectfully.

Refusal Skills

You may face negative peer pressure to begin sexual activity. Using the refusal skills listed below will help you maintain abstinence.

- Avoid situations that put you at risk.
- Say “No!” whenever you need to.
- Stand your ground.
- Stay focused on the issue.
- Walk away if someone asks you to do anything you think is risky or wrong.

Support your friends in their abstinence, too. Support shows that you care.

Myth & Fact

Myth: Your behavior is controlled by other people.

Fact: You are responsible for choosing your behavior.

Lesson Review

Using Vocabulary

1. What is affection?
2. Define *abstinence*.

Understanding Concepts

3. Describe eight healthy ways to show affection.

4. John's dog has died of old age. What can Sarah do to show John that she cares about his feelings?

Critical Thinking

5. **Identifying Relationships**
Negative peer pressure can challenge your decision to choose abstinence. How can positive peer pressure help you maintain abstinence?

internet connect

www.scilinks.org/health
Topic: Abstinence
HealthLinks code: HD4002

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Chapter Summary

- Healthy relationships require good communication skills and healthy behavior.
- Working together as a family requires taking roles seriously. ■ When the family has problems, the family should work on those problems. ■ Serious problems should be reported to a trusted adult as soon as possible. ■ Positive friendships are healthy relationships between people who have similar interests and values. Friends support each other. They also show each other cooperation and leadership. ■ Bad relationships are risky. ■ Healthy relationships benefit from sharing affection. ■ Sexual abstinence is the only sure way to avoid pregnancy and some diseases.

Using Vocabulary

For each pair of terms, describe how the meanings of the terms differ.

- 1 empathy/tolerance
- 2 support/neglect

For each sentence, fill in the blank with the proper word from the word bank provided below.

| | |
|-------------|---------------|
| abstinence | body language |
| support | leadership |
| cooperation | behavior |
| friendship | |

- 3 The way you choose to act is called your ____.
- 4 ____ means not taking part in unsafe behavior.
- 5 Offering guidance to others in an organized, responsible way shows ____.
- 6 Working together toward a goal and using the strengths of each person to reach that goal requires ____.
- 7 You send messages with your face, hands, and the way you stand through ____.
- 8 ____ is giving help when help is needed.

Understanding Concepts

- 9 Distinguish between passive, aggressive, and assertive behavior.
- 10 Explain the roles of children and adults in families.
- 11 What is a blended family?
- 12 Describe some steps that can help manage a small conflict.
- 13 Describe the benefits of abstinence from sexual activity.
- 14 How can you resist negative peer pressure?
- 15 How can empathy and tolerance help relationships?
- 16 Describe how you can show your family your love.
- 17 Why may your friend's role in his or her family differ from your role in yours?
- 18 Describe a way to cope with a serious problem, such as abuse or neglect.
- 19 Why does your role in your family change over time?
- 20 What are two difficult changes that families face?

Critical Thinking

Applying Concepts

- 21 Kevin likes belonging to the school band and playing the trumpet. But Kevin has decided to quit playing his trumpet because the director scolded him for not practicing. How can Kevin's friends use positive peer pressure to help him?
- 22 Because of a disagreement, Beth's brother and sister are not talking to each other. They each ask Beth to join them in not speaking to the other person. Describe a way Beth can handle this situation.
- 23 Malik has decided to lead the bake sale for his class fundraiser. How may Malik provide good leadership for this project?
- 24 Bart was frustrated by his math homework. He became very angry and wanted to yell and throw his book. Instead of throwing his book, he called his friend Melissa and asked for help. What kind of behavior did Bart originally want to use? What kind did he choose instead?

Making Good Decisions

- 25 Emily's friend Karen called Emily on the phone to invite her over. Karen's voice sounded happy on the phone. When Emily got to Karen's house, Karen still sounded happy, but she was slouching in her chair and had a worried look on her face. Emily was confused about how Karen was feeling. What could Emily do to help her understand how Karen was really feeling?

- 26 Calvin recently moved to a new town and has met another student, Darnell. Darnell seemed like a good friend at first, but now he makes fun of Calvin and tells him not to spend time with any of his other friends. What should Calvin do?
- 27 Helene tried out for a part in a play, but she did not get the part. Describe passive, assertive, and aggressive responses to this situation.

Interpreting Graphics

Two Examples of Body Language

Example A

hands on hips

face frowning, head hanging down

body slouching

Example B

hands clapping

face smiling

standing tall

Use the table above to answer questions 28–29.

- 28 What message do you read from the information in example A?
- 29 What message do you read from the information in example B?

Reading Checkup

Take a minute to review your answers to the Health IQ questions at the beginning of this chapter. How has reading this chapter improved your Health IQ?

Communicating Effectively

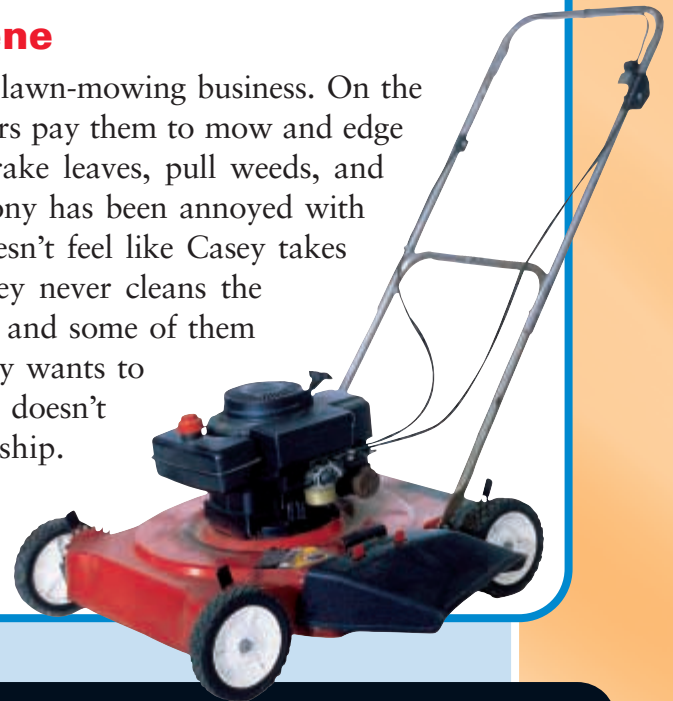
Have you ever been in a bad situation that was made worse because of poor communication? Or maybe you have difficulty understanding others or being understood. You can avoid misunderstandings by expressing your feelings in a healthy way, which is communicating effectively. Complete the following activity to develop effective communication skills.

Tony and Casey's Conflict



Setting the Scene

Tony and Casey have a lawn-mowing business. On the weekends, their neighbors pay them to mow and edge their lawns as well as rake leaves, pull weeds, and prune bushes. Lately, Tony has been annoyed with Casey because Tony doesn't feel like Casey takes care of their tools. Casey never cleans the tools after he uses them and some of them are starting to rust. Tony wants to talk with Casey, but he doesn't want to hurt their friendship.



The 4 Steps of Communicating Effectively

1. Express yourself calmly and clearly.
2. Choose your words carefully.
3. Use open body language.
4. Use active listening.

Guided Practice

Practice with a Friend

Form a group of three. Have one person play the role of Tony and another person play the role of Casey. Have the third person be an observer. Walking through each of the four steps of communicating effectively, role-play Tony telling Casey what is bothering him. The observer will take notes, which will include observations about what the people playing Tony and Casey did well and suggestions of ways to improve. Stop after each step to evaluate the process.

Independent Practice

Check Yourself

After you have completed the guided practice, go through Act 1 again without stopping at each step. Answer the questions below to review what you did.

1. Why should Tony choose his words carefully?
2. What kind of body language should Casey use when listening to Tony? Give some examples.
3. How can Casey and Tony resolve their conflict? Explain your answer.
4. Describe a time when you had a conflict with one of your friends. In what ways did you communicate effectively? How could you have improved the way you communicated?



On Your Own

The next weekend, Tony and Casey get a call from one of their neighbors. The neighbor is mad because Tony and Casey forgot to pull the weeds in her yard. Write a short story about how Tony and Casey could use the four steps of communicating effectively to deal with the angry neighbor.

