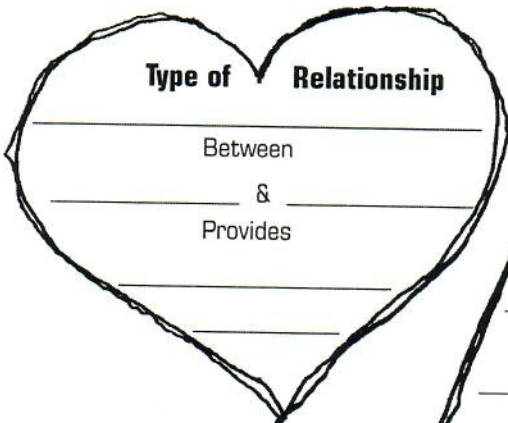


Different Types of Relationships

1. Listed in the box below are different types of relationships. Pick six different relationships and write them in the shapes. Then write the names of two people who have that type of relationship.
2. Next, think about the different things these two people get out of the relationship. These could be emotional needs, social satisfactions or basic necessities like food and shelter. Write a few of the things the relationship provides.

EXAMPLES OF DIFFERENT TYPES OF RELATIONSHIPS			
<i>Friendship</i>	<i>Teammate</i>	<i>Boyfriend / Girlfriend</i>	<i>Boss-Worker</i>
<i>Acquaintance</i>	<i>Mentor</i>	<i>Neighbor</i>	<i>Co-worker</i>
<i>Parent-Child</i>	<i>Sibling</i>	<i>Teacher-Student</i>	<i>Classmate</i>

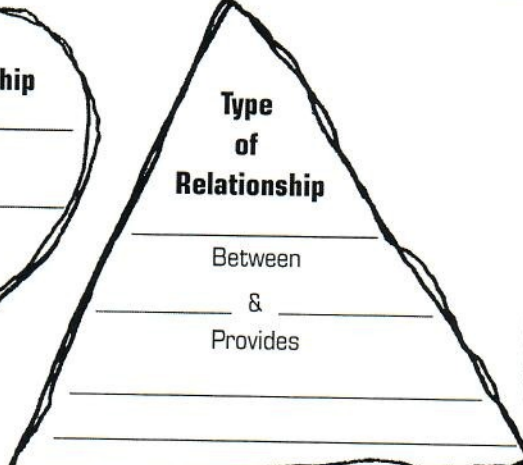


Type of Relationship

Between _____

& _____

Provides _____

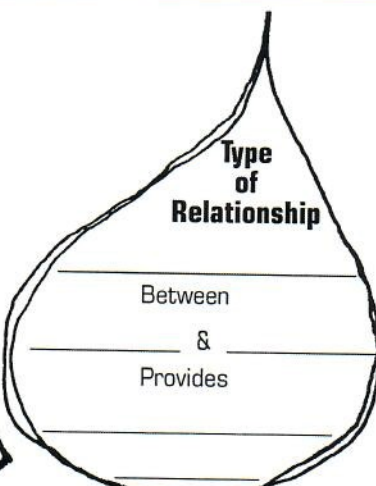


Type of Relationship

Between _____

& _____

Provides _____

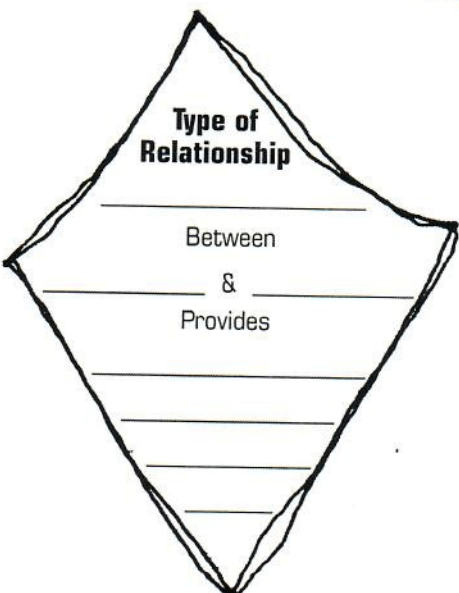


Type of Relationship

Between _____

& _____

Provides _____

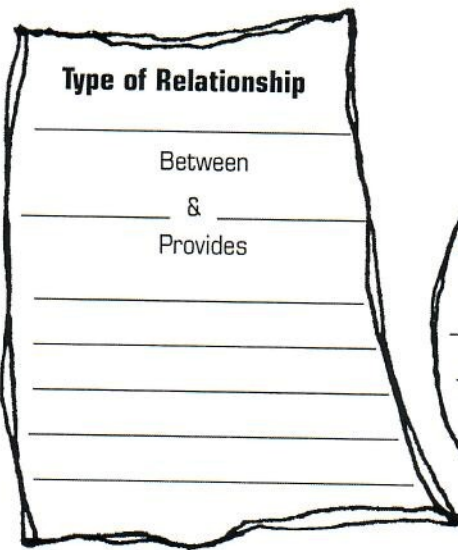


Type of Relationship

Between _____

& _____

Provides _____

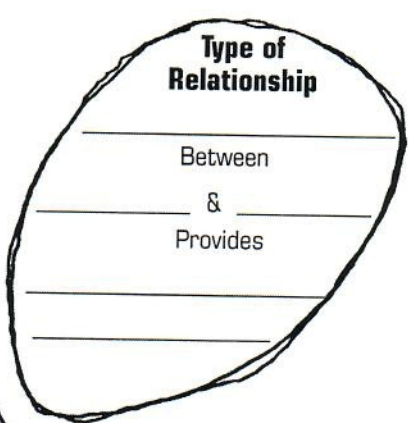


Type of Relationship

Between _____

& _____

Provides _____



Type of Relationship

Between _____

& _____

Provides _____

Examples of Things Relationships Provide:

Tradition	Belonging	Sincerity	Contentment
Support	Commitment	Entertainment	Supervision
Rules	Structure	Laughter	Protection
Trust	Encouragement	Companionship	Leadership
Camaraderie	Honesty	Direction	Motivation
Reliability	Stability	Loyalty	Advocacy
Pleasure	Validation	Solidarity	Accomplishment
Competition	Cooperation	Intimacy	Attachment



My Relationship Role Models

(Where I Got My Relationship Values)

The purpose of this activity is to look carefully at what you learned about relationships from the important people in your life.

Most relationships have positive and negative aspects, but it can be difficult to think about the negative. However this is important, because many times we learn from our role models without even being aware of what we are learning. Then, we often behave in the same way our role models did, and wonder why things aren't turning out any better for us. If you can become aware of what you have learned from your relationship role models, you can then make decisions about what lessons you want to live by, and which ones you want to live without.

**Below, please identify a relationship between two people you were around a lot when you were growing up.
(You should not be one of the people.)**

An intimate relationship I observed while growing up was/is between these two people:
_____ and _____

When I think about their relationship, the first words I think of are: _____
_____, _____, _____

This relationship gave me the impression that men are: _____

This relationship gave me the impression that women are: _____

The best thing I saw about this relationship was/is: _____

The worst thing I saw about this relationship was/is: _____

Most of the time, being around this relationship made/makes me feel: _____

These are some of the ways this relationship has affected me individually: _____

These are some of the ways this relationship has affected my own relationships: _____

Another relationship which I think has affected me was/is between:
_____ and _____

When I think about their relationship, the first words I think of are: _____
_____, _____, _____

This relationship gave me the impression that men are: _____

This relationship gave me the impression that women are: _____

The best thing I saw about this relationship was/is: _____

The worst thing I saw about this relationship was/is: _____

Most of the time, being around this relationship made/makes me feel: _____

These are some of the ways this relationship has affected me individually: _____

These are some of the ways this relationship has affected my own relationships: _____



What to Look for in a Partner

What makes a relationship healthy? Two people who value equality and respect make a good start. Here are some characteristics you may want to consider in a potential boyfriend or girlfriend.

- ☐ Someone who supports your relationships with friends and family members. S/he is willing to spend time with your friends and family to get to know them, and at the same time gives you space to spend time alone with them.
- ☐ Someone who maintains his or her own friendships, and wants you to get to know his or her friends.
- ☐ Someone who supports your personal growth. S/he encourages you to participate in activities that are good for you, like team sports or other athletic activities, clubs or groups you belong to, a job or a hobby.
- ☐ Someone who continues his or her own interests in outside activities, such as sports, clubs or groups, a job or a hobby.
- ☐ Someone who asks your opinion.
- ☐ Someone who is comfortable with your having different opinions from him or her, and does not take it as a personal insult when you disagree.
- ☐ Someone who you feel comfortable expressing your feelings and emotions with.
- ☐ Someone who talks and listens.
- ☐ Someone who accepts responsibility for his or her own behavior, feelings and thoughts.
- ☐ Someone who can apologize when he or she is wrong, and accept your apology when you're wrong.
- ☐ Someone who considers the relationship a partnership.
- ☐ Someone who shares in decision-making.
- ☐ Someone who expects both partners to control their own money, and never uses money as a way of getting what s/he wants.
- ☐ Someone who treats other people with respect. (If a male, one who treats his mother and sisters with respect.)
- ☐ Someone who is secure enough not to feel threatened by your friendships with people of either sex.
- ☐ Someone who trusts you and expects to be trusted.
- ☐ Someone who encourages you in your goals and dreams.
- ☐ Someone who makes positive statements about your strengths.
- ☐ Someone who you feel safe with.
- ☐ Someone who can resolve conflicts without resorting to violence or put-downs.
- ☐ _____
- ☐ _____



The Do's and Don'ts of Starting A Relationship

Many people want to be in a romantic relationship but don't know how to get one started. If this sounds like you, it's important to first look at your reasons for wanting to be in a relationship. Is it because many of your friends have boyfriends or girlfriends? You're lonely? You want to prove something? Your friends are pressuring you about having sex? These aren't good reasons to start a relationship. You need to recognize that it's okay, even healthy, not to have a boyfriend or girlfriend. There are also many benefits to leaving a friend a friend. But if you find yourself attracted to someone and don't know how to start up a relationship with them, here are some suggestions.

DO:

- ④ Be confident. This is easier said than done, but you can train yourself to be confident by practicing your assertiveness skills, reminding yourself of all of your strengths, and working on your self-esteem with 'positive self-talk.'
- ④ Notice something about the person you're interested in - something you have in common or something that you can compliment them on to strike up a conversation. But don't fake it - be sincere when you give compliments.
- ④ Ask the person to do something 'non-threatening,' like going to a sports event or a park during the day, or going out with a group of mutual friends.
- ④ If the person agrees to go out, meet and hang out in a public place, and avoid being isolated with a person you don't know that well.
- ④ Show interest in the other person. Ask about their likes and dislikes, family and friends, values and beliefs, goals and dreams.
- ④ Be honest about who you are and what you want out of the relationship. Of course, this requires knowing yourself first!
- ④ Call when you say you will.
- ④ Be very careful about meeting people through the internet. If you're going to meet face-to-face, always do it in a public place with friends around.
- ④ Trust your instincts. If you're uncomfortable with a person or a situation, don't be afraid to do what you need to do to feel safe.
- ④ Bring your own money on a date and be prepared to pay. It's often awkward knowing who should pay, but it shouldn't be assumed that it's the guy's role. Often women want to pay for themselves so they can remain independent and not feel like they 'owe' anything.
- ④ Be aware of the signs of healthy and unhealthy relationships (see activities in this workbook.)
- ④ Accept "No" for an answer. If the person seems unsure about whether to go out with you, take the time try to get to know each other better, and if they seem interested, try again. However, if they have clearly said that they are not interested, respect their decision and move on.

④ _____

DON'T:

- ④ Wait for someone you're interested in to come to you. It's okay for guys and girls to make the first move.
- ④ Use teasing or obnoxious 'playing around' to get someone's attention.
- ④ Play 'hard to get' or other mind games.
- ④ Make a judgement about someone based on what group they hang out with, whether they're popular or not, or what your friends would say about them.
- ④ Be aggressive or come on too strong. Don't try to force someone into going out with you if they're not interested.
- ④ Go alone to the other person's home or invite them to your home, get in a car alone with them, or become isolated with someone you don't know very well.
- ④ Spend all night talking about your ex.
- ④ Get drunk or high in order to 'loosen up' and be confident on a date. Chances are you'll wind up regretting it.
- ④ Send mixed messages, especially about sex. Be aware of your body language and other non-verbal communication.
- ④ Pressure anyone into sex, or get them high or drunk to get them to have sex. Remember, date rape includes using verbal coercion like threats or manipulation, drugs and alcohol or physical force to get someone to have sex when they don't want to.
- ④ Do anything you don't want to, including anything sexual, just because you want the other person to like you or don't want to hurt their feelings.

④ _____