**Chapter 10**

**Skills for Healthy Relationships**

**Lesson 1 – Foundations of Healthy Relationships**

1. A significant relationship between two people based on caring, trust, and consideration. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. A part you play in a relationship. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. The ways in which you send and receive messages. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. A process of working together for the good of all. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cooperation/ compromise/ friendship/ communication/ citizenship/ role/ relationship

**Lesson 2 – Communicating Effectively**

Tara is annoyed because Liz is late. To avoid placing blame, she uses \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(1) to let Liz know how she feels. Liz shows she is listening to Tara by using appropriate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(2), such as nodding her head. Using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(3) skills helps Liz understand why Tara is upset, and she apologizes for being late.

Body language/ tolerance/ active listening/ constructive criticism/ “I” messages/ prejudices

**Lesson 3 – Resolving Conflict**

1. Any disagreement or struggle is called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Mediation and negotiation are two processes used for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Mediators must demonstrate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, respect for the rights and privacy of others.

Negotiation/ conflict resolution/ mediation/ conflict/ peer mediators/ interpersonal conflict/ confidentiality