

Chapter 10**Vocabulary**

relationship
 friendship
 citizenship
 role
 communication
 cooperation
 compromise

“I” message
 active listening
 body language
 prejudice
 tolerance
 constructive criticism
 conflict

interpersonal conflict
 conflict resolution
 negotiation
 mediation
 confidentiality
 peer mediators

I. Directions: Complete the following sentences by writing a term from the list above in each blank.

1. You demonstrate _____ by obeying rules, helping others, and doing your share to make your school and community clean and safe.
2. You demonstrate _____ by accepting others' differences and allowing them to be who they are without expressing disapproval.
3. You demonstrate _____ by paying close attention to what someone is saying and communicating.
4. You demonstrate _____ by working together for the good of all.
5. You demonstrate _____ by solving a disagreement through problem solving in a manner that satisfies everyone involved.
6. A process in which specially trained people help others resolve their conflicts peacefully is _____.

II. Directions: Read the following aggressive message. Then, for each vocabulary term below, write the definition and give an example of how to apply it to change the message to a positive, assertive communication.

You lied to me! You said you would meet me after school all this week to work on my serve before the tennis tryouts. Instead, you've been practicing guitar with Luis for your gig next week. Some friend you are!

1. **Constructive criticism** _____

2. **Compromise** _____

Activity 35**Applying Health Skills**

FOR USE WITH CHAPTER 10, LESSON 1

What's Going On?

Directions: Read the following scenarios and answer the questions that follow in the space provided.

1. Jan's mother belongs to a club in their community. The club has planned a bake sale to raise money for a family in the community. Her mother asked Jan to help on the following Saturday, and Jan agreed. However, on Friday, Jan learned that her friends were all going to the beach on Saturday. Jan agreed to go with them. Then she remembered her promise to her mother. She stayed and helped her mother.

What characteristic(s) of a healthy relationship did Jan demonstrate?

What trait(s) of a good character did Jan demonstrate?

2. Bill belongs to a baseball team that is not having a good season. He is frustrated and wants to quit. However, there are a few games left on the schedule. The coach is aware of Bill's attitude, and after the next game, the coach talked with Bill. As the coach talked, Bill realized that he had been totally self-centered. He had not realized that the coach was also discouraged. Bill decided not to quit. In fact, he promised to work harder and to encourage others on the team.

What skill(s) did the coach use? _____

What trait(s) of good character did Bill demonstrate?

3. Tara and her sister Kim have chores to do at home. They usually take turns washing the dinner dishes, which is one of their chores. Now, Tara has an opportunity to get a part-time job three evenings a week. She really wants the job and wonders if she can make a deal with Kim so that she can take the job. She talks with Kim and offers to do Kim's chores plus her own for three of the days she would not be working. Kim thinks it over and agrees to the proposition.

What skill(s) did Tara use? _____

What trait(s) of good character did Tara demonstrate?

Applying Health Skills, Activity 35 (Continued)

FOR USE WITH CHAPTER 10, LESSON 1

4. Bud's neighbor, Amad, was in an automobile accident, and his leg was broken. Amad has after-school jobs mowing lawns around the neighborhood, and now he can't work. Bud realizes that several people will be expecting Amad, and they won't like to have to look for someone else to work for them temporarily. Bud calls some of his friends and explains the situation and asks them if they would be willing to help Amad until he gets the cast off his leg. They agree. Bud then went to the neighbors who had hired Amad and explained the situation. He asked if they would be willing to have their lawns mowed by someone else while Amad is recuperating. He promises that the jobs will be done well. The neighbors agree to the plan.

What skill(s) did Bud use? _____

What traits of good character did Bud demonstrate?

Activity 36**Applying Health Skills**

FOR USE WITH CHAPTER 10, LESSON 2

What's Your Style?

Directions: Read each situation and answer the question(s) at the end of each one.

1. Angie always wants to do things with her friends. She agrees to go to the movies with them Saturday afternoon even though she knows she won't like the movie they have chosen. She is unwilling to express herself for fear of losing their friendship.

What is Angie's communication style? _____

What could she say to be more assertive?

2. Maria and Pedro are good friends. They like to do things together on the weekend. Last Saturday Pedro was really upset. He explained to Maria that he had lost his wallet. He had spent time looking for it and had not found it. Maria knew that she would be upset also if she lost her wallet. She offered to go with Pedro and help him look for the wallet.

What active listening technique did Maria use? _____

3. Jose applied for a summer job. He knew he was not the only applicant. He knew he could do a good job, and he needed the money. He was called into the office for an interview. The first question was, "Why should we hire you for this job?" Jose had anticipated a question like that, and it took him just a few seconds to respond. He said, "I'm a good worker, and I'm dependable and honest. I've researched the company's needs, and I feel confident I can fill the position. I assure you that if you hire me for this job, you won't be disappointed."

What is Jose's communication style? _____

Applying Health Skills, Activity 36 (Continued)

FOR USE WITH CHAPTER 10, LESSON 2

4. Jacob has a little sister, Shana, who follows him all around the house, begging him to play with her. He responds, "Get lost, you little creep. I'm tired of being pestered all the time!"

What is Jacob's communication style? _____

What "I" message could Jacob use?

5. Julie disobeyed her mother. She figured that her mother was so busy that she would not find out that Julie had not come directly home from school that day. However, her mother knew and met Julie at the door to ask her why she had not come directly home. All Julie could do was stand there and look at the floor. She did not want to see the disappointment on her mother's face, so she just shook her head when her mother asked her for a reason.

What type of communication did Julie use? _____

Activity 37**Applying Health Skills**

FOR USE WITH CHAPTER 10, LESSON 3

What's the Strategy?

Directions: Read the following situations and answer the question(s) in the space provided.

1. Marcella and Kay haven't spoken to each other for a week. They both are unhappy and wish they could resolve their conflict. Marcella is determined to try. She telephones Kay and they agree to meet.

What strategies might they choose in order to solve the disagreement?

2. Jack and Shawn are both really angry. Their problem with each other bothers their friends, who are tired of these two guys not getting along. One of their friends, Jamaal, decides to try to resolve the conflict.

What is Jamaal's role? _____

What strategy might Jamaal choose first?

3. Suki decided what movie she wanted to see on her next date with Cole. At the same time, Cole saw an ad for a movie that he thought would be great. He decided that it would be a good movie to see on his next date with Suki. When Cole called Suki to arrange their date, she suggested a movie she would like to see. It was not a movie that he wanted to see.

What steps should they follow when negotiating?

Applying Health Skills, Activity 37 (Continued)

FOR USE WITH CHAPTER 10, LESSON 3

4. All week Lisa had been looking forward to spending Saturday night at Garnet's house. Lisa and her boyfriend had broken up, and a quiet night talking, listening to music, and watching movies was just what she needed. Friday at school, Carly suggested that a group of girls, including Lisa and Garnet, go shopping for prom dresses, order pizzas, and spend Saturday night at her house. Garnet thought it was a great idea and said she'd go. Lisa didn't want to go shopping and felt hurt and angry that Garnet changed plans. What should Lisa do?

Chapter 10

Study Guide

- STUDY TIPS:**
- Read *You'll Learn To* for each lesson.
 - Look up the meaning of any unfamiliar vocabulary terms.
 - Read the questions below before you read the chapter.

Directions: As you read the chapter, answer the following questions. Later you can use this guide to review the information in the chapter.

Lesson 1

1. List three types of relationships. _____

2. What are three essentials to forming a friendship? _____

3. List the "Three Cs" of a healthy relationship. _____

4. Define *compromise*. _____

5. List four characteristics of a healthy relationship. _____

6. What factor has the greatest influence on your relationship with others?

7. Name the six main traits of a good character _____

Lesson 2

8. List the three basic skills needed for effective communication. _____

9. What are the three styles of communication? _____
10. Explain what assertive communication is. _____

11. What are "I" messages? _____

12. List four techniques that good listeners use. _____

Study Guide, Chapter 10 (Continued)

13. Define *body language*. _____

14. List two obstacles to clear communication. _____

15. Define *constructive criticism*. _____

16. What is the importance of acknowledgements and compliments to a relationship?

Lesson 3

17. What is conflict? _____

18. List two common causes of conflict. _____

19. What is conflict resolution? _____

20. List the strategies for resolving conflicts. _____

21. What is negotiation? _____

22. List the steps to follow for effective negotiation. _____

23. Define *mediation*. _____

24. Who are peer mediators? _____
