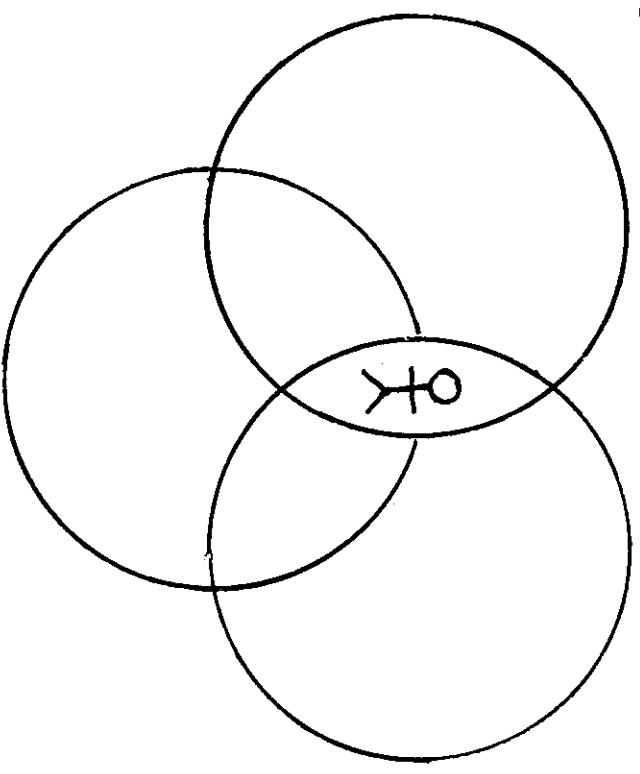


FAMILY LOVE

FRIENDSHIP



INFATUATION
(FALLING IN LOVE)

BELONGING vs BEING MYSELF

Three tasks of adolescence:

- 1) To balance my desire to maintain loving relationships within my family, with my desire to become an independent individual with my own interests, values, and decisions.
- 2) To belong comfortably in a circle of friends and classmates, without compromising my independence and my own personal values.
- 3) To learn to relate -- with respect, kindness, and consideration -- to members of the opposite gender that I find to be sexually attractive, while maintaining my personal moral standards and my integrity as an independent person.

Healthy TEEN ROMANCE Relationships

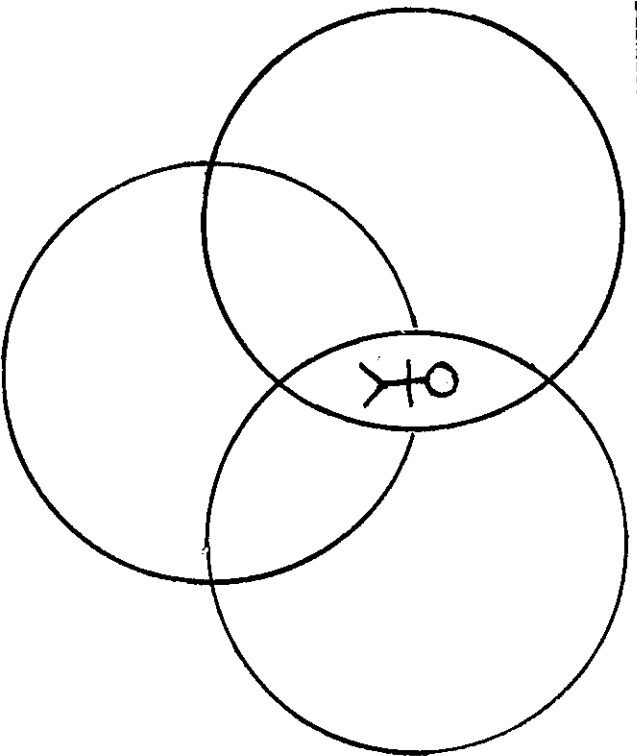
A teen romance that is **healthy** will help both the girl and the boy to become more loving in all of their other relationships. It may even develop eventually into REAL LOVE. A teen romance that is **unhealthy** can very quickly become Exploitation.

Look for indications of healthy and unhealthy relationships in the teen romances described below.

- 1) Your relationship gives you more confidence, and makes you more responsible and reliable at school, at work, at home.
- 2) Nothing matters more than this relationship; your grades go down, you drop your other friends, you drop out of school activities like drama, sports, band.
- 3) You don't much care about how the other person looks – you are more interested in his/her total personality.
- 4) You and the other person avoid problems by not talking about them, or one person always gives in for the sake of peace.
- 5) The other person wants more sexually than you think is right, and you give in just to keep the relationship.
- 6) You are all wrapped up in the other person, your relationship takes up all your time, your other friends feel left out and ignored.
- 7) You both want to save sex for marriage, so you find lots of fun and interesting things to do together so you don't "go too far."
- 8) Your relationship makes you more open to other people, and more caring toward your parents, your sibs, and your other friends.
- 9) You spend most of the time you are together "making out" or talking about "doing it" some time.
- 10) You think the other person is perfect, and you always make excuses for his/her bad manners, thoughtlessness, and selfishness.
- 11) You enjoy doing many kinds of things together – skiing, swimming, going to movies, studying, watching TV, playing cards.
- 12) Your parents and most of your friends don't approve of this relationship, and don't like what it is doing to you.
- 13) He dates her because she is popular and the other guys are jealous when they see him with her.
- 14) She is jealous and possessive and gets upset whenever he spends time with his other friends.
- 15) Your parents like and trust the other person and like the way you act when you are together.
- 16) He is uncomfortable being with her when there are other guys around
- 17) Most of the time you are together either one or both of you is drunk or high.
- 18) You feel natural and comfortable together, whether you are alone, with your families, or with other friends.
- 19) You would break up the relationship rather than go against your own moral values or those of the other person.
- 20) You often talk to God about the other person, and ask God to teach you how to be respectful and loving toward him/her.

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Healthy / Unhealthy Relationships

Healthy FAMILY Relationships

Our families are the schools in which we learn to love one another in all kinds of circumstances.

Think about the areas of family life listed below. Discuss what might be the **healthy** and **unhealthy** aspects of each.

- meal time
- gratitude
- signs of affection
- communication, conversation
- family chores
- fun times
- transportation
- school and home work
- discipline and family rules
- electronics: TV, computer, iPods, game boys
- money, allowance
- forgiveness, apologies
- manners
- other
- other

Healthy FRIENDSHIP Relationships

Some friendships bring out the best in us. True friends help us to be our best and to **do** our best. The list below gives some characteristics of a healthy friendship.

Use the list to grade yourself. How good a friend are you?

5 – Almost always; 4 – Usually; 3 – So-so; 2 – Sometimes; 1 – Seldom

I am being a good friend when I --

1. Think of fun and interesting things to do with my friends.
2. Spend time with them doing the things they want to do.
3. Would tell their parents if they were doing something seriously wrong.
4. Influence my friends to do the right thing.
5. Encourage them not to do things that would get them (or me) in trouble.
6. Cheer them up when they are hurt, sad, or unhappy.
7. Help my friends to be polite and respectful to adults.
8. Help them to be friendly and kind to other students.
9. Encourage them to follow classroom and school rules.
10. Encourage and help them to do their best in class work and home work.

I am being a good friend when I --

11. Am happy with my friends when they do well in activities: sports, music, plays, etc.
12. Apologize when they have been hurtful, mean, or angry with me.
13. Forgive them when they apologize to me. Make up quickly.
14. Can be trusted to keep secrets they share with me.
15. Tell them off (respectfully) when they deserve it.
16. Am loyal -- don't talk about them behind their backs.
17. Listen when my friends have something important to talk about.
18. Stick up for my friends: don't let other people say mean things to or about them.
19. Tell them the truth even when they might not like it.
20. Introduce new friends to my family and other friends.

MY FQ

Add the points to find your Friendship Quotient.
A perfect score would be 100.