

POSITIVE RELATIONSHIPS

5TH -12TH GRADES

1. Name 1-3 adults who support you and whom you trust. What do you respect and value about each of them? (Think about school, home and other settings.)

2. Name three good friends. How long you have been friends? What do you respect and value most about each of them?

3. How true are these statements?

Not at all true A little true Pretty much true Very much true

My friends accept me for whom I am.

If my friends do something harmful, I will talk to them about it.

My friends still like me even if I don't agree with them.

My friends are respectful others..

My friends encourage me to pursue my interests and do my best.

My friends try to do what is right.

I treat others the way that I want to be treated.

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4. In what ways are you a good friend?

5. What are 3 characteristics of a good relationship?

6. What are 3 characteristics of a difficult or unhealthy relationship?

7. Share an example of a good relationship you have, and why it feels good.

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8. Share an example of a difficult relationship you have now, or have had in the recent past. What is one thing you could do to improve it?

9. In all relationships there are conflicts from time to time because of people's differences. Can you suggest 3 positive ways to deal with conflict?

Positive relationships enhance the well-being of both individuals involved. This mutual connection includes trust • resolving conflicts in a respectful manner; • caring and • communication. You choose to be close to people who have • good values; • give you the support and guidance you need; and • encourage you to be your best. You treat others in the way that you want to be treated.

10. Overall, I have optimal positive relationships.

Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. Further Reflections