

## Sub-Task #3 Healthy Relationships with Friends, Family and Peers

### Materials

See list of Appendices

### Description

Students will learn the factors which enhance friendship and then perform acts of friendship in the week ahead. They will record the act of friendship, and how the act of friendship was received.

Expectation Code	Learning Expectation
5p2	Describe physical, emotional and interpersonal changes associated with puberty
5p9	Identify strategies to deal positively with stress and pressures that result from relationships with family and friends
5p10	Identify factors (e.g., trust, honesty, caring) that enhance healthy relationships with friends, family and peers

### Assessment Opportunities - Suggestions for Assessing Expectations

Summative Assessment: Pencil and Paper - Evaluate performance and recording of Acts of Friendship (see Appendix F) using a marking scheme.

### Teaching/Learning Strategies

#### 1. What is a Relationship?

- Students brainstorm, "What is a relationship?" For example, it's when two people meet and become friends. They share mutual interests and enjoy each other's company.

#### 2. Peers and Friends

- Ask students to define terms: peer, friends and family. Differentiate between peers and friends. Divide class into pairs. Each pair will be assigned one of the three topics (friends, peers, or families) and asked to list the things that make a healthy relationship for this topic.

- List findings in columns on chart paper or board. Refer to the list below for additional information to add to the list:

#### **Factors that Enhance Relationships:**

- Ability to compromise
  - Recognition of own and another's strengths
  - Conflict resolution skills
  - Respect for self and others
  - Willingness to listen carefully
  - Ability to sympathize and empathize
  - Sharing of ideas and things
  - Cheerfulness
  - Trust
  - Not being jealous
  - Ability to say sorry
  - Ability to forgive
  - Loyalty
  - Ability to keep confidences
  - Kindness
  - A positive sense of personal space and power
  - An acceptance of self and others
  - Effective communication skills
  - An understanding of cross-cultural differences
  - Sense of humour while avoiding unkind jokes, negative comments, teasing, etc.
  - Assertiveness
  - Politeness
  - Fairness
  - Compassion
  - Ability to accept constructive criticism
  - Ability to control and calm one's anger
  - Commitment
  - Responsibility
  - Sensitivity
  - Show support to others
- A common factor that enhances all relationships is showing support to others. To make this connection, students complete, "The Problems? Who Can Help?" worksheet (see Appendix E) to build their own personal support network.
  - Assign "Acts of Friendship" worksheet as homework (see Appendix F). Tell students they are to perform acts of friendship and record what happened when they performed the acts.

## Notes to Teacher

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### Ontario Catholic School Graduate Expectations

**CGE(1)** A discerning believer formed in the Catholic Faith, community who celebrates the signs and sacred mystery of God's presence through word, sacrament, prayer, forgiveness, reflection and moral living

**CGE1(d)** Develops attitudes and values founded on Catholic Social teaching and acts to promote social responsibility, human solidarity and the common good

**CGE(6)** The Graduate is expected to be a caring family member who attends to family, school, parish, and the wider community

**CGE6(a)** Relates to family members in a loving, compassionate and respectful manner

### Fully Alive

**Theme 2, Living in Relationship** deals with family relationships and friendships and presents both the joys and challenges of each during everyday situations and at more stressful times of change, separation of parents, unemployment, etc. Another time of great stress for families is when death occurs. This is linked in the material for **Theme 1, Created and Loved by God**. There are also links to identifying positive factors in relationships in the **Theme 4, Growing in Commitment** discussion about the qualities of committed people. In **Theme 5, Living in the World** the presentation about the signs of a good community are linked to the qualities of an effective family.

#### **Theme 2: Living in Relationship, Topic 1, Our Families**

- recognize that each person in the family contributes to family life
- be encouraged to appreciate family love as a precious human value

TM pp.27-31, SB pp.26-32

Activity Sheet No. 5, My Family TM pp.32-33

Activity Sheet No. 6, My Family Coat of Arms TM p.34

#### **Theme 2: Living in Relationship, Topic 4, Friendship**

- recognize that friendship is essential in their lives
- be encouraged to appreciate that friendship cannot be demanded, but is freely given

TM pp.44-47, SB pp.40-46

#### **Theme 2: Living in Relationship, Topic 3, The Family Changes**

- recognize family changes evoke feelings in each family member
- be encouraged to appreciate the need for support and cooperation within the family when change occurs

TM pp.40-43, SB pp. 35-39

## Appendices

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Unit 4 Appendix E Problems? Who Can Help? - Worksheet  
Unit 4 Appendix F Acts of Friendship - Worksheet

4