6.1 – Skills for Healthy Relationships

1. Communication is the process of sharing information, thoughts, or _____________.

2. List skills for effective communication.
   a. Using “I” messages
   b. Active listening
   c.
   d. Using appropriate body language

3. An “I” message is a statement that expresses your ___________, but does not blame or judge the other person.

4. Active ____________ is focusing your full attention on what the other person is saying and letting that person know you understand and care.
   a. Show your interest by looking at the person
   b. Encourage the speaker to begin speaking
   c. When the speaker pauses, show your interest by offering comments
   d.
   e. Show you have been listening by summarizing the speaker’s ideas.
   f. Help the speaker explore things further.
   g. Do not steer the conversation away from the speaker’s _________________.

5. Are you ___________, holding back your true feelings?

6. Are you ________________? Do you communicate opinions and feelings in a way that may seem threatening?

7. Are you ______________? When you are assertive, you are able to stand up for yourself.

8. ________________ includes posture, gestures, facial expressions, and body movements.

9. ________________, is working together toward a common goal.

10. Compromise is the willingness of each person to give up something in order to reach _________________.

Chapter 5
Using Win-Win Negotiation
Steps:

1. Describe the problem
   a. What do you think the problem is?
   b.
   c. What don’t you like about the situation
   d.

2. See the other point of view.
   a. Now describe the problem as you think the other person sees it.
3. Involve the other person
   a. 
   b. Even if you have a partner, go through the steps yourself

4. Share and Discuss
   a. Listen closely and don’t interrupt
   b. Say something that shows that you understand the other person’s point of view
   c. Talk about and acknowledge each other’s feelings
   d. 
   e. 
   f. Focus on what you want to happen in the future

5. Invent Solutions
   a. Make a list of solutions that meet at least some of the needs that both of you have ___________.

6. Agree on a solution
   a. Select the solution that best meets the most important ___________ that you both expressed.

Chapter 7
7.1 – What is Violence?

1. Violence is ___________ of or ___________ use of physical force against oneself or another person.

2. ___________ is the intentional killing of one person by another.

3. List six risk factors for violence:
   a. 
   b. 
   c. 
   d. 
   e. 
   f. 

7.2 – Violence in Schools

1. Harassment is unwanted ___________ or ___________ that cause a person emotional or physical harm.

2. Students who use weapons at school often are acting on the rage they feel as victims of ___________.
3. Bullying is the use of ________________ or ______________ force to intimidate and control another person.

4. Bullying that takes place by e-mail, instant messaging, text messaging, or at Websites is called ________________ ________________.

5. What is the most common way to stop bullying?

6. What are 2 ways to stop bullying?
   a. Don’t make jokes at others’ expense or single out a person for exclusion.
   b. Don’t reward a bully with ________________ or other positive attention.
   c. Speak up. Silence is seen as ________________.
   d. Don’t believe rumors and don’t spread rumors.
   e. Reach out to students who seem isolated.

7. ________________ is requiring a person to do degrading, risky, or illegal acts in order to join a group.

8. ________________ is any uninvited and unwelcome sexual remark or sexual advance.
   a. What you can do.
      i. Speak up ________________.
      ii. Use your refusal skills.
      iii. Avoid having to be alone with someone you don’t ________________.
      iv. Report behavior that you think is sexual harassment.

9. ________________ is speech or behavior that is aimed at a person or group based on personal characteristics.

10. ________________ is negative feelings about a group based on stereotypes.

11. A ________________ is an exaggerated belief or overgeneralization about an entire group of people.

12. ________________ is a lack of acceptance of another person’s opinions, beliefs, or actions.

13. Discrimination is the unfair treatment of a person or group based on ________________

14. ________________ is intentionally damaging or destroying another person’s property.

7.3 – How Fights Start

1. ________________ is the root of most arguments and of many fights.
2. By choosing not to ________________, you do not let the other person ________________ you.

3. In cases where ________________ is the motive for a fight, the fighting can quickly ________________ or grow more intense.

4. Instigators are people who encourage fighting between others while staying out of the fight ________________.
5. One person’s desire to have __________ over another is the _______ _________ for domestic violence and dating violence.

7.4 – Preventing Fights

1. What are your two choices once you recognize that a conflict exists?
   a. You can ignore the conflict
   b.

2. Ignoring a conflict is a sign of ___________ and ______________.

3. In deciding how to deal with any conflict, your ____________ should always be your first concern.

4. To confront a person wisely, you should:
   a. Choose the right time and place.
   b.
   c. Negotiate the situation.

5. You can help prevent fighting through:
   a. Mediation
   b. Your role as a bystander
   c. Involving an __________.

6. A process for resolving conflicts that involves a neutral third party is called ______________.