

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.

- b.
- 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 _____.