

Lesson 13: Safe and Healthy Relationships

K-W-L Graphic Organizer

K (Know) What do you know about safe and healthy relationships?	W (Want) What do you want to know about safe and healthy relationships?	L (Learned) What did you learn about safe and healthy relationships?

Lesson 13: Safe and Healthy Relationships

Glossary

1. **Abusive relationship:** when one person tries to have power and control over the other person (there are many forms of abuse, such as physical (hurting a person's body) or emotional (making a person feel bad))
2. **Acculturated:** to adapt to a new culture, which may include starting to think, act, and dress more like the people in the new culture.
3. **Bicultural:** feeling connected to two cultures (for example, someone who moves to the U.S. from Ethiopia may feel at home in both U.S. culture and Ethiopian culture)
4. **Boundaries:** limits or expectations that a person has for how other people act toward them (for example, a person might have a boundary that no one should come into their room without knocking)
5. **Cisgender:** a person whose gender identity matches the sex they were assigned at birth (for example, a person who was considered female when she was born and continues to identify as a woman is cisgender)
6. **Communication:** sharing ideas and information with each other through methods like talking, body language, and texting
7. **Compromise:** an agreement that gives each person some of what they want
 - a. Note: People in healthy relationships often agree to compromises after discussing each person's needs and ideas. If one person always gives in to what the other person wants, that is not true compromise, and it is a sign of an unhealthy relationship.
8. **Conflict:** disagreement
 - a. Note: Every relationship has some conflict. People in healthy relationships find respectful, caring ways of dealing with conflict. They talk honestly about disagreements and look for compromises. They listen and try to understand what the other person thinks and feels.
9. **Consistency:** In relationships, consistency means that some important things stay the same and people know what to expect.
 - a. Note: Consistent love and support is important for all people in relationships, but especially children. Consistency is also important in setting rules and expectations for children.
10. **Criticism:** Saying disapproving things; saying that someone or something is wrong.
 - a. Note: An abusive person might try to make their partner feel bad by criticizing them a lot. There are kind, respectful ways of telling someone you don't agree with them, without criticizing them.
11. **Discrimination:** treating people differently (usually worse) because of their race, gender identity, sexual orientation, disability, immigrant or refugee status, or other things about them (many kinds of discrimination are illegal in the U.S., but discrimination still happens)
12. **Emotions:** how you feel inside in response to what happens to you and around you, involving both physical and mental responses. Examples include happiness, sadness, anger, excitement, boredom, and fear
13. **Emotionally safe (emotional wellbeing):** feeling good about yourself and feeling able to handle life's challenges
 - a. Note: Healthy relationships support emotional wellbeing by making people feel respected, supported, and valued. Someone in an abusive relationship may not feel emotionally safe; they may be criticized a lot, feel bad about themselves, and feel stressed and afraid.

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14. **Generation:** all the people born and living around the same time (children are in one generation, their parents are in another generation, and their grandparents are in a different generation)
15. **Heterosexual:** someone who is sexually attracted to people of the opposite sex or gender, also known as "straight" (for example, a heterosexual man is sexually attracted to women)
16. **Individual:** one person
17. **Insecure:** feeling unsure, not confident, worried about what might happen in the future
18. **Isolated:** alone, not having much contact with other people
19. **LGBTQ:** Lesbian, gay, bisexual, transgender, and queer
 - a. *Lesbian:* a woman who is sexually attracted to women.
 - b. *Gay:* a person who is sexually attracted to people of the same sex or gender (the word "gay" is used for both men and women, but some women prefer to be called "lesbian")
 - c. *Bisexual:* people who are attracted to people who are the same gender or a different gender
 - d. *Transgender:* people who have a gender identity that is different from the sex they were assigned at birth (for example, a person who was considered male when they were born might identify as a woman, or as non-binary (not limited to male or female gender))
 - e. Some people describe themselves as *queer*, which can mean gay, but is often a broader term for different sexual orientations and/or gender identities. Beyond LGBTQ, there are other words people use to describe their gender identity and sexual orientation. In all situations, respect the words people use to describe themselves.
20. **Mentor:** someone who teaches or gives help and advice to someone else (for example, a person who has older children might be a mentor to someone with a young child, giving them advice about parenting)
21. **Non-binary gender:** not limited to male or female gender.
 - a. Note: Some non-binary people have one gender identity that is neither male nor female. Some identify as more than one gender. Others do not identify with a gender. Some non-binary people move between genders or have changing gender identities.
22. **Relationships:** connections with other people (many people have family relationships, friendships, and romantic relationships, for example)
23. **Respect:** to believe that a person is important, and to care about their thoughts and feelings (you show respect by listening and treating a person well)
24. **Rituals:** actions that people do in the same way every time.
 - a. Note: Rituals may be religious: for example, standing and kneeling while saying certain prayers. Some families create their own rituals, like reading books together before bed, or cooking the same meal whenever family members come to visit. Rituals can help people feel close to each other.

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29. **Roles:** the ways people are expected to act, and the things they are supposed to do (in some families, for example, one partner may have the role of taking care of the children and household, while the other partner has the role of working outside the home)
30. **Romantic partners:** people who are attracted to each other and may have a sexual relationship
31. **Self-worth:** believing that you are a good person who deserves to be respected and treated well
32. **Stability:** a type of situation that is not likely to change
 - a. Note: Stability in families is usually a good thing, so children (and adults) feel safe, secure, and cared for.
33. **Stress:** feeling worried and overwhelmed by life's responsibilities and problems
 - a. Note: People may feel stress about work, money, health, parenting, caring for other relatives, romantic relationships, and many other areas of life.
34. **Threaten:** to put at risk of harm
 - a. Note: a person who says they will hurt you, or who tries to hurt you, threatens your safety. A person can threaten your physical and/or emotional wellbeing.
35. **Thrive:** to do well; to grow and develop well
36. **Trauma:** very bad experiences (for example, experiencing violence)
37. **Trust:** believing that someone tells you the truth and will do what they say they will
38. **Values:** ideas / beliefs about how you want to live your life (for example, your values might include kindness, caring for others, working hard, being honest, etc.)

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Reading Comprehension: Overview

In your life, you have many **relationships**: with family members (such as your parents, siblings, and children), friends, and maybe **romantic partners**. Relationships can be very good for our health. Safe and healthy relationships give people a sense of support, connection, **trust**, and **respect**.

Even healthy relationships can be challenging and cause us **stress** sometimes. We won't always agree with each other or think about things in the same way. But if we respect each other and work to have good **communication**, we can understand each other better and make our relationships even stronger.

Some relationships are not healthy or safe. When one person tries to control another person, does not respect the other person, and/or is dishonest, the relationship is not healthy. Sometimes an unhealthy relationship becomes **abusive** and unsafe.

In this lesson, we will discuss the different types of relationships you have with people in your life. We'll talk about how to keep your relationships healthy, like communicating honestly and resolving **conflict** in respectful ways. We will also help you look for signs that a relationship is unhealthy and unsafe.

Relationships in the U.S.

If you moved from another country to the U.S., you may notice that relationships here are different in some ways. First, your relationships with the people close to you may change as you make a new home in the U.S. (more about that later in this lesson).

Second, relationships in general may be different in the U.S. For example, people in the U.S. often think about what **individuals** need and want. Other cultures think more about what is good for the family and community. People's ties to their extended family and community may not be as strong in the U.S. Immigrants and refugees may feel **isolated** and miss the strong family and community support they had in their previous home.

Women and men in the U.S. have more similar **roles** and opportunities than they do in some countries. People in the U.S. often value and expect equality in relationships. For example, both women and men may work full-time and take care of the home and family.

People in the U.S. have generally become more open about and accepting of being lesbian, gay, bisexual, transgender, or queer (**LGBTQ**), or **non-binary** in gender. **Discrimination** and violence against LGBTQ people are illegal in the U.S. (although these problems still happen). The situation for LGBTQ individuals is very different in some countries.

It can be challenging to make new friends in the U.S.—especially close friends. After you have gotten to know someone at work or school, for example, try inviting them to share a meal or join an activity. If they respond well, invite them again, but also give them space. They may also reach out to you and show an interest in being friends.

Despite many differences around the world, the basics of relationships are the same: people caring for each other and enjoying being with each other.

Critical thinking skills:

1. Think about the question.
2. Talk about the answer with a partner.
3. Write a paragraph to answer these questions.

- Describe an important relationship in your life. Who is the person? What kinds of things do you do together? Is it easy to communicate with this person (why or why not)?
- If you came to the U.S. from another country, what differences have you noticed about relationships here? What are some good things, and what are some challenges?

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Reading Comprehension: Healthy Romantic Relationships

You may have a spouse, partner, boyfriend or girlfriend, or other romantic relationships. If you have a spouse or serious romantic partner, that person is one of the most important people in your life. It is important that these relationships are safe and healthy.

Respect is the foundation of safe and healthy relationships. Both partners must respect each other. Respect means believing that the other person deserves to be treated well, simply because they are a person. When you respect someone, you know they have the right to make decisions and live their own life. Mutual respect (when two people both respect each other) allows people to become true partners, listening to each other, appreciating each other's strengths, and finding **compromises** that work for both people.

Communication is also essential to healthy relationships. You and your partner should be honest with each other and be able to speak freely and openly about your thoughts and feelings. It's easier to communicate honestly when you feel safe and comfortable in a relationship—when you trust that your partner accepts you as you are and values your partnership. In a healthy relationship, your partner is interested in what you think and feel.

While we need to be honest in relationships, we must also remember to communicate respectfully. Sometimes you'll need to say things that are difficult for your partner to hear. You can try to say those things as kindly as possible, and in a way that invites them to talk with you more, instead of making them feel bad.

You and your partner should respect each other's **boundaries** and personal space. Your body belongs to you, not anyone else. You have the right to choose when and how to be touched. No one, including your romantic partner, should ever force you to have sex. You should always feel safe (physically and **emotionally**) with your partner.

In addition to respecting physical boundaries, you and your partner should give each other time by yourself. You deserve privacy. For example, your partner shouldn't access your email or social media accounts without your permission. If you have an honest relationship with open communication, it's easier to respect privacy and boundaries, because you're not worried that your partner is lying to you and keeping important information secret from you.

Your partner should contribute to your positive experiences and emotions, but don't rely on your romantic relationship to make you happy. It's important to have your own friends, interests, and activities outside of your romantic relationship. This helps you live a full and happy life. Having other close relationships and enjoyable activities can also help you see if your romantic relationship is becoming unhealthy or unsafe.

Your partner will be different from you in some ways. That keeps life interesting and helps you grow as a person! But romantic relationships generally work best when the partners share the same **values**: ideas about how you want to live your lives, how to be good partners to each other, and how to parent (if you have children).

You and your partner should also share or fairly divide responsibilities, such as keeping your home clean, taking care of children and other family members, and earning and managing money.

For some families, it makes sense for one person to work outside the home and the other to do more caring for the children (and/or other family members) and household. If you and your partner have very different roles, talk with each other regularly about whether each person's needs are being met. Acknowledging both partners' feelings is a good first step toward deciding whether changes are needed. Your home life will run more smoothly when each partner feels heard and understood.

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Reading Comprehension: Healthy Romantic Relationships

In a healthy romantic relationship, you and your partner can depend on each other. Even during difficult times of life, even during disagreements, you know that your partner is there for you and loyal to you. The two of you go through life as a team, making decisions together and experiencing greater joy because you're together.

Some Characteristics of a Healthy Romantic Relationship

- You respect and care about each other.
- You communicate openly and honestly.
- You feel safe and secure.
- You enjoy friends, family, and interests outside of the relationship.
- You respect each other's privacy and boundaries.
- You share important values and responsibilities.
- Your relationship brings you joy.

Read each sentence. Then circle True or False.

1. Respect means believing that another person deserves to be treated well and has the right to make their own decisions. True False
2. Talking honestly and openly is part of good communication. True False
3. If your relationship is healthy, you will never have to talk about difficult things. True False
4. Your spouse or partner should never make you have sex when you don't want to. True False
5. When you are in a healthy relationship, you will spend some time away from your partner, doing things you enjoy with your friends.
True False
6. If you live with your partner, you should share or divide up household responsibilities in a fair way.
True False

Write a short answer based on the reading.

What is respect? Why is respect important to a healthy relationship? _____

Sahra and Mohamed are spouses in a healthy relationship. Read the conversation with a partner.

Sahra: I'd like to spend time with my friends on Wednesday night. It has been a couple of weeks since I saw them.

Mohamed: Sure, I can stay with the kids that night.

Sahra: Thank you, I appreciate it! We might go to a movie and maybe get dessert afterward.

Mohamed: Sounds like fun!

Sahra: I'll bring home a piece of chocolate cake for you.

Mohamed: My favorite. I'll eat it after the kids go to bed!

Sahra: Would you like to plan an evening out with your friends soon?

Mohamed: Yes, there's a new arcade we want to check out. Maybe next Monday night.

Sahra: Cool. I can be home with the kids that evening.

Mohamed: Thanks. I'll tell you about the arcade after I've tried it out. If you think the kids would like it, we can go there as a family sometime.

Sahra: I like that idea!

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Reading Comprehension: Unhealthy and Abusive Romantic Relationships

Just like a healthy romantic relationship contributes to a sense of wellbeing and helps protect your health, an unhealthy or abusive relationship can **threaten** your health, safety, and wellbeing. Unhealthy relationships become abusive when one person keeps trying to hurt, control, or have power over the other person. Abusive relationships can be very dangerous. If you are in an unhealthy or abusive relationship, you may need professional help to get out of the relationship (see the end of this lesson for more information).

An important sign of an unhealthy relationship is a lack of respect: one partner doesn't respect the other, or both partners don't respect each other. Your partner may show disrespect (a lack of respect) by not honoring the decisions you make. Not listening to your thoughts and feelings is another sign of disrespect. Your partner might refuse to accept your requests for privacy or the boundaries you try to set on sexual activity or other parts of your relationship.

Unhealthy relationships also suffer from a lack of communication or negative ways of communicating. Maybe you and your partner don't talk about problems or other important things. Or you spend a lot of time fighting. Another negative form of communication is **criticism**. Even if your partner rarely yells at you, they might say things that make you feel bad about yourself. Dishonesty (lying) is another type of unhealthy communication. If you can't trust your partner or your partner doesn't trust you, your relationship is not healthy.

You might feel lonely in an unhealthy relationship. You and your partner might not spend much time together—and when you are together, it is not enjoyable. In other unhealthy or abusive relationships, one partner may want to spend as much time together as possible. If your partner prevents you from seeing your friends and other family members, it is a sign that they are trying to control you.

An abusive person may find many ways to control their partner. In addition to isolating their partner, the abuser might make all the important decisions in a relationship. They might control the money, especially if they are the only one employed and earning income. A person being abused may feel like they can't leave the relationship because they don't have enough money.

Immigrants and refugees may face additional challenges in abusive relationships. It may be easier for an abusive partner to isolate someone who is an immigrant or refugee if they don't live near family or friends. An abuser might threaten you with deportation or control the process of seeking citizenship or other legal status. They may threaten you with being separated from your children. You might also be afraid to report abuse because you don't want your partner to be deported.

People who are lesbian, gay, bisexual, transgender, or queer (LGBTQ) may have experiences in unhealthy or abusive relationships that are similar to those of people who are **heterosexual** or **cisgender**. Abusers of LGBTQ people might also use the challenges faced by LGBTQ people to control them and keep them in an abusive relationship. LGBTQ people may have experienced bullying or emotional abuse by others in the past, which can harm your sense of **self-worth**. An abuser might threaten to "out" you (telling your family or coworkers that you are LGBTQ), or say that no one will help you if you try to leave. But help and professional resources are available for LGBTQ people, and they deserve and have the right to safe and healthy relationships.

It can be hard to recognize that you're in an abusive relationship. The abusive partner often acts as if nothing is wrong, or they blame you for problems. If you have been separated from most other people in your life, there is no one to help you see that your relationship is abusive. If you are feeling unhappy in your relationship, you might believe that it's your fault.

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Reading Comprehension: Unhealthy and Abusive Romantic Relationships

If you feel unhappy, **insecure**, and/or unsafe in your relationship, you need help. You deserve to be safe, healthy, and happy. Even if you love the person and believe that they love you, an unhealthy or abusive relationship is not good for you (or your children, if you are a parent).

It can be dangerous to leave an abusive relationship. Some abusive people become more violent when a partner gets ready to leave or does leave. Be very careful: use a public computer at a library or somewhere else where your partner can't see what you're doing. (Even if your partner isn't home while you're looking up resources, they might look at your internet search history later.) Call a hotline or shelter from someone else's phone if possible, so your partner can't see the record of the call on your phone. Advocates at the hotline or shelter can help you make a plan for your (and your children's) safety.

If you need help leaving a relationship, you can call a hotline (below). You could also go to a clinic and talk with a doctor or nurse. If you have children, another option is talking with the social worker or counselor at their school. **Here are some hotlines that can help you make a plan to protect your health and safety:**

[MN Day One Crisis Line \(http://dayoneservices.org/\)](http://dayoneservices.org/)
1-866-223-1111

Advocates are available 24 hours a day (all the time) to answer questions and connect you with support services, shelters and other resources around the state. Day One serves all people, regardless of gender, sexual orientation, race, religion, etc.

[Casa de Esperanza \(https://casadeesperanza.org/\)](https://casadeesperanza.org/) has a 24-hour Spanish and English domestic violence helpline: 651-772-1611.

[Asian Women United of MN \(https://awum.org\)](https://awum.org) has a 24-hour helpline in several languages: 612-724-8823

For LGBTQ-specific resources, try the [OutFront Minnesota \(https://www.outfront.org/crisis-anti-violence\)](https://www.outfront.org/crisis-anti-violence) 24-hour InfoLine: 1-800-800-0350.

If you read through the signs of unhealthy or abusive relationships and realize that you are abusing your partner, you must get help to STOP. Call a hotline, or talk with a faith leader, a doctor, or someone else you trust.

If a friend or family member tells you that they are in an unhealthy or abusive relationship, let them know that you believe them. Help them connect with a hotline or other professional resources. There may be ways for you to offer support, such as a place to stay or babysitting, but it is important to work with professionals to make sure that the situation is safe.

Signs that a Relationship is Unhealthy or Abusive

- You feel unhappy, insecure and/or unsafe in your relationship.
- Your partner doesn't respect you, or you don't respect each other.
- You don't communicate about important things, or you communicate in negative ways such as fighting or criticizing.
- Your partner is not honest with you, or you are not honest with each other. You do not trust each other.
- You feel pressured to change who you are.
- There is a lack of fairness in how responsibilities are divided up, how decisions are made, and whose needs are met.
- You can't count on your partner; they are not dependable.
- Your partner tries to control you and makes decisions for you.

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- Your partner ignores your boundaries and doesn't give you privacy.
- Your partner isolates you from other friends and family.
- Your partner hurts you emotionally or physically.
- Your partner threatens to do things like take away your children or report you to immigration services.
- Your partner pressures you to engage in sexual activity.
- Your partner has control over the finances, and you can't access the money.
- Your partner blames you for the abuse, or makes excuses and promises it will never happen again, or denies that abuse is happening.

Use the words in the box to complete each sentence in the following passage.

relationships	unsafe	respect
dangerous	plan	control

In unhealthy relationships, there may be a lack of _____ or communication. One partner may try to _____ the other. All people, including those who are LGBTQ and those who have immigrant or refugee status, deserve and have the right to healthy _____. If you feel unhappy or _____ in a relationship, you need help. It can be _____ to leave an abusive relationship. Talk with a doctor, nurse, or social worker, or call a hotline. They will help you make a _____ for your health and safety.

Write short answers based on the reading.

1. What are some signs that a relationship is unhealthy or abusive?

2. It can be hard for a person to recognize that they are in an abusive relationship. What are some reasons why?

Beth and Paw are good friends. Read the conversation with a partner.

Paw: Are you OK, Beth?

Beth: I'm all right. I guess I'm kind of worried about Steve.

Paw: What's going on?

Beth: We just don't connect anymore. He's gone a lot. When he's around, we end up fighting.

Paw: Oh, no. I'm sorry to hear that.

Beth: He never seems happy. He always tells me I'm doing things wrong.

Paw: It sounds like the situation is making you unhappy, too.

Beth: Yeah. I'm not sure what to do.

Paw: Do you ever feel like you're not safe with Steve?

Beth: No, it's not like that.

Paw: Maybe you could talk with your doctor. She could recommend a counselor or help you figure out what to do next.

Beth: Maybe I will. Thanks for listening, Paw.

Paw: Anytime. You know I'm always here for you. You deserve to be happy in your relationship!

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Reading Comprehension: Family Relationships

People live in many different types of families. Some families have two people, and others have many more. Some families include one or more parents (adoptive parents, stepparents and biological parents), children, grandparents, aunts, uncles, cousins and other relatives. Families find many ways to interact and love each other. What works well for one family may not work at all for another family. But most healthy families have a few things in common.

In healthy families, people are connected and feel as though they belong together. Families often pass values down from one **generation** to the next, such as working hard and helping others in their community. Healthy families enjoy spending time together. They have routines and **rituals**, things they always do together, which can be simple (cooking and eating dinner, for example) or more complex (such as practicing their religion). Family members might annoy each other sometimes: a younger brother follows an older brother around, or a parent nags a teenager about doing her homework. But they care deeply about each other.

People in healthy families are involved in each other's lives and know what's going on with each other. Relationships in healthy families are committed and loyal. Family members know they can count on each other. Children have a feeling of **stability** and **consistency** from the time they are born or join the family, which is very important to their health and wellbeing.

Although they share some values and interests, members of healthy families also respect each other as individuals. They appreciate the different strengths everyone brings to the family and recognize each person's right to make their own choices. Children in the family are allowed to make decisions as appropriate for their ages.

Healthy families work on having open and honest communication. They talk about problems and feelings, and they really listen to each other. They learn to handle

disagreements in healthy ways: talking and finding compromises, not blaming each other, yelling or getting violent.

Adapting to Life in the U.S.

Immigrant and refugee families may face extra challenges in keeping their relationships healthy. They may be separated from some family members. Depending on their situation, refugees and immigrants may have experienced hardships and **trauma** that make it difficult to be happy and healthy.

Different generations within a family may experience the transition to the U.S. very differently. This can cause problems between older and younger generations, especially parents and children.

It can be challenging if the younger members of the family learn English more quickly than the older members. Parents and grandparents may rely on children to do things they would normally do for themselves, which can make adults feel that they have less control over the family. Children and older adults may struggle to communicate, if they do not know each other's language well.

Children may also **acculturate** more easily than older family members—or, if the children were born here, U.S. culture is what they know best. Some families believe that U.S. culture allows young people too many freedoms, and it values independence instead of family relationships and responsibilities. Parents and older adults may also be concerned that children are drifting away from their faith and do not understand why cultural traditions are important.

Sometimes families have conflict around the area of discipline. Parents might not be sure what types of discipline are acceptable and legal in the U.S. It is healthy for children to test limits and push boundaries as they

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become more independent. But children's behavior, and their attitudes toward parents and elders, may be especially challenging for immigrant and refugee families.

If parents make young people follow strict rules and limit their activities, the children may be angry and feel that they are being treated unfairly. Young people may find it hard to talk with their parents about their lives and the decisions they are making—about friendships, romantic relationships and education, for example—if they do not think their parents understand their point of view.

If parents have to work long hours at multiple jobs to support their families (here and back home), they do not have much time to spend with their children. That presents another barrier to healthy relationships. But making the most of the time you do have with your children, listening to them and doing activities they enjoy, will help you stay close. Strong connections to their parents help immigrant and refugee children adjust to life in the U.S. and have good emotional health.

Being **bicultural** can help people live happy, interesting lives and contribute to their wellbeing. Families need support as they adapt to and embrace parts of U.S. culture while honoring their culture of origin.

Family support and parenting support are available from many community-led organizations, refugee resettlement agencies, and county programs. You can find **mentors**, counselors, and groups of parents and family members who meet to build relationships and talk about challenges. Connect with an organization led by members of your community, or ask your county social worker or resettlement agency. You can also ask a staff person at a library to help you look up family support services. Or call 211,¹ which offers assistance in many languages, to connect with family and parenting support resources near you.

Bicultural families **thrive** when they are able to maintain healthy relationships and help each other navigate life in the U.S., while respecting their family's history and culture of origin.

Use the words in the box to complete each sentence in the following passage.

acculturate	generations	belong
individuals	stability	support

In healthy families, people feel as though they _____ together. _____ and consistency in relationships are important to wellbeing, especially for children. Healthy families respect each other as _____.

Different _____ in an immigrant or refugee family may experience life in the U.S. differently. Children may _____ more easily than adults. Keeping your family relationships strong is important. Talk with a community organization, social worker or librarian about family _____ resources, or call 211.

Critical thinking skills:

1. Think about the question.
2. Talk about the answer with a partner.
3. Write a paragraph to answer the question.

- Describe your family. What kinds of things does your family do together? Tell about a time when someone in your family helped you. Tell about a time when you helped someone in your family.

¹ United Way 2-1-1 provides free health and human services info to people in MN. Toll free: 1-800-543-7709.

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Definitions Match and Writing

Read each item. Write the letter from the column on the right that gives the correct definition of the term on the left. Use the readings and the glossary to help you.

1. _____ respect	a. adapt to a new culture
2. _____ conflict	b. limits or expectations for how people act toward you
3. _____ acculturate	c. when one person tries to have power and control over another
4. _____ self-worth	d. believing you are a good person who deserves respect
5. _____ boundaries	e. disagreement
6. _____ roles	f. ideas about how you want to live your life
7. _____ abusive relationship	g. the ways people are expected to act; the things they're supposed to do
8. _____ values	h. treating a person well; believing they're important

Write sentences giving advice to a friend or family member on how to keep their relationships healthy.

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Quiz

Read the questions. Then circle the correct answer.

1. Safe and healthy relationships ...
 - A. bring us joy
 - B. give us support
 - C. don't require any effort
 - D. both A and B

2. What is important to a healthy relationship?
 - A. communication
 - B. feeling safe
 - C. shared values
 - D. respect
 - E. all of the above

3. Some families have two people, and other families have many people.
 - A. true
 - B. false

4. What is an example of how generations in a family might experience life in the U.S. differently?
 - A. children may learn English and acculturate more quickly
 - B. children and parents may have conflict about discipline
 - C. older generations may worry that children are losing their faith and cultural traditions
 - D. all of the above

5. Which of these are signs of an unhealthy romantic relationship?
 - A. your partner isolates you from friends and family
 - B. your partner does not respect your boundaries
 - C. your partner tries to control you and make decisions for you
 - D. all of the above

6. What is important for children's wellbeing?
 - A. stability and consistency
 - B. feeling loved and cared for
 - C. spending time with family members
 - D. all of the above

7. What are some steps a person can take to leave an abusive relationship?

8. Give some examples of family roles and responsibilities.
