SESSION 2
relationships
**Session one In review**

Introduction to the Year 9 program

The major theme for this program is "**Relationships**". Relationships involve interactions with others.

### Why do you need this program

Because Year Nine is a busy time for young people - there's a lot happening!

- Health
- Social life
- Music, Sport, Interests, Hobbies
- Future
- Peer pressure
- Relationships
- Exams
- Dating & going out
- Part-time work
- Being more independent
- Family issues
- Self-talk - listening to what we say to ourselves and making it more realistic and more positive
- Building up our self-esteem - feeling better about ourselves
- Coping strategies - identifying things that make us feel better and help us to cope with difficulties and stress
- Recognising emotions in ourselves and others, and managing our emotions a bit better
- Changing unhelpful thoughts to more helpful ones

This program will cover some skills to use in everyday situations...
In this activity, you’ll create a map of the relationships you have in your life!

**Step 1**
Write your name in the circle in the middle of the next page.

**Step 2**
Now draw in as many relationships as you can think of — write the role of the person (not their name!) eg. teacher, pet, best friend. Keep your closer relationships more toward the centre (closer to your name), and more distant/less important relationships further away.

**Step 3**
You can also use the symbols shown in the table below — or any you develop yourself! — to indicate the types of relationships you share with other people, eg. loving, fiery, important, etc. You can put the symbols beside the name, or use the symbol itself instead of the circle and write the name inside the symbol. Alternatively, you could use different colours to signify different relationships.

### Symbol | Meaning
--- | ---
❤ | Loving
⭐ | Important relationship
阊 | Caring
 сос | Good listener
(Convex) | Supportive
😊 | Fun, humorous
➕ | Provides help
( ) | Trust
— | or make your own symbols

Alternatively, you could use different colours for different types of relationships. For example...

- **Blue** = close relationship
- **Red** = fiery relationship
- **Green** = supportive relationship
- **Yellow** = fun relationship
mapping my world

Draw your relationship map below
In your group, discuss what characteristics you think are important for a good friend to have. What do you expect from your friends?

Write the suggestions below.
Choose a show that you watch on TV, or a book that you have read recently. From this show or book, identify a situation where a relationship between some characters - preferably a friendship - is damaged, threatened or significantly changed in some way.

**Briefly describe the situation and analyse what happened in the relationship by answering the following questions:**

- What happened that changed the relationship between the characters?
- How did the event impact on each person involved? How did they feel? What might they have been thinking?
- What did each person do (if anything) to:
  1. make the situation worse?
  2. make the situation better?
- What happened then?
  1. did things go back the way they were?
  2. if not, how were they changed?
- Was there an alternative action (a different way of handling the situation) that may have had a better outcome?