

Promoting Social Health

Chapter Preview

Lesson 1	You and Your Relationships	130
Lesson 2	Getting Along with Your Family	134
Lesson 3	Marriage and Parenthood	140

Building Health Skills	146
Hands-on Health	148
Chapter Reading Review	149
Chapter Assessment	150

▲ Working with the Photo

Family relationships are important to your social health. **What can you do to strengthen your relationship with your family members?**

Start-Up Activities



Before You Read

Do you have good relationships with your peers? Answer the Health eSpotlight question below and then watch the online video. Keep a record of your answer.



Health eSpotlight

Social Health



Respect and trust are two traits that are important to a healthy relationship. What other traits do you think are important in a healthy peer relationship? Explain your answer in detail.

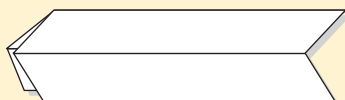
Go to glencoe.com and watch the health video for Chapter 6. Then complete the activity provided with the online video.

FOLDABLES® Study Organizer

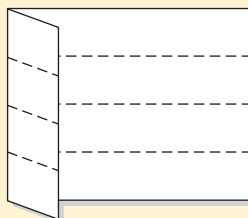
As You Read

Make this Foldable® to help you organize what you learn in Lesson 1 about building healthy relationships. Begin with a plain sheet of 11" × 17" paper.

- 1 Fold the sheet of paper in half along the long axis, then fold in half again. This makes four rows.



- 2 Open and fold the short side on the left to make a 3" column.



- 3 Label the chart with the health skills shown.

Trust	
Respect	
Patience	
Tolerance	

Take notes on the character traits that help build healthy relationships.



Visit glencoe.com and complete the Health Inventory for Chapter 6.

Lesson 1

You and Your Relationships

Guide to Reading

Building Vocabulary

As you read this lesson, write each new highlighted term and its definition in your notebook.

- social health (p. 131)
- role (p. 131)
- tolerance (p. 132)

Focusing on the Main Ideas

In this lesson, you will learn to

- **explain** differences among relationships.
- **identify** needs that relationships satisfy.
- **develop** skills to build strong, healthy relationships.

Reading Strategy

Classifying Make a chart of the kinds of relationships described. Identify people in your life that fit each type of relationship.

FOLDABLES Study Organizer Use the Foldable® on p. 129 as you read this lesson.

Quick Write

Write a short paragraph describing a successful relationship you have. Tell what makes the relationship work.



Relationships: The Foundation of Social Health

Josh balances his schoolwork and other responsibilities with the activities he enjoys doing with his family and friends. He likes talking with his friends at soccer practice and meeting new people at his school. He is also looking forward to the family reunion that is coming up. Every summer his extended family gathers

for a picnic in the park. It is a time to laugh, share new experiences, and play games together. This year Josh decided to invite a friend from school to the family picnic. What are some activities you enjoy doing with your family and friends?



- ◀ An important factor of your social health is how you relate to others. **Who are some of the people you interact with every day?**



Social health is your ability to get along with the people around you. The relationships you form with other people are the foundation of your social health. Relationships are the connections you have with groups and people in your life. In your teen years, your relationships are mainly with family, friends, peers, and teachers. These relationships are part of your environment, and they can impact your health. Healthy relationships are important to good social health.



Differences Among Relationships

Not all relationships are the same. Some relationships are close and familiar, and others are more formal.

Different relationships also meet different needs. Some relationships, such as those with family and friends, meet emotional needs. They satisfy your need to feel that you are loved and that you belong. Other relationships meet more practical needs. Your relationships with teachers, for example, are based on your need to learn.

Another factor that makes different relationships unique is the role you play. A **role** is a part you play when you interact with another person. Everyone plays many different roles. **Figure 6.1** shows some typical teen roles. Each role you play carries responsibilities and expectations. The responsibilities that come with a role may change over time. You will also take on new roles and responsibilities as you get older.



Reading Check

Compare How are relationships different?

FIGURE 6.1

SOME TEEN ROLES

Roles like these carry responsibilities.

Which of these roles describe you? What responsibilities do they carry?

- Daughter/Son
- Sister/Brother
- Friend
- Granddaughter/Grandson
- Niece/Nephew
- Babysitter
- Student
- Peer tutor
- Teammate
- Club member
- Volunteer



DEVELOPING

Good Character

Respect

Every relationship benefits from respect. One way to show respect for another person is through simple courtesies—for example, holding the door for the person behind you. Using good manners when you are in someone else's home is another sign of respect.

What other ways can you think of to show respect for people in your life?



What
Teens
THINK



What qualities do you look for in a friend?

The qualities I look for in a friend include someone I can trust and someone who shows loyalty. I like friends who are fun to be with, who look out for me, and who don't care what other people think.

T'Kaira W.
Atlantic City, NJ



Building Healthy Relationships

Relationships can grow just like other living things. When a plant is neglected, its leaves droop and turn brown. As a living thing, it needs to be watered and cared for. In the same way, relationships need attention if they are to grow and thrive. One way to care for a relationship is to practice traits of good character. These traits include:

- **Trust.** Can your friends confide in you? Can they trust you with their private thoughts and feelings? If you are trustworthy, you are honest and reliable. You mean what you say and you don't make promises you can't keep. For example, when Janet's mom said she was going to pick her up after school,

Janet did not wonder if she would actually show up or not. She trusted her mom to be there.

- **Respect.** Showing respect in a relationship means being polite and considerate. It also means knowing and accepting a relationship's "social boundaries"—the appropriate ways of behaving in a relationship. For example, whenever Enrique meets an adult, he addresses the person by the title "Mr." or "Ms." Another way to show respect is to not interrupt people when they are speaking.



- **Patience.** No one is perfect. Everyone has behaviors that can annoy others. Being patient with people is an important trait to develop. Waiting in line requires patience and so does helping a sibling or peer who may be learning something new that you are already familiar with.
- **Tolerance.** Accepting people who are different from you is an example of tolerance. **Tolerance** is *the ability to value other people as they are*. This includes people of different races, cultures, and religions, as well as those who have disabilities or impairments. Building relationships with people from other backgrounds can be enriching. For example, Sergio invited Steve to his house for a Cinco de Mayo dinner. Steve enjoyed the time he spent with Sergio's family because it allowed him to experience some of the Latino customs practiced by Sergio's family.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 1.



Reading Check

Define What is *tolerance*?



Health Skills Activity

Advocacy

Relating to Your Community

Building a healthy relationship with the community includes the following skills:

- **Respect.** Show your respect for your community by taking pride in it. Help keep it clean. Avoid littering or defacing property.
- **Tolerance.** Demonstrate tolerance by getting to know people in your community who are different from you. When you demonstrate tolerance, you encourage others around you to do the same.

With a Group

Create several posters encouraging teens to show respect for their community. Include posters that discuss intolerance and how it affects the community. Your posters should also encourage teens to demonstrate tolerance to others.

Lesson 1 Review



After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** What is a *role*?
2. **Recall** What are some needs that relationships meet?
3. **Identify** Which character traits are found in strong, healthy relationships?

Thinking Critically

4. **Analyze** Denise was elected to her school's student council but realized that soccer practice would conflict with most student council meetings. In what way is Denise failing to meet the responsibilities of her role as a student council representative? What should she do?

5. **Apply** Suzy often disagrees with her history teacher. Sometimes she interrupts him when he is speaking, and raises her voice when addressing him. How can Suzy disagree with her teacher in a way that shows respect?

Applying Health Skills

6. **Communication Skills** With a group, discuss the role of communication in building strong, healthy relationships. Role-play a situation in which you use communication skills to show respect for a friend.

Lesson 2

Getting Along with Your Family

Guide to Reading

Building Vocabulary

Define each term as best as you can. Then check your definitions as you read the lesson.

- family (p. 134)
- extended family (p. 135)
- single-parent family (p. 135)
- blended family (p. 137)

Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** the different types of families.
- **describe** responsibilities within the family.
- **explain** changes that affect families.
- **develop** healthy ways to deal with family changes.

Reading Strategy

Comparing and Contrasting Read about the different family types described in the lesson. Find the similarities and differences among them.

Quick Write

Write a short essay titled "My Family Is _____." Fill in the blank with a word that best describes your family.



The Family Unit

When you look closely at the words *relationship* and *relative*, you discover that they share a common root: *relate*. Your earliest and most important relationships are with family—your relatives. The **family** is *the basic unit of society, and includes two or more people brought together by blood, marriage, adoption, or a desire for mutual support.*

- ▶ Families have an important influence on the relationships you develop later in life. **What traits do you value and look for in others that were taught to you by your family?**





The way you relate with your family prepares you for all future relationships. It is within your family that you begin developing social skills. Through your family, you form a sense of who you are, and you learn to care for and share with others. Developing a positive relationship with your family helps you keep all three sides of the health triangle in balance.

Types of Families

Shari's family consists of her younger brother, her mother, and herself. Her neighbor Latesha lives with her mother, her father, and her grandfather. These family units are just two of the many types of families that exist.

Latesha lives in an **extended family**, a family in which one or more parents and children live with other relatives such as grandparents, aunts, uncles, and cousins. Shari, by contrast, lives in a **single-parent family**, a family made up of one parent plus a child or children. **Figure 6.2** shows some other types of family units. Which type describes your family?



Reading Check

Give Examples List two different types of families, and identify the members that might belong to each family.

▼ **FIGURE 6.2**

FAMILY TYPES

There are many different types of families. **Do you know families who are examples of some of the family types shown?**

Family Type	Composition
Couple	Married people with no children
Nuclear family	Two parents and one or more children
Adoptive family	A couple plus one or more adoptive children
Foster family	Adults caring for a child or children born to different parents
Joint-custody family	Two parents living apart, sharing custody of their children
Single-custody family	Two parents living apart, and a child or children living with only one parent
Single-parent family	One parent and children



MediaWatch



Television Families

Many television programs focus on the daily challenges of family life. These programs often show a variety of different family types. Some have couples with no children and some have nuclear families with a mom, dad, and children. Some programs show more than one type of family in the same program.

Think of several different television "families." What types of families are they? Are the challenges they face similar or are they different? Explain.



Families Meet Needs

As you learned in Lesson 1, relationships satisfy needs. This includes family relationships. The most important function that a family performs is meeting the physical, mental/emotional, and social needs of its members.

- **Physical needs.** Families provide physical necessities, such as food, clothing, safety, and shelter. They care for family members when they are sick. They protect members from accidents and other threats. Finally, they teach members how to achieve and maintain good health.
- **Mental/emotional needs.** Families teach members love and acceptance and help them feel emotionally **secure**. Having your emotional needs met promotes a positive self-image and high self-esteem. Family members can turn to each other when they feel hurt or discouraged.
- **Social needs.** Families guide members in developing social skills, such as effective communication and good manners. Families also teach children values. The family can share cultural traditions with its members and encourage them to be proud of their heritage.

Academic Vocabulary

secure (si KYOOR)
(adjective) safe, protected.
Teens who feel secure about themselves are not affected by negative peer pressure.



- ▼ Different family members have different roles and responsibilities. **What are your responsibilities within your family?**

Responsibilities Within the Family

As with any other group, family members have individual roles, which have their own responsibilities and expectations. Parents or guardians have the most responsibility. They are responsible for financially supporting other family members. Parents are also the

emotional anchor of the family. It is their job to establish a loving environment in which children can grow. Parents or guardians are often the first to teach their children values—the difference between right and wrong.

Children may play many roles in a family. For example, you may be responsible for helping prepare meals or other chores. Maybe you look after a younger sibling while adults are at work.

Some teens volunteer for responsibilities in the home that go beyond what their





David Young/WolffPhotoEdit



◀ Families experience many changes. **What change might the family in this picture be going through?**

parents or guardians expect from them. Taking responsibility is one way of showing maturity within the family.

Reading Check

Identify What kinds of responsibilities might children in a household be expected to take on?

Changes in the Family

Families sometimes face changes. When Teresa's older brother graduated from high school and joined the Navy, she became the oldest child living at home. She is now expected to do the chores that her brother used to do. She also receives some of the privileges of being the oldest child at home.

Some changes that occur in a family are unexpected or beyond the family's control. These changes include the end of a marriage or death of a family member. These kinds of changes can create stress for all members of the family.



Changes in Family Structure

The last 50 years have brought about big changes in the structure of the American family. Couples today are having fewer children. More marriages end in divorce. In 1960, 9 percent of children under the age of 18 lived with only one parent. Since then, that percentage has more than tripled.

Many adults who get divorced eventually remarry. This trend has led to an increase in the number of blended families. A **blended family** is a family that consists of a parent, a stepparent, and the children of one or both parents. For children, becoming part



◀ Moving and changing schools can be stressful for teens. **What are some actions you could take to make a recently arrived teen feel welcome in your community?**

of a blended family often involves making adjustments. These changes can sometimes be hard to deal with both emotionally and socially. It is important to talk with parents or other trusted adults about these difficulties.

Changes in Family Circumstances

Changes in a family's circumstances can also result in added stress. For example, families sometimes have to move to a new city or town. For children, moving means not only saying good-bye to old friends, but also having to make new ones.

Financial problems or the loss of a parent's job can also put an emotional strain on a family. Teens in the family may be asked to help out in various ways, such as earning their own spending money.

The serious illness of a family member can also disrupt daily life. Adult family members may be unavailable or unable to perform normal duties and responsibilities. Again, the teens in the family may be called upon to help out.



Reading Check

Describe What are some changes that can be stressful for families?



Coping with Family Changes

Most families are able to work through problems caused by change. One skill that can be especially useful during difficult times is good communication. Talk with a parent or guardian. Explain how you feel. Being scared or uncertain about what lies ahead is a normal reaction. Your parents or guardians may have similar feelings.

In some situations, parents may feel overwhelmed and may even be the source of the problem. If this is the case, talk to a trusted adult outside the family. Your teachers and school counselors are trained to help. Religious leaders may also be able to help.

Some family problems are too big to solve by family members alone. Families who need guidance can find it through counseling or other community resources. Check your local phone directory for numbers you can call.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 2.

Abuse

One family problem that always requires outside help is abuse. Abuse can take several different forms, including neglect, physical and sexual abuse, and substance abuse. Neglect occurs when parents do not provide food, clothing, housing, medical care, or emotional support to their children. Children and infants who are neglected may suffer what is called *failure to thrive*, meaning that they don't develop physically, emotionally, and socially. Children who are emotionally neglected may also suffer from low self-esteem.

Physical abuse involves the use of physical force. It can cause injuries such as bruises, cuts, or broken bones. Every year, about 1,500 children die as a result of physical abuse. Another 140,000 are injured. Sexual abuse involves any mistreatment of a child or adult involving sexual activity. Substance abuse involves addiction to alcohol or drugs. Even if only one family member has a substance abuse problem, it affects every family member.

Any teen who is a victim of abuse needs to seek help. Speak with a teacher, school counselor, or other adult you trust. You will learn more about getting help for abuse in Chapter 8.

Reading Check

Identify What are two types of abuse?



Go Online

Topic: Coping with Abuse

Visit glencoe.com for Student Web Activities to learn about the different kinds of abuse and what can be done about them.

Activity: Using the information provided at the link above, create a brochure that lists the kinds of abuse, what a teen can do to stop abuse, and the names and numbers of local resources that can help.

Lesson 2 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** What is a *blended family*?
2. **Give Examples** Name two physical needs that a family provides.
3. **Identify** What can a teen do to cope with family changes?

Thinking Critically

4. **Evaluate** Which family change described in the lesson do you think would be the hardest to deal with?

5. **Apply** Carla's mother and stepfather recently had a new baby. How might this change affect Carla? What effect might it have on her responsibilities within the family?

Applying Health Skills

6. **Accessing Information** Use the phone book to find names of organizations that provide support to family members of substance abusers. Create a card showing how to contact these places.



For more Lesson Review Activities, go to glencoe.com.

Lesson 3

Marriage and Parenthood

Guide to Reading

Building Vocabulary

Write what you think each term below means. As you read, make corrections as needed.

- commitment (p. 140)
- divorce (p. 142)
- unconditional love (p. 143)

Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** the factors that affect the success of a marriage.
- **describe** the responsibilities involved in being a parent.
- **identify** the consequences of teen parenthood.

Reading Strategy

Drawing Conclusions Based on this lesson, what assumptions can you make about teen marriage and parenthood?

Quick Write

Write a paragraph describing what you think is one of the challenges of being a parent.

Marriage

The tradition of marriage—a union between two people—is very old. Some people view marriage as something that should happen automatically when you become an adult. Others wait until they are truly ready for a long-term commitment. A **commitment** is a *pledge or promise*.

When two people get married, they make a legal and social commitment to each other. They pledge to live together and care for each other for the rest of their lives. They agree to respect each other's needs and desires. If they have children, they agree to raise and support their children together. They agree to work at all times to make their relationship as strong as possible. The decision to marry is one of the biggest decisions a person can make.

- ◀ Couples who are ready for marriage need a strong commitment to each other. **What does this mean? Why is a commitment so important?**





Factors Affecting Marriage

A successful marriage depends on many factors. Marriage requires emotional and physical maturity. Being emotionally mature means knowing yourself and accepting your strengths and weaknesses. It means knowing what you value. People who are emotionally mature also have life goals and a plan for reaching them. They are able to understand and respect someone else's feelings and needs.

Besides emotional maturity, other factors that lead to a successful marriage are the same as those that build good friendships. These factors include common interests and shared values. In fact, many married couples see each other as best friends. **Figure 6.3** shows some other factors that affect the success of a marriage.



Reading Check

Identify What are some commitments that married couples make to each other?

▼ **FIGURE 6.3**

FACTORS THAT AFFECT THE SUCCESS OF A MARRIAGE

These are some of the factors that can help a marriage last. **Why do you think communication is important to a healthy marriage?**

Factors that Affect the Health and Strength of a Marriage



Effective communication between partners. This includes the ability to share feelings, needs, and concerns as they arise.



Similar values, goals, outlooks, and spiritual beliefs. When couples share the things that are most important to them, they move forward in their lives together.



Ability to solve problems through compromise and conflict resolution. This requires both partners in a marriage to respect, trust, and care for each other.



Emotional maturity. This involves understanding a partner's needs and wants. Each partner is able to consider what is best for the relationship, not just for himself or herself.



Careers
for the

21st
Century

Marriage Counselor



A marriage counselor is a mental health professional who helps married couples resolve conflicts and improve their marriage. Marriage counselors are in demand because couples can't always solve their problems on their own. If you want to be a marriage counselor, you should practice your communication and conflict-resolution skills.

What kinds of issues does a marriage counselor deal with? Go to *Career Corner* at glencoe.com to find out.



Marital Problems

Even the best marriages sometimes have problems. Couples may disagree or argue over money, children, or other issues. When the marriage is based on a foundation of trust, respect, and communication, these disagreements can usually be resolved.

Sometimes, married people cannot overcome their differences or solve the problems they face as a couple. In such cases, one or both spouses may seek a **divorce**, a legal end to a marriage contract.



Teen Marriage

Teens may want to get married for a number of reasons. They may want to leave their parents' home and be independent. They may be afraid of losing their partner, so they want to get married to secure their relationship. No matter what the reason, teen marriage isn't a good idea. More than 60 percent of teenage marriages fail within five years. Why do teen marriages fail so often? One reason is that most people are not ready for marriage during adolescence. They have not had enough experience with relationships to make a long-term commitment to another person.

Many teens get married because of an unplanned pregnancy. Taking care of a baby is often a bigger responsibility than many teen couples can handle. That is why it is important for teens to practice sexual abstinence.

A lack of money is another factor that can cause marital problems. Teens lack the work experience and education needed to get most high-paying jobs. This can make it difficult to support a family. These responsibilities and pressures can put strain on a teen marriage.



Reading Check

List What are some reasons teen marriages fail?

- ▶ Marriage is one of the biggest decisions a person can make. **What are some factors to consider before getting married?**





Ariel Skelley/CORBIS



◀ Parenthood can be very rewarding, but it also involves many challenges.

What are some of the challenges of being a responsible parent?

Parenthood

Parenthood involves making a lifelong commitment to another person. It involves meeting the physical, mental/emotional, and social needs of a child. Parenthood can be a wonderful experience, but it is important to wait until you are ready for the responsibilities that come with parenthood.



The Responsibilities of Becoming a Parent

Parenthood can be very challenging. It requires a person to juggle many responsibilities and fill many roles. Parents are responsible for the health and safety of their children. Additional responsibilities include the following:

- **Setting fair limits.** Small children need to know their limits—what they can and cannot do. It is up to parents to set fair rules and then enforce them.
- **Teaching values.** Parents are their children’s first teachers. Children learn social skills and values by watching or listening to their parents. Parents need to be good role models for their children and demonstrate fairness, trust, caring, and respect.
- **Providing patience and love.** Raising children can be a difficult and sometimes exhausting job. When it comes to their children, parents must be slow to anger and quick to forgive. They must show their children **unconditional love**. This is *love without limitation or qualification*. Devoted parents support their children through good times and bad.



Connect To... Language Arts

Learning Good Parenting Skills

Developing good parenting skills can help parents raise a happy, responsible child. There are many books available that help parents develop effective parenting skills. Some books teach parents how to care for an infant. Other books help parents learn positive ways to discipline their children.

Research what other resources exist to help parents learn good parenting skills.



- ▶ It is a parent’s job to establish a loving environment in which a child can grow. **What are some ways a parent can establish a loving environment?**



Ken Weingardt/Getty Images

Risks of Teen Parenthood

The decision to become a parent is one that requires serious thought and planning. Most teens do not have the emotional maturity to plan for parenthood.

Teen pregnancy can also create health risks for both mother and baby. A female teen’s body is still developing and may not be ready to support and nourish an unborn child. Babies born to teen mothers are at an increased risk of being born prematurely, or before they are ready to be born. They are more likely to have low birth weights, which can lead to serious health problems. A pregnant teen may not be aware of the things she can do to protect the health of her developing baby. She may not be able to afford proper prenatal care.

Go Online
Visit glencoe.com and complete the Interactive Study Guide for Lesson 3.

Reading Check

Describe What are some of the risks associated with teen pregnancy?

Consequences of Teen Parenthood

Teen parents who are committed to raising their children face many challenges. One of these challenges is meeting the expenses of raising a child. This includes the cost of baby food, diapers, clothes, medical care, and more.

Between school, work, and raising a child, many teen parents find themselves physically and emotionally exhausted. They may begin to envy their peers who are not raising children. Some teen parents may have to put education plans on hold, limiting their career choices. All of these difficulties can put a great deal of stress on a teen parent.



- ▶ Teen parenthood can be difficult both emotionally and financially. **What are some challenges this teen might face?**

Lesson 3 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** What is *unconditional love*?
2. **Recall** What are two factors that contribute to the success of a marriage?
3. **Identify** What are some of the responsibilities of parenthood?

Thinking Critically

4. **Evaluate** How might a person's emotional maturity affect his or her marriage?
5. **Synthesize** What have you learned from this lesson that helps you better understand or appreciate your own parent or guardian?

6. **Analyze** Roseanne discovered that her older teen sister was planning to elope with her boyfriend. Roseanne shared with her sister what she learned about teen marriage. Her sister responded, "Maybe that's all true, but Robert and I really love each other." How could Roseanne help her sister make a healthful choice?

Applying Health Skills

7. **Goal Setting** Identify a goal you hope to accomplish in the next five years. Explain how becoming a parent would affect your success in reaching that goal. Be prepared to share your ideas in a class discussion.

Building Health Skills

Accessing Information
Practicing Healthful Behaviors
Stress Management
Analyzing Influences

Communication Skills

Refusal Skills
Conflict Resolution
Decision Making
Goal Setting
Advocacy

What Are Communication Skills?

Communication skills involve learning how to effectively express yourself and understand others.

Speaking Skills

- Think before you speak.
- Use “I” messages.
- Be direct, but avoid being rude or insulting.
- Make eye contact, and use appropriate body language.

Listening Skills

- Use conversation encouragers.
- Pay attention.
- Show empathy.
- Avoid interrupting, but ask questions where appropriate.

Sending the Right Message

Follow the **Model, Practice, and Apply** steps to help you master this important health skill.

1 Model

Read how Gil and his mother use communication skills to solve their problem.

An important ingredient in any healthy relationship is communication. Gil was planning to practice fielding with his teammate Chris. Gil’s mother, however, reminded him that he had promised to help clean out the garage.

Gil made eye contact with his mother and said, “Mom, I know I made a promise to you, but I forgot we had a big game coming up. Can I clean out the garage next weekend?”

Gil’s mother responded, “I wish I could say yes, but I can’t. A local charity is picking up the old clothes and other items on Tuesday.”

Gil’s mother saw the look of disappointment on his face. “I’ll tell you what,” she said. “You can ask your brother if he’s willing to swap chores with you. If he agrees to clean the garage, will you do some of his chores in exchange?”

“That sounds like a deal, Mom,” said Gil.



2 Practice

Elena and her mother use communication skills to solve their problem. Read the passage below and then practice communication skills by answering the questions that follow.

Elena and her mother used good communication skills when Elena wanted to have a sleepover during the same weekend her grandparents were visiting from out of town. Elena and her mother both used “I” statements. Elena said, “I haven’t had my friends over in a long time.” Her mother said, “Your grandparents are driving a long way to see us and I miss spending time with them.” As Elena’s mother spoke, Elena nodded her head to show that she was listening. Elena’s mother did the same when Elena spoke. Elena agreed to have the sleepover the weekend after her grandparents’ visit.

1. What “I” statements did Elena and her mother use?
2. How did Elena and her mother show that they were listening to each other?
3. Why do you think this conversation had a positive outcome?



3 Apply

Apply what you have learned about communication skills to complete the activity below.

With a partner, develop a skit that shows a conversation between a fictional couple in a teen marriage. Your dialogue should portray a common problem that occurs in teen marriage. Use at least two speaking skills and two listening skills. Perform your skit for classmates. See if they are able to identify the communication skills used.

Self-Check

- Did we show a problem common to teen marriages?
- Did we use two speaking skills in our conversation?
- Did we use two listening skills?



A Taste of Parenthood

Many teens do not understand how demanding parenthood can be. This brief experiment will give you a glimpse of the responsibilities.

What You Will Need

- Help of a parent, guardian, brother, or sister
- Clock or watch with an alarm feature
- Paper
- Pencil or pen



What You Will Do

- 1 Select an evening or weekend when you have a light workload. Arrange with a family member to help you with your experiment.
- 2 Go about your normal activities. These might include watching a favorite TV program or speaking to a friend on the phone.
- 3 Without warning, your partner is to set off the alarm. He or she should be close enough to where you are so that you can hear the

alarm. Stop what you are doing and go to the alarm and turn it off. The alarm interruption represents the attention a baby requires.

- 4 On your paper, note the time when you heard the alarm, and what you were doing when the alarm went off.
- 5 Return to your normal activities. Your partner is to set the alarm off a minimum of five times.

Wrapping It Up

Write about this experience and what it has taught you. As you write your thoughts, imagine what it would be like to respond to the alarm every day. How might this be like caring for a child? Share your report with classmates and compare your experience with theirs.



Visit glencoe.com to download quizzes and eFlashcards for Chapter 6.

FOLDABLES® Study Organizer

Foldables® and Other Study Aids Take out the Foldable® that you created for Lesson 1 and any graphic organizers that you created for Lessons 1–3. Find a partner and quiz each other using these study aids.

Lesson 1 You and Your Relationships

Main Idea An important part of your social health is how you relate to others.

- Relationships vary in terms of the degree of closeness, the needs they satisfy, and the roles involved.
- In your teen years, your main relationships are with family, friends, peers, and teachers.
- Relationships satisfy emotional needs, such as the need to feel loved and to belong.
- Features found in strong, healthy relationships include trust, respect, patience, tolerance, and caring.

Lesson 2 Getting Along with Your Family

Main Idea Developing a positive relationship with your family keeps all sides of your health triangle in balance.

- Your family has an important influence on the relationships that you will have later in life.
- There are several types of families. They include: a couple, nuclear family, single-custody family, joint-custody family, single-parent family, foster family, and adoptive family.



- Families meet the physical, mental/emotional, and social needs of their members.
- Parents or guardians must provide financial support, create a loving environment, and teach values. A child's responsibilities may include helping with chores and being respectful.
- Changes in a family's structure include divorce and remarriage. Changes to a family's circumstances can include moving to a new city, financial problems, job loss, and illness.

Lesson 3 Marriage and Parenthood

Main Idea Both marriage and parenthood require making a lifelong commitment to another person.

- Marriage is a legal and social commitment between two people. These two people agree to live together and care for each other. If they have children, they promise to care for them. They agree to respect each other's needs and desires. They promise to keep their relationship strong.
- Factors that affect the success of a marriage include good communication skills, sharing similar goals and values, emotional maturity, and the ability to compromise.
- Responsible parents set fair limits and provide safety, support, encouragement, patience, and love.
- Consequences of being a teen parent include financial problems, physical and emotional exhaustion, changed relationships with peers, and stress.



After You Read

Health eSpotlight



Now that you have read the chapter, look back at your answer to the Health eSpotlight question on the chapter opener. What traits would you change or add to the list of traits that are important in a healthy relationship?

Reviewing Vocabulary and Main Ideas

On a sheet of paper, write the numbers 1–6. After each number, write the term from the list that best completes each sentence.

- blended families
- family
- role
- single-parent family
- social health
- tolerance

Lesson 1 You and Your Relationships

1. Your ability to get along with the people around you is your _____.
2. A(n) _____ is a part you play when you interact with another person.
3. The ability to accept other people as they are is known as _____.

Lesson 2 Getting Along with Your Family

4. A(n) _____ is the basic unit of society, and includes two or more people.
5. A family made up of one parent plus a child or children is known as a(n) _____.
6. Remarriage among divorced adults has led to an increase in the number of _____.



Lesson 3 Marriage and Parenthood

On a sheet of paper, write the numbers 7–10. After each number, write the letter of the answer that best completes each statement.

7. Being emotionally mature includes all of the following *except*
 - a. accepting your strengths and weaknesses.
 - b. knowing what is important to you.
 - c. putting another person's needs ahead of your own.
 - d. marrying a person because you reached a certain age.
8. Which is *not* a commitment of marriage or parenthood?
 - a. Pledging to care for each other
 - b. Making sure that a child does not become a financial burden
 - c. Setting and enforcing fair rules for a child
9. Giving birth to a child prematurely is an example of
 - a. a risk facing teen females who become pregnant.
 - b. a consequence faced by parents who fail to set limits.
 - c. prenatal care.
10. The statement about teen parents that is true is:
 - a. They may face serious money problems.
 - b. They may find themselves physically and emotionally exhausted.
 - c. They may feel added stress.
 - d. All of the above.



Applying Technology

Roles and Relationships

In pairs, you will write and record an audio podcast about relationships using Audacity® or GarageBand™. Choose one of the following relationships: grandparent/grandchild, teen mother/teen father, step-parent/child, or single parent/child.

- Write a five-minute dialogue between your characters. What kind of relationship do they have? What challenges do they face? How has their relationship changed? How do they cope with these changes?
- Record your dialogue.
- Add lead-in music.
- Save your file and share it with iTunes®.

Thinking Critically

Using complete sentences, answer the following questions on a sheet of paper.

11. **Analyze** How do your relationships affect your mental/emotional health?
12. **Apply** Create a list of topics you think a couple should discuss before getting married.

Write About It

13. **Narrative Writing** Write a short story about a family that is coping with problems brought on by a change in circumstances. How do these changes affect interpersonal communication?

Standardized Test Practice

Reading

Read the passage and then answer the questions.

In Japan, the ancient practice of *arranged marriage* is still common. In this custom, the bride and groom see each other for the first time at an arranged meeting.

When a woman in Japan whose family practices this tradition turns 25, she and her parents assemble an “information kit.” The kit contains photos and descriptions of her background, education, hobbies, and interests. The parents then pass out copies of the information kit to friends and neighbors. These people ask around to see if anyone knows of an eligible bachelor. Once an interested male is located, he will prepare an information kit of his own. This is then sent to the woman and her family.

If the two parties are willing, a meeting is arranged. Members of both families go to the meeting, which takes place in a fancy restaurant. Upon meeting, the couple decides if they are

interested in dating. A woman might have as many as ten such meetings before she finds a marriage partner.

1. The main idea of this passage is best summed up by which statement?
 - A. Arranged marriages are the best kind.
 - B. Every married couple should have an information kit.
 - C. Marriage customs are different in different places.
 - D. In an arranged marriage, the couple sees each other only once.
2. What is the next step after a woman assembles an “information kit”?
 - A. She gets engaged to the first man who responds.
 - B. The parents meet any interested men before their daughter does.
 - C. Her parents pass out copies of the “information kit” to friends and neighbors.
 - D. The woman chooses her husband based on the “information kit” he prepared.