

CHAPTER 11

FAMILY RELATIONSHIPS

LESSON 1 – THE ROLE OF THE FAMILY

1. What is the basic unit of society called?

- Family.

2. Explain how a strong family foundation can serve as an important protective factor?

- Can help children/teens avoid risky behaviors.

LESSON 1 - CONTINUED

3. List 3 ways a healthy family can promote the physical health of its members.

- Food, clothing, and shelter.
- Teach healthy behaviors and safety skills.
- Medical and dental check-ups, immunizations.

LESSON 1 - CONTINUED

4. List 2 ways a family can help individuals meet their mental/emotional needs.
 - Nurture/support each other. Unconditional love. Positive self-concept.
 - Sense of belonging/security.

LESSON 1 - CONTINUED

5. List 3 ways a family can contribute to meeting the social needs of individuals.

- Communication skills/getting along with others.
- Develop a value system.
- Sharing cultures/traditions.

LESSON 1 - CONTINUED

6. Explain how having a good value system contributes to your health and the health of society.
 - Helps you make responsible decisions/develop good character.
7. What is an extended family?
 - Immediate family and other relatives such as grandparents, aunts, uncles, and cousins.

LESSON 1 - CONTINUED

8. List 2 ways in which an extended family might help an individual?

- Share family history.
- Help out in times of need.

9. List 5 ways you can strengthen your family.
(Provide examples)

- Demonstrate care and love – show love and caring through words and actions.

LESSON 1 - CONTINUED

- Show support, especially during difficult times – talk about your feelings/be a good listener.
- Demonstrate trust – be honest, reliable, and loyal.
- Express commitment – willingness to work together / sacrifice when needed.
- Be responsible – think before acting / be accountable for your actions.

LESSON 1 - CONTINUED

- Spend time together – eat meals together, plan activities and trips.
- Respect individuality – accept individual tastes, talents, and opinions.
- Work together to solve a problem – identify and work out problems before they become too serious.
- Be sensitive to others' needs – pay attention to how others feel and help relieve stress when you can.

LESSON 2 – CHANGE AND THE FAMILY

1. What are the 2 main types of change that causes stress in families?

- Change in family structure.
- Change in family circumstances.

2. Answer the following questions about changes in family structure.

What are 2 general circumstances when family structure changes?

- Someone moves in/out.

LESSON 2 - CONTINUED

What are 2 ways a new family member can affect the family?

- Live with less space/new personality may change character of family.

What are 2 ways losing a family member can affect the family?

- Loss of shared experiences/loss of the love and care of that person.

LESSON 2 - CONTINUED

3. List 3 ways family structure can change.

- Separation/divorce.
- Remarriage.
- Death of a family member.

4. Define the following terms.

- Separation – decision between married individuals to live apart from each other.
- Divorce – legal end to a marriage contract.

LESSON 2 - CONTINUED

- Custody – a legal decision about who has the right to make decisions affecting the children in a family and who has the responsibility of physically caring for them.
5. List 3 tips for managing emotional stress when parents get divorced.
- You did not cause the problem.
 - Communicate your feelings.
 - Join a support group.

LESSON 2 - CONTINUED

6. What is grief? Is grieving the same for everyone?

- Grief – sorrow caused by the loss of a loved one.
(Different for each person)

7. List 4 strategies for coping with the death of a loved one.

- Focus on happy memories.
- Accept your feelings.
- Join a support group/seek counseling.

LESSON 2 - CONTINUED

8. Describe 2 ways each of the changes in family circumstances can cause difficulties for families.
- Moving – miss old friends/miss the parent who no longer lives with them.
 - Financial problems – loss of job can cause anxiety/credit card abuse can lead to serious arguments.
 - Illness/disability – members may need to change schedule/stress of making medical decisions.

LESSON 2 - CONTINUED

9. List 4 ways to cope with family changes.

- Ask adult for help.
- Do what you can to help.
- Read books on the subject.
- Stress management techniques.

10. Define the term resiliency.

- Ability to adapt effectively and recover from disappointment, difficulty, or crisis.

LESSON 2 - CONTINUED

11. List 4 steps families can take to resolve problems together.

- Identify the problem.
- How problem is affecting the entire family.
- Discuss what can be done.
- Resolve problem together.

LESSON 3 – DEALING WITH FAMILY CRISES

1. Define the term domestic violence.

- Any act of violence involving family members.

2. Define each form of abuse listed below.

- Emotional - pattern of behavior that attacks the emotional development and sense of worth of an individual.
- Physical – intentional infliction of bodily harm or injury on another person.

LESSON 3 - CONTINUED

- Sexual – any sexual contact that is forced upon a person against his or her will.
3. Give 2 examples of each form of abuse listed above.
- Emotional – name-calling/threats of harm.
 - Physical – slapping, punching, or kicking.
 - Sexual – unwelcome sexual comments/touching the person in an unwelcome sexual way.

LESSON 3 - CONTINUED

4. Answer the following questions about spousal abuse.

What is spousal abuse?

- Domestic violence directed at a spouse.

How can it harm the victim's health triangle?

- Injury /death, avoid family/friends, and feelings of fear/shame.

5. Name the 4 elements that should be included in a safety plan for people in abusive situations.

- Places and situations to avoid.

LESSON 3 - CONTINUED

- Possible escape routes.
- A place to go.
- Telephone numbers.

6. Answer the following questions about child abuse.

- Define the term child abuse - Domestic abuse directed at a child.

<https://www.youtube.com/watch?v=RnSntzvGtel>

LESSON 3 - CONTINUED

- What is neglect? – Failure to provide for a child's physical or emotional needs.
 - What is the best solution for children suffering from abuse? – Ask for help from a trusted adult.
7. List 5 long term effects of domestic abuse.
- Inability to trust or establish healthy personal relationships.

LESSON 3 - CONTINUED

- Chronic physical pain.
 - Neglect or injury to oneself, including suicide attempts.
 - Depression, anxiety, sleep disorders, and eating disorders.
 - Abuse of alcohol or other drugs.
8. List 3 ways to help break the cycle of abuse.
- Tell a trusted adult.

LESSON 3 - CONTINUED

- Contact an abuse hot line or crisis center.
 - Report the abuse to police.
9. Describe 3 strategies to help you avoid and prevent domestic abuse.
- Recognize – Be aware of acts that are abusive.
 - Resist – Resist physical or sexual abuse any way you can.
 - Report – Get away and tell someone ASAP.

LESSON 4 – COMMUNITY SUPPORT SYSTEMS

1. What must victims of abuse recognize in order to find a solution for a family in crisis?
 - The seriousness of the problem.
2. What is a crisis center?
 - A facility that handles emergencies and provides referrals to an individual needing help.

LESSON 4 - CONTINUED

3. Describe 3 types of services many communities offer to families who need help.

- Parenting and conflict resolution classes.
- Help getting food, clothing, and shelter.
- Provide financial aid, medical care, job training, and help finding employment.

LESSON 4 - CONTINUED

4. Define the term foster care.

- A temporary arrangement in which a child is placed under the guidance and supervision of a family or an adult who is not related to the child by birth.

5. Describe 3 types of help some communities offer to victims of spousal abuse.

- Shelters.
- Food, clothing, and counseling.
- Help improve employment skills.

LESSON 4 - CONTINUED

6. Answer the following question about calling a hotline for help.

List 3 things to do before you call.

- State the problem to yourself.
- List all of your questions.
- Practice.

List 3 things to do or consider when you make the call.

- Have paper and pencil.
- Consider suggestions.
- How you will feel if your problem is not solved.

LESSON 4 - CONTINUED

7. Describe how support groups can help people.

- People can share their problems and get advice from people with similar problems.

8. What is family counseling? How does it help families facing problems?

- Family counseling - therapy to restore healthy relationships in a family.

LESSON 4 - CONTINUED

- Provides families with the skills they need to resolve conflicts on their own.
9. What is a mediator? How can a mediator help families who have difficulty working out problems?
- Mediator - a person who helps other resolve issues to the satisfaction of both parties.
 - Encourages family members to communicate, cooperate, and compromise.

LESSON 4 - CONTINUED

10. List 7 strategies you can use to help keep the family healthy and to strengthen family relationships.

- Cooperate.
- Show appreciation.
- Be a good communicator.
- Offer help.
- Be empathetic.
- Work to resolve conflict.
- Know when to get outside help.