

## Unit 3 Family and Social Health Booklet

PAGE 1: TITLE PAGE. Include the following:

Due \_\_\_\_\_

- A. Title of this booklet is Family and Social Health
- B. Your name
- C. Draw a diagram of your Family Tree (as far back as you know)

PAGE 2: FAMILY – Include the following from pages 135 – 145 in book

Due \_\_\_\_\_

- A. Define: *family, healthful family, dysfunctional family*
- B. List 3 ways to be a loving family member
- C. List 4 causes of dysfunctional families
- D. Explain 7 ways of resolving family conflict responsibly

Assignment: Lesson 13 Quiz

Due \_\_\_\_\_

PAGE 3: DATING – Include the following from pages 159 – 164 in book

Due \_\_\_\_\_

- A. Define: *healthful friendship, conversation, rejection, balanced friendship, one-sided friendship*
- B. List 5 conversation keepers and 5 conversation killers
- C. List 6 important dating guidelines

Assignment: Classroom Activity over pages 162-163 – Dating Skills

PAGE 4: ABSTINENCE – Include the following from pages 166 – 169 in book

Due \_\_\_\_\_

- A. Define: *abstinence from sex, affection, respect, reputation, legal age of consent, value*
- B. Analyze 4 ways practicing abstinence from sex promotes your health

PAGE 5: SAYING “NO” – Include the following from pages 170 – 176 in book

Due \_\_\_\_\_

- A. Define: *peer pressure, self-respect, resistance skills*
- B. List 8 ways to resist peer pressure to have sex
- C. Explain 4 ways a person can change their behavior if they have been sexually active

PAGE 6: HARMFUL RELATIONSHIPS – Include the following from pages 178 – 184

Due \_\_\_\_\_

- A. Define: *healthful relationship, harmful relationship, people pleaser, enabler, controller, abuser*
- B. List 2 ways in which harmful relationships affect your mental-emotional health, physical health and family-social health
- C. Be prepared to discuss page 184 – Changing Harmful Relationships

PAGE 7: PREPARING FOR MARRIAGE AND PARENTHOOD – pages 186 – 202

Due\_\_\_\_\_

- A. Define: *intimacy, philosophical intimacy, emotional intimacy, creative intimacy, physical intimacy*
- B. Explain 6 reasons why teen marriages do not succeed
- C. List the 5 factors which you feel are most important when predicting the success of a marriage

Assignment: Marriage simulation

PAGE 8: ADJUSTING TO FAMILY CHANGES – pages 148 – 156

Due\_\_\_\_\_

- A. Define: *divorce, annulment, dissolution, single custody, joint custody, visitation rights*
- B. Explain 5 suggestions to help teens adjust to divorce

Assignment: Lesson 14 Quiz