

Relationships and Communication Skills Note-Taking Guide

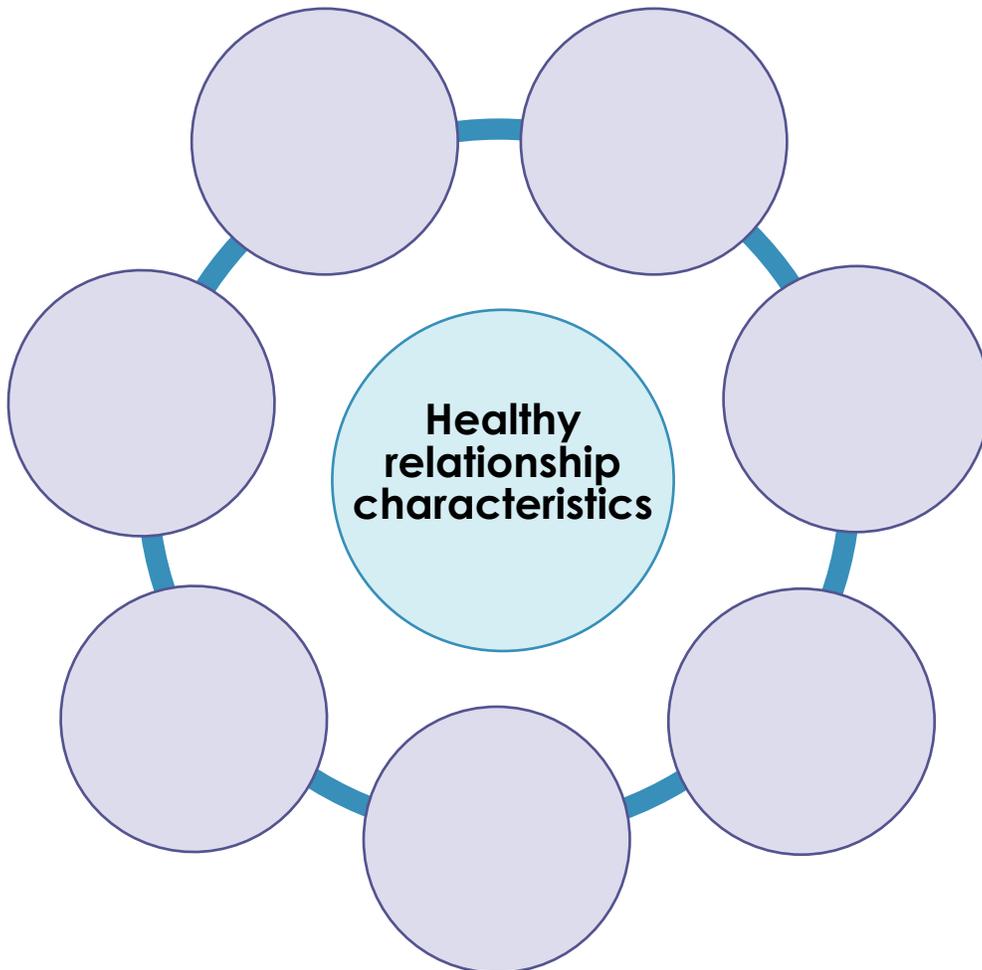
Relationships

1. Define the term *relationships*.

Relationships:	
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Healthy Relationships

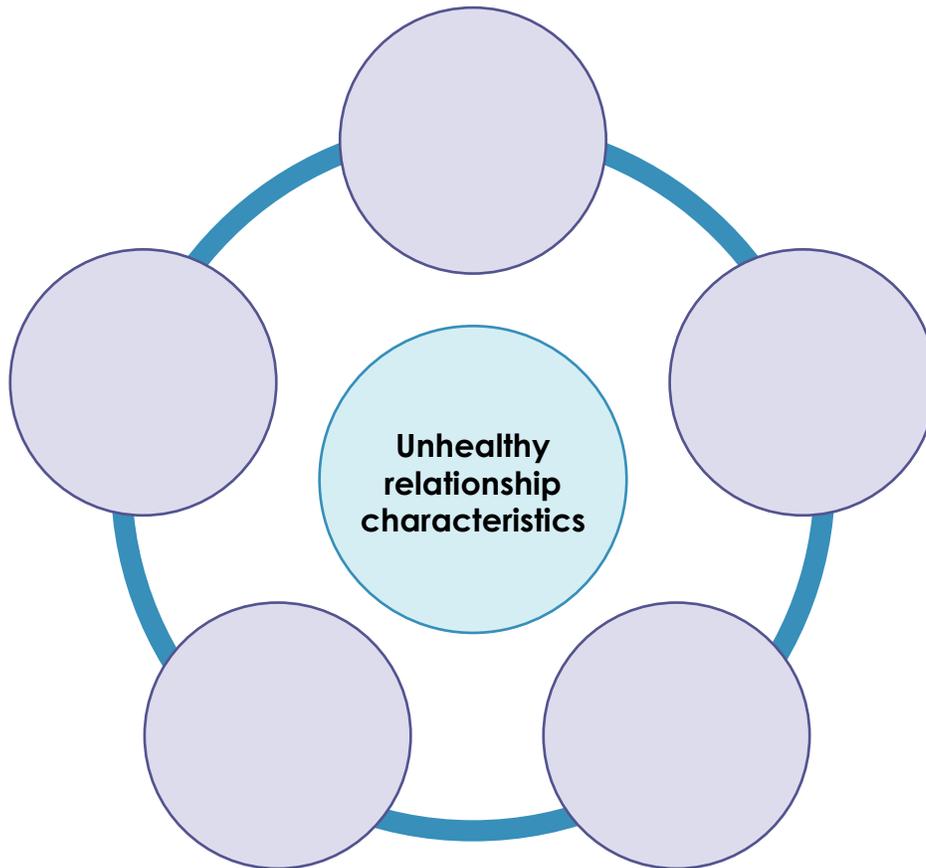
2. A _____ relationship allows people to feel supported and connected without losing their individuality.
3. In the circles in the following diagram, write the characteristics of a healthy relationship.



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Unhealthy Relationships

4. A(n) _____ relationship can leave you feeling uncomfortable, sad, and afraid.
5. In the circles in the following diagram, write the characteristics of an unhealthy relationship.



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Communication Is a Two-Way Street and Verbal and Nonverbal Communication and Active Listening

6. Complete the parts of the boxes that are missing. You may have a definition and need to fill in the vocabulary word, or you may have a vocabulary word and need to fill in the definition.

Communication			Active listening
	<ul style="list-style-type: none">• Uses spoken and written words to express the information you are sharing	<ul style="list-style-type: none">• Uses facial expressions, body language, hand gestures, tone of voice, and how loud or soft your voice is to express the information you are sharing	

I Messages

7. Using the boxes below, complete the information on the four parts of an I message.

I feel...	when you...
taking	stating the
_____	_____
for your own feelings	that is a problem
	I would really like it if...
what it is about the behavior or its consequences you don't like	offering a preferred

	or
	_____.

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Communication Styles

8. List the four communication styles.

1. _____

2. _____

3. _____

4. _____

Communicating Through Text Messages and Social Media

9. List two ways text messages or social media posts can be misinterpreted.