

Unit 7
Extend Your Relationships

Family & Community Involvement

HOME ALONE

Some people don't enjoy doing things by themselves. That's too bad, because you are the only person you can count on to stick by you no matter what! It's time to take your friendship with yourself more seriously.

The next time your friends are busy and the rest of your family is gone, don't just turn on the TV. Think of something different to do — all by yourself. Being able to have a good time alone makes it easier to say no to something you may not really want to do.

What did your parents or guardians do when they had time alone? People from past generations were much more comfortable entertaining themselves than teens are today. And many of them didn't have TV to fall back on! Talk with them about what they did, and list those ideas below. Perhaps you can use these ideas the next time you're alone.

Now it's your turn. See if you can think of *at least* three things you could do alone for each category listed below. Try to come up with some things you've never done before.

1. Enjoying nature _____

2. Reading _____

3. Organizing _____

4. Art _____

5. Envisioning the future _____

6. Exercise _____

7. Go somewhere _____

8. A new hobby _____

9. Writing _____

10. Music _____

Add to the List
 Put the list on the refrigerator for a week, and invite other family members to add more ideas. Then choose one idea to do the very next time you're home alone.

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SHOWING RESPECT

In friendships, dating relationships, and marriage, respect means honoring each other and appreciating each other's individuality. You respect another person when you take a sincere interest in the other person's activities and listen to his or her ideas and opinions.

Directions: Pretend you are collecting information for your new novel or screenplay. Find a place where you can observe people of different ages interacting with others. It might be a shopping mall, restaurant, laundromat, playground, or grocery store. Look for examples of respect and disrespect among people of all ages. You may want to observe in different locations on two or three occasions. Take careful notes in order to answer the questions below.

- 1. What specific actions did you see that demonstrated respect between people?

- 2. What specific actions did you see that demonstrated disrespectful behavior?

- 3. Describe any behavior you observed that you would describe as abusive.

Mid-Course Corrections

Use your skills to observe yourself at home, at school, and with friends over the next several days. What examples of respectful and disrespectful behavior can you identify in yourself? Write one new goal that you have as a result of your observations.

DIFFERENT VIEWS OF BEAUTY

A girl recently returned from a photographic exhibition on women and told her friend, "It was a wonderful exhibit! It showed women of all ages and sizes as they really are. It felt good to know that the artists and the spectators saw beauty in real people for a change."

1. Do you think society's emphasis on a prescribed definition of beauty makes people feel insecure about what they have to offer in marriage? What do magazine covers communicate about the importance of physical attractiveness in securing and maintaining a relationship? Are these suggestions accurate?

2. Considering today's digital imaging techniques and surgical procedures, do you think advertising images portray "real" people? Why?

3. Suppose you are just beginning to date. You look for a date that resembles the attractive people in television ads, and you're irritated that they don't seem to exist in your school. At the same time, you secretly worry that you might not look like the people in television ads, either. Since the media has distorted the concept of what is desirable in both men and women, how might this affect your selection of a lifelong partner?

4. What can you do in your school community to counter media messages and to raise awareness of the limitations of good looks in ensuring happiness?

As a class project, create a collage of student art, photography, poetry, short stories, and song lyrics that explore the theme of inner beauty.