

Lesson_15

PEOPLE IN YOUR LIFE. IN RELATION TO SOMEBODY

Why do you think people need other people around? What are the main types of relationships people usually have? – What relationships do you have? Do you feel happy with the people surrounding you?

1. Look at the list of possible aspects in people's relationships. Divide them into the following categories.

control / trust / honesty / manipulation / independence / respect / jealousy / pressure / equality / loyalty / communication / security / happiness / support / comfort / abuse / true self feeling / betrayal / offence / greed / self-interest / encouragement / love / fear / bullying

HEALTHY RELATIONSHIP	UNHEALTHY RELATIONSHIP

2. Complete the sentences using some of the words from the table above. In some cases the words can be used as a different part of speech.

- 1) Friends offer _____ and understanding when we really need it.
- 2) It's a sign of over _____ if a parent neglects all the decisions of a child and tells what to do, or even tells what to wear or who to spend time with.
- 3) I always expect total _____ from my students.
- 4) Jamie experienced _____ from her History teacher earlier in the week.
- 5) _____ can lead to both psychological and emotional problems.
- 6) My parents brought me up to _____ others.
- 7) Try your friend before you _____ him.
- 8) _____ between parents and children minimizes conflict and plays a role in good family relationships.
- 9) _____ includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.
- 10) Gender _____ is achieved when women and men enjoy the same rights and opportunities across all sectors of society.

READING

3. How can you tell if the relationships are healthy or unhealthy? Read the text about healthy and unhealthy patterns of relationships and tell if your ideas are similar to the author's. There is one you don't need to use.

A relationship is a two way street. In an ideal world, it would work like this: person one enjoys being with person two and person two enjoys being with person one. Each person tries their best to *keep together*. It is important to understand the difference between healthy and unhealthy relationships. Healthy relationships are ones that *bring out the best* in you. Even though no relationship is perfect, healthy relationships make you feel good almost all of the time and generally bring you up and not down. People trust each other and communicate openly. People are always there and support each other when needed.

But... it doesn't always work like that. Relationships involve effort from both sides. And that's where this perfect analogy falls apart. It can't be up to one person to keep up the relationship, it needs both people to *thrive*. One person can only do so much before everything is ruined. Some people are like that. They try their best to keep a relationship going for as long as possible. They try their best to stay in contact with the other person. But how much is enough? When do you eventually say "*I'm done*, I can't do this anymore." and move on? At that point, the *blame falls* on the other person. There's no more mutual responsibility. They tried their best to keep it going but failed. Why does the other person stop? There's no exact science or reason: it just happens. And the relationship is *falling to pieces*, that first person is left confused. "Why is this happening?" "Did I do something wrong?" It's an extremely weird feeling not knowing what or why it is happening. And at that point, it's too late to find out. Unhealthy relationship can start when *a pattern of* certain *behaviours*, like maintaining power and control, takes place. Sometimes it is difficult to see when we are in an unhealthy one. When friends or partners, or even parents or children don't want to spend time with one another; if people are overly dependent on each other, or *vice versa* do not respect mutual privacy; if a person is secretive or lies, pressures a partner, or simply only focuses on oneself, one's interests, feelings and ignores their partner's, then it is a bad sign. Here people may feel *anxious*, confused, unconfident, and even unsafe. Healthy relationships are important and if you or your friend, parents, or any other person knows of some sort of abuse, it is never too late to get or give help. Whatever you give you will get back; always treat people with care, love, and respect. Don't *take* anything *for granted*. Treat them the way they need to be treated and share with them how you want *to be treated* in return.

4. Read the questions below and choose the correct option based on information from the article.

1) What is a pattern of healthy relationships?

- a) talking to each other about everything
- b) getting mutual enjoyment from your relationships
- c) spending much time with each other

2) What is the most important thing in relationships?

- a) communication b) mutuality c) friendship

3) What is the key to being a good friend?

- a) try do your best to maintain your friendship
- b) offer your opinion and persuade what's better, because you know as a real friend
- c) try to mind your own business and keep privacy

4) In a healthy relationship, there must always be a leader.

- a) true b) false

5) What is an unhealthy relationship?

- a) when you listen to your friend
b) when you can't wait to see each other
c) when you never ask for advice

6) Treat people the way _____

- a) you want to be treated!
b) that others treat them!
c) they deserve!