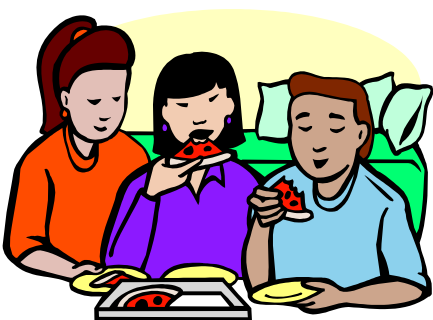


DIRECTIONS: Read and answer the questions on the back. Share what you learned with a parent and have them sign the back. Then turn this in to your School Counselor.

Happy, Healthy, and Helpful Relationships

We care about your success at MacArthur and we can help you along the way! Here are some tips that can help make this year even more memorable!

- ❖ By now you have all settled into your school routine. You have established good relationships with your teachers, counselor, and friends. However, if you are having difficulty in any of these relationships, **let a trusted adult know** so we can help. All of these different relationships affect your daily well-being, and your future. It is important to learn how to build and maintain healthy relationships.
- ❖ Some of the key ingredients to build healthy relationships are: **honest, kind communication, respect, and responsibility**. Treat everyone the way you want them to treat you, with kindness and respect. Take responsibility for your actions, especially when you make a mistake or do something hurtful. Communicate your concerns and thoughts carefully and honestly to your friends and loved ones. Good communication will help others to trust and respect you.
- ❖ **Choose your friends carefully**. Even if you've known someone your whole life, kids sometimes change in Middle School, and not everyone remains a trustworthy friend to confide in or depend on. Avoid spending time and energy on people who are dishonest, mean, manipulative, or who encourage you to make poor choices.
- ❖ If you are hurting, don't isolate yourself. Instead, **reach out to people who care about you**. In Middle School, kids are still in the process of maturing, so sometimes it is better to trust your deepest feelings to caring adults such as: family members, teachers, or counselors.
- ❖ **Avoid drama and gossip** as no one likes to be on the receiving end of it. Remember that people will not trust you if you say rude things about them or spread rumors.
- ❖ When using social media, keep your posts positive and respectful. If you post anything mean, rude, or inappropriate on the internet **it makes problems worse**. Possible consequences include losing friends, starting fights, school discipline, or a denial on a future college or job application.
- ❖ If you need help resolving a problem in a relationship, you can stop **by the Counselor's office**.



Answer the following questions:

Name: _____ ID# _____

1. If you are having trouble in a relationship, let a _____ know so we can help.
2. Some key ingredients to building healthy relationships are:
_____, _____,
and responsibility.
3. Take responsibility for your actions, especially if you make a _____ or do something hurtful.
4. Choose friends carefully and avoid people who are dishonest, _____, _____, or who encourage you to make poor _____.
5. If you are hurting, don't _____ yourself. Instead, reach out to people who _____.
6. Avoid drama and _____ as no one likes to be on the receiving end of it.
7. When using social media, keep your posts _____ and _____.
8. If you need help resolving a problem in a relationship, stop by the _____.

I shared what I learned with my parent/guardian: _____
Parent/guardian signature