

Skills Worksheet

Directed Reading

Lesson: Relationship Skills

1. A social or emotional connection between people is a

_____.

- _____ 2. Communication is
- a. a relationship between two people.
 - b. sending and receiving messages clearly.
 - c. understanding how another person feels.
 - d. the way you talk to someone else.

SPEAKING AND LISTENING

3. What are two things that you can do when talking to someone to make sure your message is clear?

4. Good listeners try to _____ from what they hear.

BODY LANGUAGE

5. A way to communicate using your body is called _____.

6. Identify three ways that your body communicates.

7. What should you do when a person's body language and words don't match?

BEHAVIOR

8. Behavior is how you _____ to act.

9. Good behavior builds good _____.

Directed Reading *continued*

KINDS OF BEHAVIOR

- _____ **10.** Three basic kinds of behavior are
- a.** assertive, listening, and body language.
 - b.** talking, listening, and communicating.
 - c.** assertive, passive, and aggressive.
 - d.** speaking, listening, and passive.

EMPATHY

- 11.** _____ is sharing and understanding another person's feelings.

TOLERANCE

- 12.** The ability to put differences aside and accept people as they are is called _____.
- 13.** List three ways you can show tolerance.

Lesson: Family Relationships

- 14.** Name three things a family teaches you.

KINDS OF FAMILIES

- 15.** A family made up of adults who were married before and their children is called a(n) _____ family.
- 16.** A family made up of grandparents, aunts, uncles, and cousins is a(n) _____ family.

Directed Reading *continued*

ROLES

- _____ **17.** The roles people play in families
- a.** never change.
 - b.** change only when new members join.
 - c.** change only when members move away.
 - d.** change over time.

DIFFERENT FAMILIES, DIFFERENT ROLES

- 18.** Different families have different _____.
- 19.** A family's needs determine the _____ of adults and children.

FUNCTIONING SMOOTHLY

- 20.** List three ways that you can help your family function smoothly.

SUPPORTING EACH OTHER

- 21.** Helping when help is needed is called _____.

SHOWING AFFECTION

- _____ **22.** Affection is
- a.** a feeling of liking or fondness.
 - b.** a type of body language.
 - c.** a role in the family.
 - d.** a type of behavior.
- _____ **23.** The most important bond you have is probably your relationship with your
- a.** classmates.
 - b.** pet.
 - c.** family.
 - d.** teacher.

Directed Reading *continued*

Lesson: Facing Family Problems

- _____ **24.** The skill to deal with family problems
- a.** is inborn.
 - b.** can be learned.
 - c.** cannot be learned.
 - d.** Both a. and c.

DIFFICULT CHANGES

- _____ **25.** One of the best ways to cope with the difficult changes is to
- a.** change the subject.
 - b.** talk about problems.
 - c.** get involved in sports.
 - d.** ignore them.

- 26.** List two difficult changes that can disrupt a family.

FAMILY CONFLICTS

- 27.** A clash of ideas or interest within a family is a _____.

- 28.** List the four steps to manage a minor family conflict.

FAMILY MEETINGS

- _____ **29.** A family meeting can help
- a.** prevent conflicts.
 - b.** deal with adult conflicts.
 - c.** make little problems into bigger problems.
 - d.** teach passive behavior.

SERIOUS PROBLEMS

- 30.** Treating someone in a harmful or offensive way physically, emotionally, or sexually is _____.

Directed Reading *continued*

- 31.** The failure of a parent or other responsible adult to provide a child with basic care, such as food, clothing, or shelter is _____.

COPING WITH SERIOUS PROBLEMS

- 32.** Name one thing that a young person can do to get help if he or she is being abused.

GETTING HELP

- 33.** List five people who can help someone who is dealing with a serious problem like abuse or neglect.

Lesson: Friendship

- _____ **34.** Which of the following is NOT true of friendships?
- a.** Friends enjoy being together.
 - b.** Friends care about each other.
 - c.** The number of friends a person has is important.
 - d.** Friends help keep each other safe.

- 35.** Name three traits of good friends.

MAKING FRIENDS

- 36.** List two ways to make friends.

Directed Reading *continued*

- 37.** List two questions that you can ask yourself to determine if someone will be a good friend for you.

BAD RELATIONSHIPS

- 38.** One feature of most bad relationships is negative _____.

- 39.** List two questions that you can ask to identify a bad relationship.

POSITIVE PEER PRESSURE

- _____ **40.** Positive peer pressure is created by
- a.** showing good character.
 - b.** encouraging others to stick to values.
 - c.** challenging others to do their best.
 - d.** All of the above

- _____ **41.** One of the most important parts of friendship is being
- a.** honest.
 - b.** attractive.
 - c.** popular.
 - d.** rich.

Lesson: Improving Friendships

- 42.** List three ways that working together on a project helps make friendships stronger.

SHOWING RESPECT

- 43.** List two ways that you can show respect.

Directed Reading *continued*

44. What is the benefit of showing respect?

SHOWING LEADERSHIP

- _____ **45.** Which of the following is NOT an aspect of good leadership?
- a.** using refusal skills to demonstrate handling negative peer pressure
 - b.** bossing people around
 - c.** demonstrating respect
 - d.** developing a plan to solve a problem

LEADING PROJECTS

- _____ **46.** An effective way to lead a project is to
- a.** break the project into smaller jobs
 - b.** show people how to work together.
 - c.** make a plan to get the jobs done.
 - d.** All of the above

WORKING TOGETHER

47. Working with other people to reach a goal is called _____.

COOPERATING IN FRIENDSHIPS

48. List two ways that you and your friends can cooperate to help each other achieve goals.

SUPPORTING YOUR FRIENDS

- _____ **49.** Which of the following is friendship based on?
- a.** values
 - b.** respect
 - c.** Both a. and b.
 - d.** Neither a. nor b.

50. List two ways you and your friends can support each other.

Directed Reading *continued*

Lesson: Healthy Affection

51. A feeling of liking or fondness is called _____.

SHOWING AFFECTION

52. List five healthy ways to show affection for your friends.

CHOOSING ABSTINENCE

53. Refusing to take part in an activity that puts your health or the health of others at risk is called _____.

REFUSAL SKILLS

54. List five refusal skills.
