

Presentation Outline

Class: Family Support

Curriculum: Healthy Relationships

Time Frame: 1hr. and 30 min.

Facilitator: Lauren Davis

INTRODUCTION: Relationships come in many different forms. And whether it be with family, friends, teachers, colleagues, acquaintances, etc., developing and maintaining healthy relationships helps us to know ourselves, improve communication skills, develop good character and find fulfillment and joy in our lives. But sadly, in this day and time, with great advancements in technology, developing healthy relationships has become increasingly difficult - particularly in our households.

MAJOR PROBLEMS: Here are three major problems that lead to unhealthy family relationships.

- **Disunity**
 1. Competition - unhealthy comparisons, sibling rivalry, sowing discord, etc.
 2. Envy - the “You’ve got it easy” syndrome.
 3. Confusion - unclear roles, usurping authority, violating household rules, etc.
- **Poor communication/interaction**
 1. Physical and verbal abuse - hitting, name-calling, shouting, etc.
 2. Emotional abuse - withholding love, tuning out, scapegoating, etc.
 3. Dishonesty - lying, covering up, secrecy, etc.
- **Overly high expectations**
 1. Unreasonable demands
 2. Nit-picking
 3. Unwillingness to forgive

SOLUTIONS:

- **Clearly define family roles** - Just as in any successful organization, a family must have order and structure. Our families must be organized and unified, so that each member understands the contribution they must make and the benefits they will receive for the overall well-being of the family unit.
- **Improve communication skills** - We must recognize that healthy family relationships are maintained by healthy interaction. We must develop our ability to communicate in love, with honesty and trust, without resorting to name-calling and violence.
- **Develop patience** - Character development is not something that happens overnight - it's an ongoing lifetime process. As we all develop and grow, including both parents and children, we must learn to be patient and kind with one another and give each other the benefit of the doubt. We must charge each other's offences and shortcomings to our heads and not our hearts.

INTERACTIONS:

- Have each person participate in written exercise “Evaluating a Relationship.”
- Have each person explain their responses.
- Open the floor for general discussion.

CONCLUSION: In order to develop healthy family relationships we must clearly define the rights, responsibilities and rewards assigned to each family member. We must also improve our ability to communicate with one another with patience and forgiveness rather than resorting to physical, verbal and emotional abuse. And above all, we must learn to love one another unconditionally - not based upon what we do, but who we are.

