

Name: _____

Relationships at Home, School, and in the Community

How you initiate and sustain relationships depends on the type of relationship. What they all have in common, though, is **EFFORT = REWARD!** In our modern world, it is tempting to disengage and sit behind our screens instead of putting our devices down and interacting face-to-face with people and communities vital to us.



First, let's explore ways to initiate and sustain better relationships with family members.

- Spend quality time with family members. Try to engage with each family member at home at some point in your day. For example, if you have siblings, try to show an interest in their hobbies and activities by offering to help them or asking them questions about their hobbies. Once you've shown you care about them, invite them to share in something that interests you. If you cannot do this daily, set aside some time during the week to play a game or engage in an activity they enjoy that may not typically interest you.

Express appreciation and gratitude for parental support by eating breakfast and dinner together. Use this family time to ask them about their day and discuss the latest sports rankings or a book or television show you know they would enjoy.

Get involved in household chores without being asked or nagged by your parents. Do at least one chore you wouldn't usually do, and do it willingly!

- Sustain family relationships by engaging in open and honest communication, respecting their opinions and differences and respecting boundaries. This is especially significant with grandparents trying to navigate a world vastly different from the one they grew up in. Be kind and patient with them.

