

Skills for Living

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Topic 6-3

Negative Relationships

- In this topic, you will learn how to identify and end negative relationships to protect your social and emotional health, as well as
 - ❖ **What is a negative relationship?**
 - ❖ **Ending a negative relationship**
 - ❖ **Negative peer pressure**
 - ❖ **Sexual harassment**
 - ❖ **Rape**

Negative Relationships

Objectives for Topic 6-3

After studying this topic, you will be able to

- describe a negative relationship
- explain how to end and recover from a negative relationship
- explain how a code of behavior can help you manage negative peer pressure
- give examples of sexual harassment
- explain what rape is and how to avoid being a rape victim

Topic 6-3 Terms

❖ peer pressure

❖ sexual harassment

❖ rape

❖ acquaintance rape

❖ date rape

What Is a Negative Relationship?

- A *negative relationship* is a relationship that is neither healthy, satisfying, nor successful for one or both of the people involved
- Negative relationships
 - ❖ threaten a person's physical and/or emotional well-being
 - ❖ often involve some level of abuse

Ending a Negative Relationship

■ Physical abuse

- ❖ Form a plan for getting away from the abuser
- ❖ Get away from the abuser
- ❖ File a police report
- ❖ Seek medical care
- ❖ Get counseling and legal advice

■ Emotional abuse

- ❖ Get away from the abuser
- ❖ Rebuild self-esteem
- ❖ Seek counseling

Recovering from a Negative Relationship



- Recovering from a negative relationship takes time
 - ❖ Consider how negative relationships can be avoided in the future
 - ❖ Get support from positive relationships with family and friends
 - ❖ Get counseling

Negative Peer Pressure

- *Peer pressure* is the influence a person's peers have on him or her
- Negative peer pressure is the influence used to urge someone to adopt unethical behavior
- Positive peer pressure is the influence used to encourage someone to adopt acceptable behavior



Managing Negative Peer Pressure

- Decide what type of behavior you consider unethical
- Identify when negative peer pressure is used
- Develop a code of behavior
- Discuss your code of behavior with parents and other trusted adults
- Avoid situations where pressure might be used



Sexual Harassment

- *Sexual harassment* is unwanted sexual advances, request for sexual favors, or other verbal or physical sexual conduct
- Behavior often considered sexual harassment includes
 - ❖ sexual language
 - ❖ sexual name-calling
 - ❖ pressure to engage in sexual activity
 - ❖ demand for sexual favors
 - ❖ touching or grabbing in a sexual manner

Rape

- *Rape* is forcing another person to submit to sexual relations
 - ❖ *Acquaintance rape* occurs between people who know each other
 - ❖ *Date rape* is the rape of a dating partner

Date and Acquaintance Rape

- Preventing date or acquaintance rape
 - ❖ Avoid situations where you could be attacked
 - ❖ Learn to recognize situations that could get out of control
 - ❖ If someone's actions make you uncomfortable, leave
 - ❖ Let the other person know you mean what you say

Did You Know...

- Rape is the fastest growing violent crime in the United States
- In the United States, a woman is raped every 6 minutes
- 84% of all rapes are committed by someone known to the victim
- Men are also raped
- An estimated 92,700 men are forcibly raped each year in the United States

Summary for Topic 6-3

- A relationship should be ended if you recognize that it is damaging for you or the other person involved
- Some negative relationships are the results of negative peer pressure
- You should know how to recognize sexual harassment and how to avoid being a victim of sexual harassment or rape