

Module 2: Looking in Your Blind Spot

Topic 2 Content: Types of Relationships

Introduction

Types of Relationships

- Family Relationships
- Friendships
- Dating Relationships

Introduction

Relationships are connections you have with other people. You can develop relationships with family, friends, or significant others. In addition, relationships can have a positive or negative effect on your physical, mental, emotional, and social health.



Relationships are connections you have with other people. You can develop relationships with family, friends, or significant others. In addition, relationships can have a positive or negative effect on your physical, mental, emotional, and social health.

Module 2: Looking in Your Blind Spot

Topic 2 Content: Types of Relationships

Family Relationships

Types of Relationships

Family Relationships



Family relationships involve your immediate family, like parents and siblings. They also include extended family, like grandparents, aunts, uncles, and cousins. Family relationships contribute to your mental and emotional health because these people in your life can provide you with love, care, and encouragement. In addition, family members are supposed to contribute to your health and wellness by giving you with support, a sense of belonging, safety, and basic needs like shelter and food.

Friendships

Dating Relationships

Family relationships involve your immediate family, like parents and siblings. They also include extended family, like grandparents, aunts, uncles, and cousins. Family relationships contribute to your mental and emotional health because these people in your life can provide you with love, care, and encouragement. In addition, family members are supposed to contribute to your health and wellness by giving you support, a sense of belonging, safety, and basic needs like shelter and food.

Module 2: Looking in Your Blind Spot

Topic 2 Content: Types of Relationships

Friendships

Types of Relationships

- Family Relationships
- Friendships
- Dating Relationships

Friendships



Friendships are relationships between two people that are based on caring, trust, and consideration. Good friends often share similar interest and values. Furthermore, friendships can be emotional, and when emotions come into play, they can impact your social health and decision making. People tend to want peer approval, so sometimes may make rash decisions based on emotions, before thinking through an action.

Friendships are relationships between two people that are based on caring, trust, and consideration. Good friends often share similar interests and values. Furthermore, friendships can be emotional, and when emotions come into play, they can impact your social health and decision making. People tend to want peer approval, so sometimes may make rash decisions based on emotions, before thinking through an action.

Module 2: Looking in Your Blind Spot

Topic 2 Content: Types of Relationships

Dating Relationships

Types of Relationships


Family Relationships

Friendships

Dating Relationships

Dating Relationships

While dating relationships are similar to friendships, they frequently are more intimate as couples spend increased time together, and have special feelings for one another. Dating relationships impact mental, emotional, and social health by offering a source of love, care, and encouragement, and also influencing decision making.



While dating relationships are similar to friendships, they frequently are more intimate as couples spend increased time together, and have special feelings for one another. Dating relationships impact mental, emotional, and social health by offering a source of love, care, and encouragement, and also influencing decision making.