Family, friends, teachers, and classmates play major roles in the lives of kids and teens. Knowing how to be friendly and fair and resolve conflicts are important skills kids and teens will use throughout their lives. The following activities will help your students understand the importance of building and nurturing healthy relationships.

**Related KidsHealth Links**

**Articles for Kids:**

- Getting Along With Teachers
  KidsHealth.org/kid/feeling/home_family/getting_along_teachers.html
- Getting Along With Parents
  KidsHealth.org/kid/feeling/home_family/parents.html
- Getting Along With Brothers and Sisters
  KidsHealth.org/kid/feeling/home_family/sibling_rivalry.html
- Saying You’re Sorry
  KidsHealth.org/kid/feeling/home_family/sorry.html

**Articles for Teens:**

- Getting Along With Your Teachers
  TeensHealth.org/teen/homework/problems/teacher_relationships.html
- Talking With Your Parents — or Other Adults
  TeensHealth.org/teen/your_mind/Parents/talk_to_parents.html
- Why Do I Fight With My Parents So Much?
  TeensHealth.org/teen/your_mind/families/fight.html
- 5 Ways to (Respectfully) Disagree
  TeensHealth.org/teen/your_mind/families/tips_disagree.html
- Apologizing
  TeensHealth.org/teen/your_mind/relationships/apologies.html

**Discussion Questions**

Note: The following questions are written in language appropriate for sharing with your students.

1. When people get along well with each other, it shows. How do they talk to each other? How do they treat each other?

2. Did you ever notice how some relationships are low-maintenance, while others take more effort? If you’ve ever had to work hard to get along with someone, describe what that was like. Was it worth it?

3. When it comes to healthy relationships, communication is the name of the game. List some rules for communicating effectively with friends and family.

4. Arguments are bound to happen, but they don’t necessarily have to end with a “winner” and a “loser.” Explain why this is true.
Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Communication: A Two-Way Street

Objectives:
Students will:
• Explore which communication strategies are most effective during conflict
• Generate creative resolutions for conflicts

Materials:
• Computer with Internet access and word-processing program

Class Time:
• 45 minutes

Activity:
You've just been hired to be the advice columnist for the school newspaper. The column's focus is “getting along with others.” First, come up with a name for your column. Then read the KidsHealth articles for ideas and information about dealing with conflicts and getting along. Your assignment is to give advice to the students who wrote these letters to the newspaper:

My parents and I yell at each other a lot lately. They still treat me like a little kid. I want to stay up later and go places with my friends. Every time I try to do something on my own, there’s a blowout and I end up storming off to my room! Help!

- MyParentsAreCrazy

My BFF is hanging out a lot with people I don’t get along with and it feels like we barely see each other anymore. What should I do?

- Almost ExBFF

Write a response to the students that includes:
• a clear description of the conflict
• a discussion of what each side might be thinking and feeling
• tips that will help both sides talk and listen effectively to each other
• at least three suggestions for working out the problem together

Extensions:
1. Role-play conversation between these students and the parents and best friend. Remember to use good communication skills.

2. Write a 500-word essay about both a good relationship you have with someone you care about and a more difficult relationship with someone you care about. Are there things in the good relationship you could transfer to the more difficult relationship to make improvements?
Understanding Perspective

Objectives:
Students will:
• Learn the importance of considering another person’s perspective

Materials:
• Pen and paper

Class Time:
• 45 minutes

Activity:
Part of growing up means being able to consider things from another person’s point of view, even if you don’t necessarily agree with it. When you at least try to see where the other person is coming from, it’s easier to stay calm and work toward a solution.

Take Ashlyn. She was at her wit’s end with her younger sister, Tori. Tori had been trailing her around like a shadow for months — always barging into her room, “borrowing” her things, and trying to hang out with her friends. After months of fighting, Ashlyn finally tried something different: She talked to Tori instead of yelling at her. That’s when she learned that Tori was feeling left out at school and that’s why she was trying hard to be like Ashlyn and her friends. She hadn’t meant to be annoying. She was just lonely.

Write a brief essay or skit that depicts:
• What the situation looks like from Ashlyn’s point of view
• What the situation looks like from Tori’s point of view
• The role of communicating and listening
• 3 things each girl can do so that they’ll get along better in the future

Extension:
Write a 400-word essay about a situation from your own life where you avoided or resolved a conflict by considering another person’s perspective.

Reproducible Materials
Quiz: Getting Along
KidsHealth.org/classroom/6to8/personal/growing/getting_along_quiz.pdf

Answer Key: Getting Along
KidsHealth.org/classroom/6to8/personal/growing/getting_along_quiz_answers.pdf
Quiz

Instructions: Answer each question.

1. List three things you can do to get along better with friends or family:

2. True or false: Getting along with teachers can help you do better in school.

3. When you've hurt someone's feelings, what's the best thing you can do?

4. A good first step to getting over a problem with a friend would be to:
   a) yell about how you feel
   b) say it was your fault, even if it wasn't
   c) get other friends to take your side
   d) communicate calmly with each other

5. No matter how angry or upset you are, it's never OK to use ______________________ when trying to solve an argument.

6. True or false: When you're in an argument, you should try to stay focused on your own point of view.

7. Sibling rivalry (fighting between brothers and sisters):
   a) is common
   b) is normal
   c) can occur at any age
   d) all of the above

8. True or false: Adults never have to apologize.

9. During an argument, it's just as important to ______________________ as it is to speak.

10. If you want to have an important conversation with someone, it's best to do it:
   a) while he or she is working on something important
   b) during an argument
   c) when the person is calm and can give you his or her full attention
   d) when the person seems really stressed out
Quiz Answer Key

1. List three things you can do to get along better with friends or family:
   Any three of the following: Be friendly, be kind, be fair, control your temper, apologize, talk out problems.

2. True or false: Getting along with teachers can help you do better in school.

3. When you’ve hurt someone’s feelings, what’s the best thing you can do?
   Say you’re sorry, or apologize.

4. A good first step to getting over a problem with a friend would be to:
   a) yell about how you feel
   b) say it was your fault, even if it wasn’t
   c) get other friends to take your side
   d) communicate calmly with each other

5. No matter how angry or upset you are, it’s never OK to use physical violence when trying to solve an argument.

6. True or false: When you’re in an argument, you should try to stay focused on your own point of view.

7. Sibling rivalry (fighting between brothers and sisters):
   a) is common
   b) is normal
   c) can occur at any age
   d) all of the above

8. True or false: Adults never have to apologize.

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