LIFEPAC®



ELECTIVE

STUDENT BOOK

Family and Consumer Science

Unit 9

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FAMILY AND CONSUMER SCIENCE

INTERPERSONAL RELATIONSHIPS AND FAMILIES

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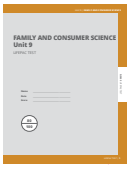
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Interpersonal Relationships and Families

Introduction

The relationships you have in your life are critical to your health and happiness. Families provide the foundation for building strong interpersonal relationships throughout your life. Growing up in a family, you learn many of the communication and life skills you'll use as an independent adult and when you start your own family someday. In this unit, you'll learn about how relationships are formed, strategies to maintain your relationships, and how to resolve conflict. You'll learn about the ways communications impact relationships and how to become a competent communicator. Lastly, you'll learn about the different types of families and common roles people assume within the family unit. We'll explore the functions of a family, including the model it provides for your future behaviors and interactions, and the common life cycle of a family.

Objectives

Read these objectives. The objectives tell you what you will be able to do when you have successfully completed this LIFEPAC®. When you have finished this LIFEPAC, you should be able to:

1. Identify and analyze types of interpersonal relationships.
2. Analyze the process of how relationships form.
3. Identify ways to maintain a good relationship.
4. Examine how empathy can improve relationships with other people.
5. Explore how empathy is shown and why it is a useful interpersonal skill.
6. Identify and analyze stages in an interpersonal relationship, based on Knapp's Relational Model.
7. Apply problem-solving strategies to interpersonal communication issues.
8. Identify communication strategies to maintain relationships.
9. Recognize communication strategies for conflict resolution.
10. Evaluate communication effectiveness based on the five-step model to communication.
11. Analyze different types of family structures.
12. Examine the different roles people have within the family.
13. Explain how family roles can change over time.
14. Examine the four main functions of the family.
15. Understand the stages of the family life cycle.

1. INTERPERSONAL RELATIONSHIPS

The most important parts of your life are the **relationships** you have with the people around you, whether they be friends, family members, teachers, leaders, or romantic partners. These relationships are interpersonal, meaning relationships that fulfill a range of physical and emotional needs. These relationships are yours to build and keep throughout a lifetime. These are the people you can rely on in the tough times and celebrate with in the good times. A life without relationships is a life of isolation and leads to feelings of loneliness. We are meant to have other people in our lives. It is normal, natural, and healthy to have meaningful relationships with others.

Section Objectives

Review these objectives. When you have completed this section, you should be able to:

1. Identify and analyze types of interpersonal relationships.
2. Analyze the process of how relationships form.
3. Identify ways to maintain a good relationship.
4. Examine how empathy can improve relationships with other people.
5. Explore how empathy is shown and why it is a useful interpersonal skill.

Vocabulary

Study these words to enhance your learning success in this section.

assumption
attraction
conflict
empathy
evolve
loyalty
nonverbal cues
platonic
reciprocity
relationship

Note: All vocabulary words in this unit appear in **boldface** print the first time they are used. If you are unsure of the meaning when you are reading, study the definitions given.

FORMING RELATIONSHIPS

You'll form many different relationships in your lifetime. You'll have relationships with romantic partners, family members, friends, teachers, and other trusted adults. Some of your relationships may be very close and some may come from familiarity. For example, perhaps you and your family have a favorite restaurant, and the waiter knows your favorite dish without you even asking because you've been there so often. Even this is a type of relationship. Although it's a limited relationship, you and the waiter have still interacted enough to establish some sort of connection.

The point is that the word relationship is a broader term than it may first seem. A relationship is the interactions or connections you have with another person. A relationship can be **platonic**—meaning it is purely a friendship with no romantic interest—or a relationship can be romantic. Of course, romantic relationships are when two people offer love and commitment to each other.

Factors in a relationship. There are certain factors that cause people to form relationships with one another. The factors that typically create a relationship are attraction, trust, reciprocity, and loyalty. These factors are presented in a specific order because almost all relationships develop according to a pattern or cycle. You don't bump into a stranger and suddenly have a deep relationship with them. Rather, relationships—especially ones that last for a long time—tend to progress in a specific order.

Attraction. Who is your best friend and why are you friends with this person? **Attraction** doesn't have to mean romance. We tend to be attracted to certain people for a variety of reasons. They may make us feel comfortable or share similar interests or personality traits. We may like the way they look or their sense of style. We can feel an intellectual attraction, an attraction of interests, a physical attraction, or even an emotional attraction to others.

Intellectual attraction simply means that you are drawn toward someone because you like the way they think. Something about what that person says just clicks with you. You may find you communicate in the same ways, sharing similar ideas or values, or simply have a similar way of speaking. Research shows our sense of self defines to a great extent who we are attracted to, so we tend to be attracted to people who exhibit similar personalities, thoughts, and ideas. So, it makes sense we are also attracted to people who enjoy the same activities and are interested in the same hobbies, such as playing video games, making jewelry, reading comic books, or watching a certain television show. You might have the same taste in music or enjoy spending your free time the same way.

Physical attraction is when you are drawn toward someone because their physical appearance is appealing to you. Physical attraction doesn't always mean that you are romantically interested in a person. It's possible to simply like a person's appearance. The research into physical attraction says there are certain factors that can influence physical attraction, like facial symmetry and a sense of familiarity. There are often chemical reactions that can take place in the body when physical attraction is tied to romance. Those chemical reactions may inspire you to take an interest in a person but can fade over time if intellectual and emotional attraction are not present. Emotional attraction occurs when you are drawn to the way a person expresses their feelings. You may like the maturity someone displays when they experience a challenge or you might find that you admire someone's abilities to remain calm and collected in a stressful situation.



Circle the letter of the correct answer.

1.7 _____ is crucial for a long-term relationship.

a. Physical attraction b. Shared interests c. Trust

1.8 Reciprocity in relationships is when you respond in a(n) _____ manner.

a. immediate b. equal c. direct

1.9 To maintain a strong relationship during challenges, _____ is essential.

a. emotional detachment b. avoiding conflict c. loyalty

1.10 _____ is a fast way to break trust in a relationship.

a. Dishonesty b. Arguing c. Reciprocity

1.11 Trust is essential for a long-term relationship because it fosters _____ and reliability.

a. emotional connection b. financial safety c. likeability

MAINTAINING RELATIONSHIPS

Every relationship has its ups and downs. The longer you are friends with someone, the more likely you are to encounter differences, despite the many similarities that drew you together in the first place. Just because your relationship encounters a few bumps doesn't mean that your relationship is no longer worth having. A good relationship takes effort and work. It doesn't just happen or stay good on its own. You grow and **evolve** and so do other people. Relationships must grow and evolve as well.

Remember, relationships tend to follow a certain pattern. First, there is some sort of attraction that draws you to another person. As you get to know each other, you build trust. As you come to trust each other, you and your friend are willing to help each other out (reciprocity). Continuing in your relationship, whether it be romantic or platonic, demonstrates your loyalty and commitment to each other.

You already have relationships with certain people. You may have a best friend, and you have family members. You've probably had plenty of arguments with these people as well. All relationships require work to maintain, even those you're born into, like your relationships with family members. If you want to improve a relationship, there are certain actions you can take to keep that relationship strong. Let's look at some simple actions that can help you maintain good relationships.

- Express gratitude and appreciation.
- Say thank you when someone helps you.
- Say you're sorry when you are wrong.
- Tell family members that you love them.
- Talk about differences and ways to solve them rather than ignoring problems.
- Share your things and your time.
- Help out—cook a meal, run an errand, or fix something.

SELF TEST 1

Write the letter of the vocabulary word that matches the correct definition (each answer, 3 points).

1.01	_____	the interactions or connection between two people
1.02	_____	to develop or change over time
1.03	_____	clash of ideas, opinions, perspectives, or beliefs
1.04	_____	equal exchange
1.05	_____	something accepted as true or certain, without proof
1.06	_____	relationship between people naturally drawn together
1.07	_____	friendly; not romantic
1.08	_____	commitment or dedication to a person or cause
1.09	_____	transmission of signals used to communicate without language
1.010	_____	ability to understand another person's feelings

a. evolve
b. attraction
c. reciprocity
d. nonverbal cues
e. assumption
f. relationship
g. empathy
h. platonic
i. conflict
j. loyalty

Write *T* for True or *F* for False (each answer, 3 points).

1.011	_____	Relationships tend to follow a pattern that begins with attraction.
1.012	_____	People grow and evolve and relationships must too.
1.013	_____	Romantic couples are in a platonic relationship.
1.014	_____	A good relationship shouldn't require work to maintain.
1.015	_____	You should take a moment to think before responding to conflict.
1.016	_____	Communication is only spoken words.
1.017	_____	Empathy involves understanding someone's feelings from your own perspective.
1.018	_____	Paying attention to nonverbal cues can help you be more empathetic.
1.019	_____	Empathy is crucial for building strong relationships.
1.020	_____	Being willing to say you're sorry when you made a mistake helps resolve conflict.

Differentiating Stage. During this stage, differences between partners begin to emerge and rather than working together, partners become more individualistic in their attitudes.

Circumscribing Stage. In this stage, communications become limited to "safe" topics as many communications leads to conflict.

The final stages of coming apart are often associated with termination of the relationship. These stages include:

Stagnation Stage. In this stage, communication is minimal as individuals assume they know how the partner will respond. Some couples stay in this stage to avoid the pain associated with terminating the relationship, but staying in this stage for too long makes it more difficult to reverse the damage.

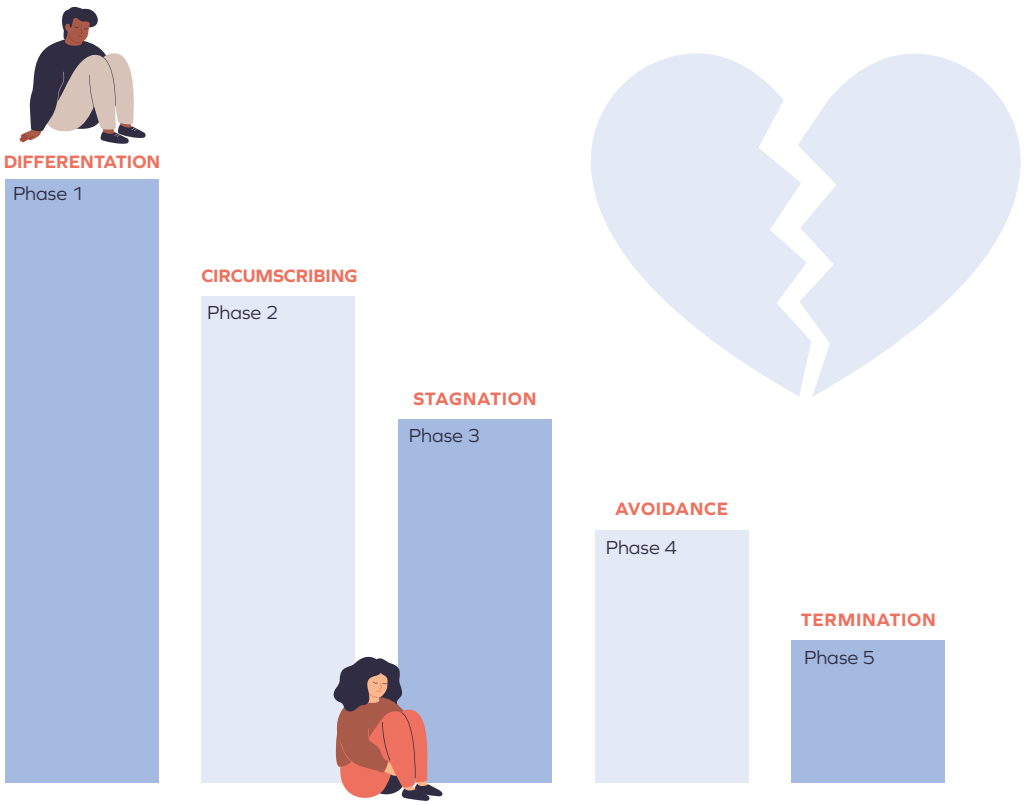
Avoidance Stage. Couples who are in the stagnation stage for long periods engage in the avoidance stage, separating from one another physically, emotionally, and mentally.

Termination Stage. As the title implies, this stage is where couples decide to end the relationship.

While Knapp's Relational Development Model focuses on couples, many of the same ideas apply to friendships and other close relationships. In any case, you may have relationships that sometimes seem to fit characteristics of several stages. For example, a friendship that is stagnant may experience fits of intensifying; one person might ask another, "What's happened to our friendship?"

But in most cases, relationships tend to move sequentially through Knapp's model, beginning with the stages of coming together. However, just because a relationship exhibits characteristics of one of the coming apart stages doesn't mean it can't be fixed. For instance, two friends who are spending more and more time together, emotionally committing themselves to one another (i.e., integrating stage), are more likely to mature their friendship (i.e., bonding stage) than end it (i.e., terminating stage). The reverse can be true as well if one of two friends in the integration stage suddenly begins introducing conflict, moving them into the differentiating stage.

A circumscribing relationship might progress by becoming an integrating relationship or an intensifying relationship might regress by turning into a stagnating relationship.



Source: https://www.lovetoknow.com/life/relationships/five-stages-relationship

Feedforward also foreshadows the main message; it gives the receiver an idea about the conversation that will ensue. Consider a situation in which you have just learned that you were accepted into a prestigious college. You are elated and want to tell someone. You greet the first friend you see by saying, "I have incredible news!" Your greeting acts as a header on a memo. It indicates the content of future communication.

Feedforward is also used to **altercast**, which is making a statement that places a listener into a specific role and asks the listener to consider a problem from a perspective selected by the speaker. For instance, we might have to choose between going to a once-in-a-lifetime event and completing an important assignment. To try to get a friend to understand our situation, we might say, "What would you do in this situation?"

Feedforward may also clarify the meaning of a message by use of a disclaimer. **Disclaimers** are statements made to remove responsibility from the speaker. Five disclaimers are commonly used:

Disclaimer	Description	Example
hedging	renounces the message's importance	"Not that it matters but..."
credentialing	attempts to clarify a message with qualifying statements	"Don't get me wrong but..."
sin license	asks forgiveness to violate a social norm	"Forgive me for asking but..."
cognitive disclaimer	affirms the speaker's capabilities	"I know this seems odd but..."
appeal for suspension of judgment	asks for listener to wait before evaluating	"Hear me out on this..."

Step 3: Business. Business is the third step in the five-step model of conversation. It is the main portion of the conversation process; all previous steps lead up to it. The business of interpersonal conversation is accomplished when both people involved take turns exchanging thoughts and feelings. An exchange that opens pleasantly with cordial greetings but results in a one-way communication of ideas is not a conversation; it is a monologue. A person involved in a conversation must not only talk but must also listen and respond intelligently. The roles of speaker and listener must be exchanged frequently; otherwise, interpersonal communication will not occur.

Step 4: Feedback. As a conversation progresses, a speaker receives **feedback** from a listener in the form of verbal and nonverbal messages. For instance, you might smile in response to a message that is pleasing. Or you might say, "That's so great to hear!" In the process of conversation, feedback signals to the speaker how his message has been received.



Coping with stressful events. Families trying to cope with chronic stress may require the help of people outside the family. For example, professional counseling can help families make it through the troubling times and still remain together. This can be critical because major stressors often contribute to the breaking up of a family.

Outside help can come in many forms. A counselor can help family members deal with struggles by giving professional advice or simply offering a listening ear. Also, each family member needs to have an **outlet**—someone or something to be a temporary distraction from the problem. This outlet may just be someone you can talk to when things become difficult. For example, your outlet could be a parent or guardian, a trusted friend, or another adult with whom you can openly discuss your feelings and problems. Parents need each other to rely on and to share the stress load. They may also need to seek outside resources for help in dealing with certain challenges, such as a terminally ill child, drug addictions, or mental illness.

Did You Know?

Not all stress is bad; some stress is healthy. Eustress is a healthy stress that motivates us to face challenges and be successful. When we talk about being stressed, we generally mean we are feeling distressed.

As a teen, you don't always have control of what happens in your family, and you probably don't have control over what your parents choose to do. If stress piles up to the point that your family structure changes or you are being overwhelmed, remember that you may be able to get help through a teacher, coach, or other trusted adult, and there are also teen hotlines or crisis hotlines that offer advice and counsel.

Circle the correct answer to each question.

3.13 According to Maslow's hierarchy of needs, needs in the _____ tier must be met before a person will focus on needs of safety and security.

a. self-esteem b. love and belonging c. physiological needs

3.14 _____ is not a basic physiological need according to Maslow's hierarchy.

a. Self-esteem b. Food c. Sleep

3.15 The two levels at the base of Maslow's hierarchy of needs are _____ needs.

a. self-actualization b. basic c. psychological

3.16 _____ is the top tier of Maslow's pyramid.

a. Physiological needs b. Love and belonging c. Self-actualization

3.17 _____ circumstances are types of events that require more than just time for families to transition back into normal patterns.

a. Temporary b. Persistent or chronic c. Routine



LET'S REVIEW!

Family structures come in many different forms and in families, the members usually take on different roles. As time passes, those roles can and often do change. You've learned about the four main functions of families which include providing affection, resources, opportunities to learn life skills, and stability, and how these functions contribute to an individual's future potential for growth. You also learned about common family stressors and strategies to strengthen the family. Lastly, you learned about the five stages of the family life cycle, which include independence, marriage, parenting, launching, and aging. Each of these stages brings changes to the existing family, and eventually new families are created as children leave the current family and start their own, thus creating a brand-new family life cycle.

Before you take this last Self Test, you may want to do one or more of these self checks.

1. _____ Read the objectives. Determine if you can do them.
2. _____ Restudy the material related to any objectives that you cannot do.
3. _____ Use the **SQ3R** study procedure to review the material:
   a. **S**can the sections.
   b. **Q**uestion yourself again (review the questions you wrote initially).
   c. **R**ead to answer your questions.
   d. **R**ecite the answers to yourself.
   e. **R**eview areas you did not understand.
4. _____ Review all vocabulary, activities, and Self Tests, writing a correct answer for every wrong answer.

GLOSSARY

altercast . . . . . Statement that places a listener in a specific role to consider a problem from a specific perspective.

antagonizer . . . . . Person who influences others into stirring up trouble.

assumption . . . . . Something accepted as true or certain, without proof.

attraction . . . . . The relationship between people naturally drawn together.

chronic . . . . . Lasting for a long time.

confidant . . . . . Trusted person with whom you can share personal information.

conflict . . . . . Clash of ideas, opinions, perspectives, or beliefs.

continuity . . . . . Consistency; when changes occur gradually.

conversation . . . . . Social exchange.

disclaimer . . . . . Statement made to refuse responsibility for something.

discontinuity . . . . . Inconsistency; when changes occur abruptly.

empathy . . . . . Ability to understand another person's feelings.

evolve . . . . . To develop or change over time.

feedback . . . . . Response to a message.

feedforward . . . . . Messages sent prior to the business of conversation so that listeners know what to expect.

generation . . . . . People born in a specific era.

initiate . . . . . To cause a process to begin.

loyalty . . . . . Commitment or dedication to a person or cause.

nonverbal cues . . . . . Transmission of messages or signals used to communicate without language.

outlet . . . . . Someone or something that can be a temporary distraction from a problem.

phatic communication . . . . . Socially significant messages used to open channels of communication.

platonic . . . . . Friendly; not romantic.

reciprocity . . . . . Equal exchange.

relational dialectic . . . . . Competing desires or motivations that influence a relationship.

relationship . . . . . The interactions or connection between two people.

role . . . . . The part a person plays in a specific setting.

FAMILY AND CONSUMER SCIENCE UNIT 9: LIFEPAC TEST

Write the letter of the vocabulary word that matches the correct definition (each answer 3 points).

1.	_____	statement made to refuse responsibility for something
2.	_____	the interactions or connection between two people
3.	_____	a response to a message
4.	_____	lasting for a long time
5.	_____	consistency; when changes occur gradually
6.	_____	friendly; not romantic
7.	_____	a social exchange
8.	_____	trusted person with whom you can share personal information
9.	_____	the relationship between people naturally drawn together
10.	_____	a person who influences others into stirring up trouble

a. confidant
b. continuity
c. antagonizer
d. feedback
e. disclaimer
f. attraction
g. relationship
h. platonic
i. chronic
j. conversation

Write *T* for True or *F* for False (each answer, 3 points).

11.	_____	A good relationship shouldn't require work to maintain.
12.	_____	Relationships tend to follow a pattern that begins with attraction.
13.	_____	Returning a quick defense is important to handle criticism effectively.
14.	_____	Empathy requires putting yourself in someone else's shoes.
15.	_____	Listening carefully is the first step of being a good conversationalist.
16.	_____	You should take a moment to think before responding to conflict.
17.	_____	Close relationships require effort to be maintained.
18.	_____	We don't get to choose the roles we play in our families.
19.	_____	Families provide resources such as food, shelter, and education.
20.	_____	Families play a role in defining and maintaining social roles and order.

Complete the activities (each answer, 5 points).

31. In 1-2 sentences, describe at least three types of attraction people experience.

32. In 2-3 sentences, explain the different factors that may influence how family roles are determined.



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EL9809 – Jul 2024 Printing

ISBN 978-0-7403-4293-6