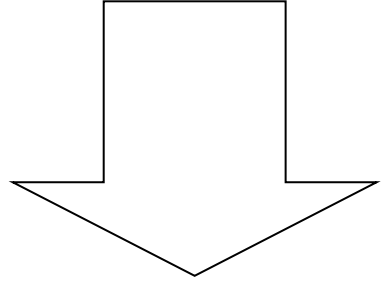


Challenge 2



Healthy Relationships

Relationships mean different things to each person. To some, it is an experiment in life. Others use them as a type of conquest. Many feel that it is “a rite of passage” and is simply what is “supposed” to happen at this point in a teen’s life. There are those who think that this is a time to discover love, however they define it. Finally, others are simply not ready to commit their time and effort in one person.

When do you think teens start feeling pressured to have a girlfriend or boyfriend?

With so many different feelings attached to relationships, it’s easy to see how everyone can get hurt at one time or other. Emotions can start off as being great and euphoric feeling and then turn into a really painful experience. **Give an example of when a relationship can turn into a serious crisis for a teen.**

Relationships vs. Friendships

Many teens will say that relationships are more trouble than they are worth. They enjoy freedom without having to be accountable to another person “24-7”. They would prefer to rely on friendships. Some teens feel that friends are more reliable, not nearly as demanding and, in general, are committed to far less drama.

What qualities are important to have in your friends? Describe the perfect friend.

Why are teens more selective about friends in high school as opposed to when they were younger.

How important is a good friend especially during the challenges today?

Opposite personalities sometimes create close friendships, like a person who is loud and obnoxious has a close friend who is quiet and serious. A teen who is a great student might connect with someone who is only interested in sports and cares less about grades. A shy teen might connect with a confident and outgoing friend.

Why do think that opposite personalities are sometimes a good combination?

What is the most difficult part of friendship for most people?

Time to CHOOSE

Each person is a unique individual who is a combination of personal choices, cultural norms, and family influences (both traditional and non-traditional). We also have different skill sets, goals, intelligence levels and personalities. But what if we could choose to maximize our life experiences within a new life style. Here is a chance to imagine for a moment that this very choice is in your hands.

You may want to have both experiences or neither, but you need to select one and try to envision the life that you would experience. What would be the optimal experience within the choice that you make?

Would you rather be a super athlete or a famous musician? Why?

Would you rather be president of a country or a movie star? Why?

**Would you rather be a rock/country star or a famous scientist?
Why?**

**Would you rather be Superman or Jeff Bezos (Amazon president)?
Why?**

**Would you choose to work with Bill Gates, Lady Gaga or Mother
Theresa (when she was alive)? Why?**