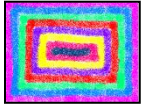


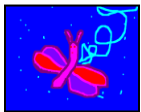
Families and Relationships Handout for Teens

During the lesson, write down any words that you are unsure about, so we can look them up and talk about them. _____

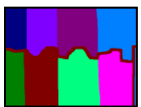
Answer the first question before the lesson starts. Wait until the end to answer the other questions.



1. What is a relationship? How do relationships affect mental health?



2. What relationship issues do you see in your family? How do they affect you?



3. What relationship skill do you want to improve? How can you do that?

Which goals did you meet?

- To increase awareness of relationship issues on mental health and recovery
 - To describe a relationship pattern you see in your family
 - To choose a relationship skill to work on (increase assertiveness, decrease co-dependency, decrease isolation, reduce fear and stigma, or manage chaos)
- To list one or more ways to help improve the chosen relationship skill

Revised 6-3-15