

family relationships

Learning Objective: Each student will learn how to improve their ability to manage family relationships and struggles. In addition, each student will learn specific skills and tools dealing with family divorce and separation.

Quiz Reflection:

Video Reflection:

Podcast Reflection:

Goals:

1.
What? _____
Why? _____
How? _____

2.
What? _____
Why? _____
How? _____

3.
What? _____
Why? _____
How? _____

Make sure your goals are:

- 1. Obvious
- 2. Attractive
- 3. Easy
- 4. Satisfying

Final Thoughts:



Access your Online Dashboard
Login at my.schoolpulse.org

Not signed up?
See your instructor for the opt-in code.

family relationships quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

1. Do you value your family relationships?

- Never Rarely Sometimes
 Often Very often

2. Do you practice forgiveness with your family members?

- Never Rarely Sometimes
 Often Very often

3. Do you enjoy spending quality time with your family?

- Never Rarely Sometimes
 Often Very often

4. Are you kind and respectful to your family members

- Never Rarely Sometimes
 Often Very often

5. Do you try to be patient and understanding with your family members and/or siblings?

- Never Rarely Sometimes
 Often Very often

6. Do you feel like you can trust and talk to your family members?

- Never Rarely Sometimes
 Often Very often

7. Do you resist taking your frustration out on your family members?

- Never Rarely Sometimes
 Often Very often

8. Do you feel heard and valued by your parents and family members?

- Never Rarely Sometimes
 Often Very often

9. Do you express gratitude, love, and appreciation to your family members?

- Never Rarely Sometimes
 Often Very often

10. Do you respect and support each member of your family?

- Never Rarely Sometimes
 Often Very often

11. Do you view your family as a team?

- Never Rarely Sometimes
 Often Very often

12. Do you treat your family like you treat your friends?

- Never Rarely Sometimes
 Often Very often

13. Do you apologize to your family members when you are in the wrong?

- Never Rarely Sometimes
 Often Very often

14. Do you value your family members advice?

- Never Rarely Sometimes
 Often Very often

Want to learn more about family relationships, divorce, and other mental health topics?

Visit: schoolpulse.org/resources



quiz results

Use your quiz answers to add up your points.

Never = 1 point
Rarely = 2 points
Sometimes = 3 points
Often = 4 points
Very Often = 5 points

Total Points: _____

14-32 - strong indication that your family relationships can improve.	33-45 - moderate indication that your family relationships can improve.	46-50 - moderate indication that you are strengthening your family relationships	61-70 - strong indication that you are strengthening your family relationships
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Family relationships can be complicated. If you have questions or want to talk to someone, text us at SchoolPulse.

confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I _____, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

Student Signature

Date