



*On paper provided*

**Define or give an example of the following terms!**

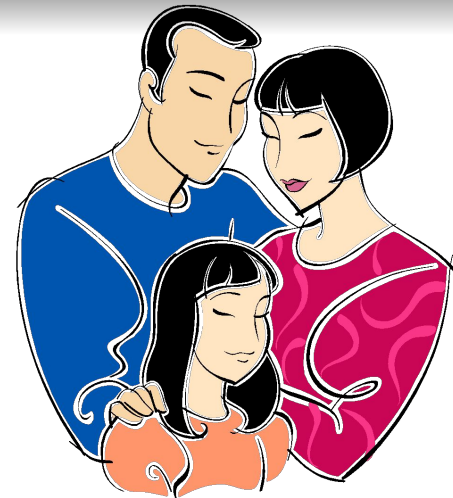
1. In-Laws
2. To get adopted
3. Broken home
4. Dysfunctional family

Answer the following questions:

1. What is the best environment to raise a family  
In- apartment, village, etc
2. What is the worst thing you did as a child? Did you  
get caught?
3. Is there anything funny or different about your  
family?

# Healthy Family Relationships

**Strengthening Family Relationships and Looking at the Health of the Family**



# Functions of the Family



# Functions of the Family

- Primary Support System
- Meeting Emotional Needs



- Values and Religious Beliefs
- Culture and Traditions

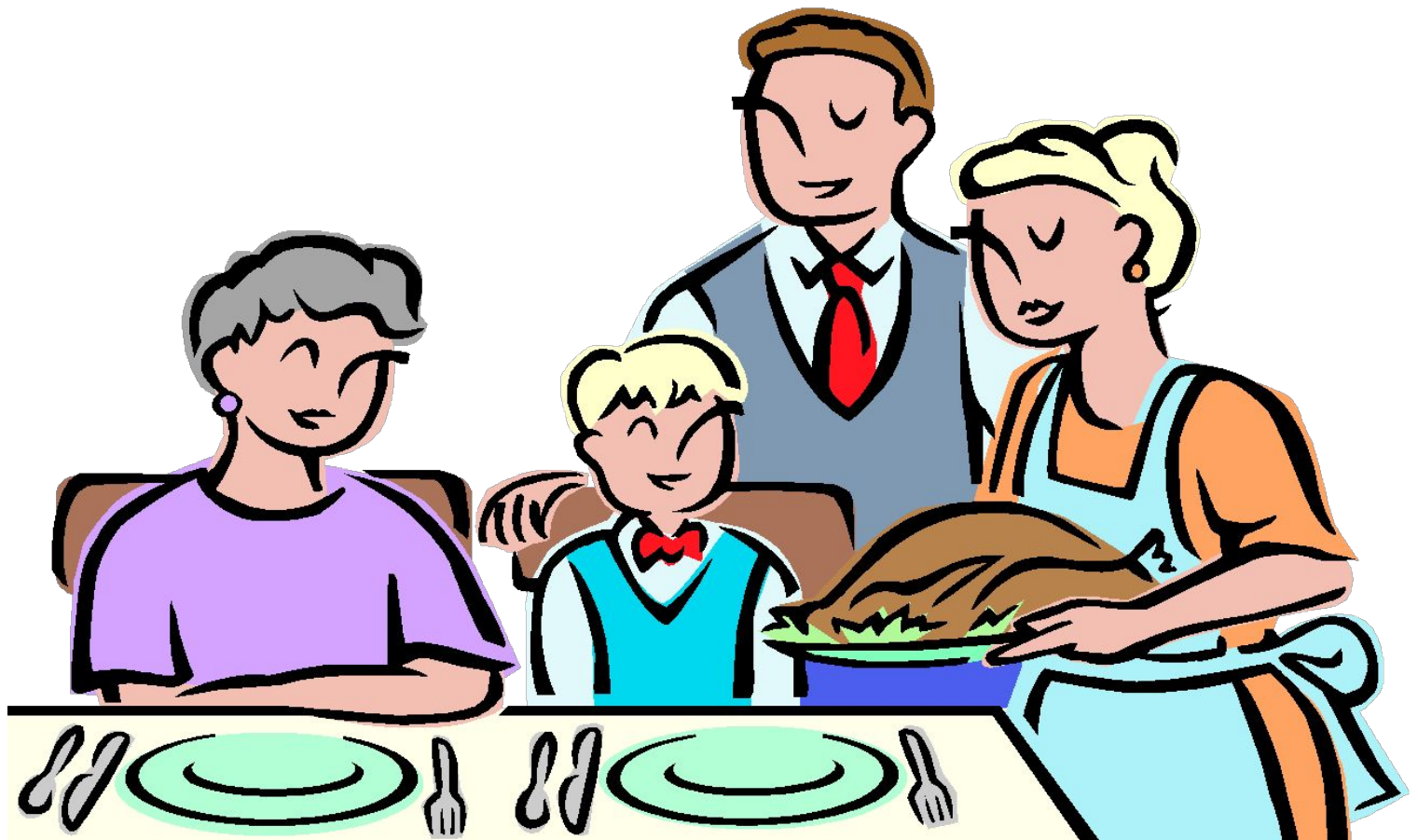
# Functions of the Family

Instilling values and religious beliefs

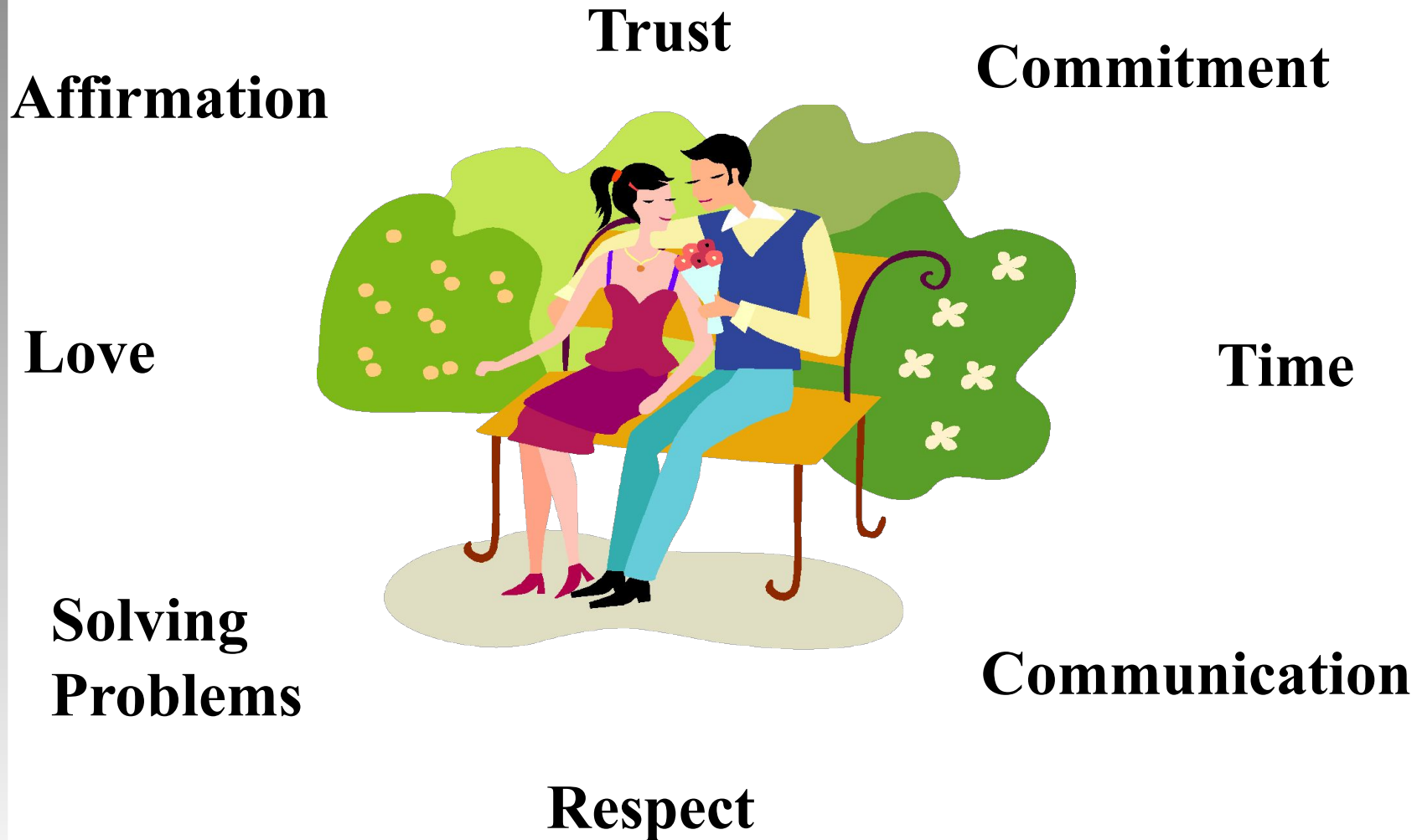
- **Values – beliefs and feelings about what is important.**



# Traits of a Healthy Family Relationship



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**Affirmation** – adding positive input that helps others feel appreciated and supported.

**Trust** – high levels of trust include keeping promises and being honest for both parents and children.

**Commitment** – family members are willing to work together and make sacrifices so it will benefit the whole family.



# Traits of a Healthy Family Relationship

- **Time Together** – a strong healthy family relationship is not feasible without spending time together.
- **Communication** – effective communication means listening to the viewpoint of others as well as being heard.



# Traits of a Healthy Family Relationship



- **Respect** – this includes acceptance of individual tastes, talents and opinions.
- **Solving Problems** – identifying problems before they become too serious and asking for outside help.
- **Love** – healthy families give and receive love to one another, physically and verbally.

# Stress



## **Common Factors That Cause Family Stress**

# Stress

- **Stress** – pressure or tension in the family system that causes a sense of disequilibrium in the family, yet it is normal and sometimes even desirable. It arises from both within and outside the family and is mediated or aggravated by factors within the ecosystem.



# Stressors

**Change in Family  
Structure**



**Moving**



**Financial  
Problems**

# Stressors



**Illness or  
Disability**

**Substance  
Abuse**



# Dealing With Family Stress



# Dealing With Family Stress...

Speak with a  
parent or other  
adult



Read books



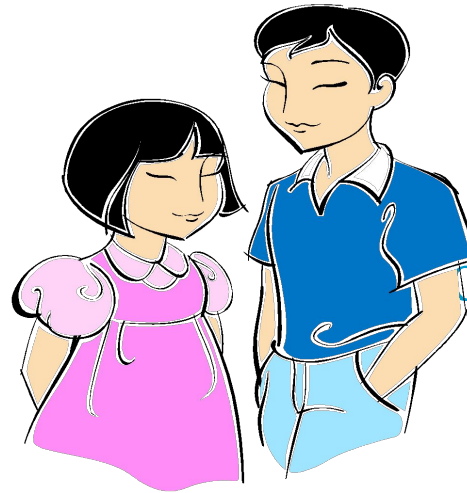
Help the situation





# Sibling Rivalry:

o Talk about differences



o Stay on subject



o Use "I" messages



o Do enjoyable activities

o Discuss negative behavior

# Separation and Divorce



# Separation and Divorce

- Meeting the needs of children
  - Custody



- Family Adjustments
  - Coping with change
  - Living with different people

# Separation and Divorce



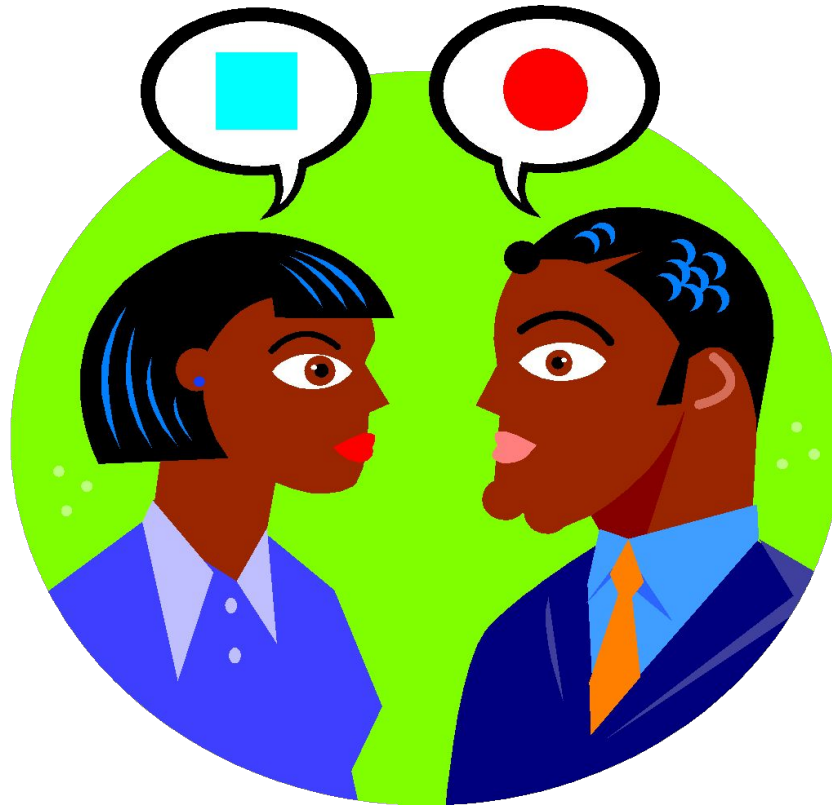
- **Coping with divorce**
  - No fighting in front of children
  - No taking sides
  - Freely express feelings
  - Realize have no control over situation

# Separation and Divorce

- **Surviving a breakup**
  - Parents divorce each other, not the children
  - Children seldom the cause



# Domestic Violence



# 1. Acts of violence involving family members:

- Spousal Abuse



- Emotional Abuse



- Child Abuse



- Emotional Neglect