1. We profiled 10 ways people relate to harmful behaviors. Choose 2 of the 10 that you closely relate to. Why do you identify with those two? How can you begin to overcome gravitating to those harmful behaviors? *(4 pts)*
2. What is your conflict style? Do you avoid conflict, are you confrontational when it comes to conflict, or do you tend to look for a resolution right at the start? Tell me why you think this and give me an example. *(3pts)*
3. Practice using an “I” statement. You parents tell you that you can’t go to the school dance because you have a missing assignment in a class. They won’t listen to your explanation of why. You are frustrated and want to tell them how you feel. Use an “I” statement to express your feelings. *(2 pts)*
4. What resistance skills can you use to say “No” if you are pressured to be sexually active? Give at least 2 different examples. *(2 pts)*
5. Why might a teenager have several healthy relationships but relate to a boyfriend or girlfriend in a harmful way? *(2 pts)*

**Dating Scenarios:**

1. Suppose someone you have been dying to go out with asks you out. The plan is to go out with a group of people who are known reputation for drinking. Should you accept the date? *(2 pts)*
2. A friend told you that someone in your English class is going to ask you to the dance. You know the person and you know you don’t want to go with them. How can you say no and keep from hurting their feelings? *(2 pts)*
3. Suppose you have plans to go on a date with someone this Saturday. Then you run into another person you like better. The second person asks if you have plans Saturday. Should you try and get out of the other plans? Explain what you would do. *(3 pts)*
4. Suppose you are dating only one person. Your parents discourage this steady relationship. They don’t want you to be serious with anyone. What are the advantages versus disadvantages of dating someone serious? *(4 pts)*
5. Your parents don’t want you to date at all in high school. You finally get them to listen to your side of why you should be able to date, and how you plan on being responsible. Use “I” statements and discuss why you should be allowed and what you plan on doing to make they feel comfortable with it. *(2 pts)*