



Chapter 11

Family Relationships

Lesson 1

The Role of the Family

Lesson 2

Change and the Family

Lesson 3

Dealing with Family Crises

Lesson 4

Community Support Systems





FOLDABLES™

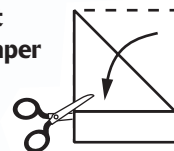
Study Organizer

Before You Read

Use this Foldable to help you record and organize the main ideas in this chapter on family relationships. Begin with a sheet of $8\frac{1}{2}$ " x 11" paper.

Step 1

Line up one of the short edges of the sheet of paper with one of the long edges and fold. Cut off the leftover rectangle.



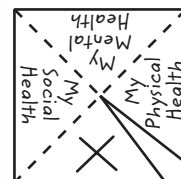
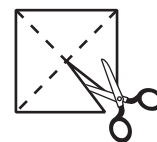
Step 2

Fold the triangle in half. Unfold.



Step 3

Cut up one fold line and stop at the middle. This will form two triangular flaps. Draw an X on one tab. Label the other tabs as shown.



Step 4

Fold the X flap under the other flap and glue together.



QuickWrite

Using Visuals. List some of the ways you interact with and support the members of your family. What actions do you and other family members take to promote the health and well-being of the entire family?

As You Read

As you read and discuss the material in the chapter, use your Foldable to take notes, write definitions, and record main ideas on the back of each of the appropriate sides of the pyramid.



Lesson 1

The Role of the Family

VOCABULARY

family
extended family
sibling
affirmation

YOU'LL LEARN TO

- Evaluate the effects of family relationships on physical, mental/emotional, and social health.
- Describe the roles of parents, grandparents, and other family members in promoting a healthy family.
- Analyze the dynamics of family roles and responsibilities relating to health behavior.



List the different ways that members of your family contribute to your physical, mental/emotional, and social health.

How would you describe your family? How has your family influenced your behaviors and goals? In what ways have family members contributed to your sense of security and belonging? Because the family plays an important part in all aspects of a person's health, it's important to learn about family dynamics and ways of promoting a healthy family.

What Is a Family?

The **family**, *the basic unit of society*, provides a safe and nurturing environment for its members. Because the health of society is directly related to the health of the family, promoting healthy families contributes to a healthy society.

A healthy family freely expresses mutual love and respect. Its members communicate effectively with one another, providing support and encouragement. Through caring family relationships, teens develop the values and self-confidence that help them make responsible decisions and work to achieve their goals. In addition, a strong family foundation can serve as an important protective factor, helping children and teens to avoid risky behaviors.

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protective factors For more information about protective factors and how they empower you to practice healthful behaviors and make responsible decisions, see Chapter 8, page 216.





The Importance of Family

Although families differ in size and makeup, a healthy family strives to promote the physical, mental/emotional, and social health of its members. Some of the ways in which the family meets these needs are shown in Figure 11.1.

Meeting Physical and Other Basic Needs

Most parents and guardians work hard to provide for their family's basic physical needs, including food, clothing, and shelter. Adult family members also make certain that children get medical and dental checkups, receive immunizations, and learn to practice healthful behaviors. The family is responsible for teaching children the skills needed to live safely in their environment. For example, children need to be taught how to cross streets safely and not to get into a car with a stranger. As they grow and mature, children learn more life skills from older members of the family. These skills may range from making healthful food choices to setting goals and making decisions.

FIGURE 11.1

FAMILY LIFE AND YOUR HEALTH TRIANGLE

All sides of your health triangle are affected by your family relationships.

Social Health

The family helps its members develop communication skills and the ability to get along with others.

Mental/Emotional Health

Family members nurture and support one another. They contribute to a sense of belonging and a feeling of security.

Physical Health

The family provides food, clothing, and shelter to its members. Family members also promote healthful behaviors and safety skills.





Meeting Mental/Emotional Needs

The family provides a safe, comforting environment in which all members can express thoughts and emotions freely. By providing emotional support and unconditional love, families promote positive self-concepts in their members. A positive self-concept, the view a person has of himself or herself, gives individuals a sense of confidence, helping them become healthy, happy adults.

Meeting Social Needs

In the first few years of life, children learn from family members how to communicate and get along with others. Families also play a major role in children's social growth by helping them develop a value system, by instilling religious beliefs, and by raising them with cultural and family traditions. A healthy family helps children become team players and teaches them to accept differences in others. Families prepare their members to survive and function independently in the world.

DEVELOPING A VALUE SYSTEM

You learn your values—your beliefs and feelings about what is important—from your family. Developing a good value system helps you in making responsible decisions. Your values also determine your **character**. Having positive values helps you become a good citizen who obeys laws, respects authority, and contributes to school and community. Demonstrating traits of good character improves your relationships with other people and contributes to society in a positive way.

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character For more information on traits that demonstrate character, see Chapter 2, page 37.



Families enhance social health by passing family and cultural traditions on to their children.

What are some of your family's traditions?



SHARING CULTURE AND TRADITIONS

Does your family have special traditions, such as participating in Chinese New Year celebrations or lighting candles at Hanukkah? By observing traditions such as these, adult family members pass their culture and history on to children. Sharing a cultural heritage enriches the lives of family members and helps individuals develop a sense of pride in who they are.



Dynamics of Family Roles and Responsibilities

Your family is more than just the people who live in your home. It also includes your **extended family**, that is, *your immediate family and other relatives such as grandparents, aunts, uncles, and cousins*. What are some of the benefits that you enjoy from your extended family? Have you learned about your family's history from a grandparent or vacationed with cousins who live in another part of the country? Perhaps an aunt or an uncle has helped you during times of need or has acted as your mentor. Each family member, including parents, grandparents, or other family members, has roles and responsibilities in promoting a healthy family. The adults are usually in charge of providing basic comforts and fulfilling basic needs such as food and shelter. They also set limits and make rules that protect the health and safety of their children.



Family members can spend quality time together by sharing knowledge and interests. *What are some ways you spend time with your extended family?*

Hands-On Health ACTIVITY

Making Time for Family Fun

Busy schedules can make it difficult for family members to spend quality time together, but it is important to make time to strengthen family relationships. In this activity, you will develop a plan to spend more quality time with your family.

What You'll Need

- paper and markers
- ruler

What You'll Do

1. Brainstorm a list of activities you and your family enjoy doing together. Examples might include weekend outings or trips, recreational activities, family game night, and roundtable discussions.

2. Consider other ways you can strengthen family relationships. You might suggest projects such as putting together a memory album or starting a new family tradition like pizza night every Wednesday.
3. Using your ideas, create a chart of strategies that promote the physical, mental/emotional, and social health of family members.

Apply and Conclude

Show your chart to family members, and discuss how spending quality time together promotes healthy family relationships. Ask them for other suggestions, and then put your ideas into action.



**TOPIC Family Communication**

Go to health.glencoe.com for links to more information about family communication.

ACTIVITY Using the information provided at these links, list three ways to improve family communication. Then write a short paragraph explaining which you think is most effective, and why.



Affirming family members' achievements demonstrates love and pride.

How do you show family members that they are appreciated and supported?



Children and teens have roles and responsibilities in the household that relate to health behavior. They respect the authority of parents or guardians and may take on tasks such as washing dishes or cleaning. Teens may be asked to care for a younger **sibling**—a *brother or sister*—while a parent is at work. Sharing such tasks helps the family run smoothly. It also helps boost your self-esteem and gives you a greater sense of responsibility.

Strengthening Family Relationships

Good communication is one of the most important ways to build and maintain healthy family relationships. Sharing thoughts, feelings, experiences, and concerns helps strengthen family bonds. You can help strengthen your family in the following ways.


- ▶ **Demonstrate care and love.** Family members show that they care about and love one another through words and actions. You can give affirmation for a job well done, for example, through a compliment or a pat on the back. **Affirmation** is *positive feedback that helps others feel appreciated and supported*. You can also show empathy for a family member who is feeling down to remind that person that he or she is loved.
- ▶ **Show support, especially during difficult times.** Whether the difficulty is something minor (such as getting a low grade on a quiz) or a traumatic experience (such as a death in the family), talking about your feelings can help you feel better. Remember to be a good listener when others want to talk.
- ▶ **Demonstrate trust.** Members of a healthy family trust one another. Parents earn their children's trust by caring for them, being honest, and keeping promises. Children show that they can be trusted when they are honest, reliable, and loyal.
 - ▶ **Express commitment.** Building a strong, healthy family requires commitment—the willingness to work together and make necessary sacrifices for the benefit of the entire family.
 - ▶ **Be responsible.** Thinking before you act, avoiding risky behaviors, asking for permission, and being accountable for your actions demonstrate respect for yourself and family members.





- ▶ **Spend time together.** Eating meals together, playing games or sports, and planning fun activities and trips all contribute to strong family relationships.
- ▶ **Respect individuality.** Strong families have respect for each other. They accept individual tastes, talents, and opinions.
- ▶ **Work together to solve problems.** Healthy families try to identify and work out problems before they become serious. If necessary, they seek outside help to resolve their conflicts. Working together can also mean planning events together, such as having a surprise party, choosing a pet, or going on vacation.
- ▶ **Be sensitive to others' needs.** Pay attention to how others feel. You can help relieve the stress of daily life by using good communication skills and helping with household tasks. Respecting the privacy of others is also a way to demonstrate sensitivity.



 Spending time with family members strengthens your relationships. *What are some other ways to promote the health of your family?*



Lesson 1 Review

Reviewing Facts and Vocabulary

1. List two ways that families help their members develop social health.
2. What is an *extended family*?
3. Why is it important for family members to give affirmation to one another?

Thinking Critically

4. **Analyzing.** Explain how family roles and responsibilities influence health behaviors.
5. **Synthesizing.** Identify three traits of a healthy family. Describe the roles your immediate and extended family members play in promoting the health of your family.

Applying Health Skills

Communication Skills. Work with classmates to list ways families can improve communication. Include the elements of effective communication, such as “I” messages, active listening, and appropriate body language. Write and perform a skit to demonstrate your ideas.



WEB SITE Videotape your skit as part of a Web page you develop on promoting healthy families. See health.glencoe.com for help in planning and building your Web site.





Lesson 2

Change and the Family

VOCABULARY

separation
divorce
custody
grief
resiliency

YOU'LL LEARN TO

- Evaluate positive and negative effects of family relationships on physical and emotional health.
- Discuss how significant family events can impact health.
- Examine issues related to death and grieving.
- Examine causes and effects of stress within families and develop strategies for managing stress.



All families, including healthy ones, experience stress from time to time.

Create a word web with the words *Stress That Affects a Family* at the center of a sheet of paper; around it, write the causes of stress that any family might face.



Some family events, such as moving to a new home, can be stressful. **What are some healthy ways to deal with the stress of moving?**

Minor problems and irritations are normal when people are living together. Usually, good communication and problem-solving skills can help family members work out such conflicts. Significant changes in family relationships, however, can have negative effects on the health of a family. It is important that all family members develop coping skills for dealing with such problems.

Families and Change

Change, a normal part of life, can be a major cause of stress within families. The sudden loss of a job, for example, may cause a financial hardship, making it difficult to provide food, clothing, and other basic physical needs. Serious or chronic illness in a family member can result in long-term stress for the whole family. Life events perceived as positive can also cause stress. For example, buying a new car, moving, or the marriage of an older sibling are positive events that may cause stress.

The changes that cause stress in families are of two main types. The first type involves changes in the structure, or makeup, of the family. The second involves changes in the family's circumstances.



Changes in Family Structure

Family structure changes when someone new joins the family or when a member of the family moves out of the home. To accommodate a new family member, you may have to get along with less space in your home. A new family member also brings a new personality that may change the character of the family. Some changes may be joyful, such as the birth or adoption of a child. Other changes may be sorrowful, such as the breakup of a marriage or the death of a family member. Losing a family member can mean losing the love and care he or she provided, as well as shared experiences. Whatever the nature, any change in family structure can cause stress, along with its effects.

Separation and Divorce

Marriage is an agreement between two people to commit to sharing life's joys, struggles, and challenges. Usually, married couples find ways to work out their problems. However, if conflicts become too difficult to work out, the couple may decide to separate or divorce. A **separation** is a *decision between married individuals to live apart from each other*. A couple may separate until they resolve their differences and believe that they can live together again. If they can't work out their problems, the couple may decide to divorce. A **divorce** is a *legal end to a marriage contract*.

MEETING THE NEEDS OF CHILDREN

When parents divorce, it must be decided where the children will live. **Custody** is a *legal decision about who has the right to make decisions affecting the children in a family and who has the responsibility of physically caring for them*. Custody may be granted to only one parent (sole custody) or divided so that both parents share in the child-rearing (joint custody).

FAMILY ADJUSTMENTS

Adapting to divorce requires emotional adjustments for the whole family. Teens and children often find it difficult to live apart from one parent and not see that parent for long periods of time. Some may experience some of the stages of grief, including denial or numbness; anger (at one or both parents); bargaining; depression; and finally, acceptance.

Did You Know?




Family structure has become more diverse in past decades. Some teens live with only one parent, and others live with a grandparent or other family member. In blended families, teens live with stepparents, stepbrothers, and stepsisters. There are also many teens who live with adoptive families. In fact, more than 100,000 children are adopted in the United States each year. Belonging to different family structures may cause difficult feelings in some teens. In these situations, it is helpful to discuss feelings and concerns with family members.



Separation and divorce can put a strain on the family unit. **What can family members do to support one another through such a change?**





 Grief is a natural emotion when you lose someone you love. *What might be a healthy way for this teen to deal with the loss of her loved one?*



Keep in mind that parents divorce each other, not their children. Although the feelings that divorced parents have for each other change, their love for their children can stay the same. Below are some suggestions for managing emotional stress when parents get divorced.

- ▶ Remind yourself that you did not cause the problem.
- ▶ Do not feel that you have to choose sides.
- ▶ Communicate your feelings about the divorce with your parents and other trusted, supportive adults.
- ▶ Take care of yourself by eating nutritious foods, getting physical activity, and managing your stress.
- ▶ Consider joining a support group for children of divorce. Doing so will help you realize that you are not alone.

Remarriage

The remarriage of a parent can also be stressful. Stepparents and children need time to adjust to one another. If the stepparent has children from a previous marriage, everyone in the blended family needs time to adjust to the change and to develop the communication skills and respect needed for healthful family relationships.

Death of a Family Member

A death in the family can cause intense feelings of **grief**, *the sorrow caused by the loss of a loved one*. When a death occurs, each family member needs time to grieve, but the length of time needed for grieving is different for each person. Here are some strategies for coping with the death of a loved one and related issues of grieving.

- ▶ Focus on happy memories. Remember good times and the qualities that made the person special.
- ▶ Accept your feelings. It's normal to feel hurt when you lose someone. Don't try to deny your pain.
- ▶ Join a support group. Grief support groups allow people who have suffered a loss to share their pain with others. Local religious institutions or other organizations may sponsor these groups.
- ▶ Seek help from a grief counselor. If feelings of grief interfere with a person's life for an extended period of time, it is necessary to seek professional help.



Changes in Family Circumstances

Changes in circumstances can also cause difficulties for families. Often, honest and open communication can help families deal with such changes in healthful ways.

Moving

When a family moves, its members may miss their old friends and the familiar surroundings of their old home. Teens may be anxious about making new friends and adjusting to a new school. If a move follows the breakup of a marriage, children may miss the parent who no longer lives with them.



Financial Problems

Meeting a family's financial needs is not easy. Loss of a job, medical emergencies, and overdue bills can cause anxiety about how to support family needs. Impulse buying or poor planning may also cause financial problems. *Credit card abuse*, the overuse of credit cards, can be a serious problem for those who pay the bills, and it often leads to arguments about spending habits.

Illness and Disability

A serious illness or disability can disrupt a family's normal activities. One or more family members may need to change their schedules to care for the sick or disabled person. In addition to worry and concern for the person who is ill, family members may also experience the stress of making major medical decisions about types of care or treatments. Some of this stress can be relieved if all members of the family share in the responsibility of caring for the person who is sick or disabled.

Drug and Alcohol Abuse

Substance abuse within the family threatens the health of the entire family. Without intervention and outside help, this problem can cause the family system to break down. If a family member has a substance abuse problem, seek immediate help from trusted adults, school personnel, or organizations such as Alateen. These resources can help you understand the problem and guide you in getting additional assistance.



When a family member becomes ill or disabled, the rest of the family assumes responsibility for his or her care. **What are some ways that teens can help in the care of a family member who is ill or disabled?**

CHARACTER CHECK

Caring. When you seek help for a problem that affects the health of the family, you are demonstrating caring. **Make a list of people you think you could approach for assistance if a family member has a substance abuse problem.**



Health Skills Activity



Communication: That's What Friends Are For

"Are you okay?" Craig asked his friend Robert after school one day. "You seem down."

Robert hesitated before admitting, "My parents have decided to get a divorce. My dad's going to move across town soon. One of these days, I know that they're going to ask me who I want to live with. I feel close to both my mom and dad, and I don't want to have to choose sides. Everything is changing. I want to talk to my parents about my feelings and worries, but I'm afraid I'll add to their problems."

What Would You Do?

How would you respond if you were Craig? Finish the rest of this dialogue, incorporating effective communication skills to demonstrate how Craig shows support and empathy.

1. Listen attentively.
2. Use "I" statements.
3. Speak in a respectful tone of voice.
4. Display appropriate body language.

Coping with Family Changes

It is important to manage the stress caused by family changes. In some cases, this may be as simple as communicating your needs and wants to a family member. Talking with family members can often reduce the stress. If a parent is unavailable, find another adult who can help, such as a teacher, guidance counselor, member of the clergy, or a member of your extended family. Additional strategies for managing family stress include the following:

- ▶ **Do what you can to help.** For example, if your parents are feeling stressed, you might be able to reduce their burden by taking on added chores and responsibilities. Knowing that you are helping out can make you feel better.
- ▶ **Read books about the subject or talk to people who have faced a similar problem.** You may find strategies for managing the problem.
- ▶ **Use stress-management techniques.** Engage in physical activity, get adequate sleep, eat nutritious meals, and find a way to relax, such as listening to soothing music.

hotlink


stress-management techniques To learn more about managing stress, see Chapter 8, page 209.



Resiliency Within the Family

Resiliency is an important trait of a healthy family. **Resiliency** is the ability to adapt effectively and recover from disappointment, difficulty, or crisis. Resilient people can call upon their own strengths to deal with changes. Resilient families pull together to cope with changing circumstances. Keeping a family healthy takes planning, compromise, and effort. When problems occur, family members must identify the problem, evaluate how the problem is affecting the entire family, discuss what can be done to handle the problem, and draw upon family unity and strength to resolve the problem together. If the family cannot resolve problems on their own in a healthful way, resources to which families can turn for help are available. You will learn more about these resources in Lesson 4.



 Resilient families work through problems and difficulties while maintaining strong, healthy relationships. *What are some ways you can cope with stress during times of family difficulties?*



Lesson 2 Review

Reviewing Facts and Vocabulary

1. What are the two main types of stress that affect families?
2. What is *grief*?
3. What is *resiliency*?

Thinking Critically

4. **Applying.** Causes of stress may be positive or negative in nature. Give examples of a positive event and a negative event that have caused stress within your family. Explain how you handled this stress.
5. **Synthesizing.** Why might children whose parents have recently divorced experience the stages of grief? How might a young child express these feelings?

Applying Health Skills

Stress Management. All families face changes that result in stress. Imagine a change in your family that would cause you or other family members significant stress. Make a list of stress-management techniques you would employ in such a situation.



WORD PROCESSING Word processing can help you prepare a list that is neat and easy to follow. See health.glencoe.com for tips on how to get the most out of your word-processing program.





Lesson 3

Dealing with Family Crises

VOCABULARY

domestic violence
emotional abuse
physical abuse
sexual abuse
spousal abuse
child abuse
neglect
cycle of violence

YOU'LL LEARN TO

- Analyze the importance of healthy strategies that prevent emotional, physical, and sexual abuse.
- Analyze and apply strategies for avoiding violence within the family.
- Discuss the importance of seeking advice and help in breaking the cycle of violence.



Make a list of crises that families may experience. In what healthful ways might families cope with these crises?

Striking out at others and destroying property are unhealthful ways to deal with conflict. *What are some healthful strategies for resolving conflict?*



Some families experience problems that can interfere with the normal, healthy conduct of family life. It may be a teen getting into trouble at school, a parent losing a job, or a disagreement over household rules. Most problems are resolved through effective communication and conflict resolution. However, sometimes negative and even dangerous situations may develop in families undergoing conflict and stress. It is critical to know how to recognize and deal with unhealthy cycles of family behavior.

Family Violence

When conflict occurs and family members react in out-of-control ways, violence may result. Violence can be emotional, physical, or sexual in nature. No matter what form it takes, it is destructive to family health. **Domestic violence**, any act of violence involving family members, is a criminal act that can be prosecuted by law.

All types of domestic violence involve abuse. Abuse includes any mistreatment of one person by another. The main forms of abuse in the home include the following:



- ▶ **Emotional abuse** is a pattern of behavior that attacks the emotional development and sense of worth of an individual. Yelling, bullying, name-calling, and threats of physical harm are examples of emotional abuse.
- ▶ **Physical abuse** is the intentional infliction of bodily harm or injury on another person. Slapping, punching, kicking, pinching, and throwing objects at another person are all forms of physical abuse.
- ▶ **Sexual abuse** involves any sexual contact that is forced upon a person against his or her will. Sexual abuse includes making unwelcome comments of a sexual nature to another person as well as actually touching the person in an unwelcome sexual way.

Spousal Abuse

Domestic violence directed at a spouse is called **spousal abuse**. Spousal abuse may occur in all kinds of families, regardless of education level, income, or ethnicity. Often, this mistreatment results when one partner uses physical strength to try to control the other. However, the abuse may also be emotional or sexual in nature.

Spousal abuse can seriously harm the victim's physical, social, and mental/emotional health. Physical abuse, for example, can result in serious injury or even death. A victim's social health suffers when he or she avoids friends and family to hide evidence of the abuse. Often, the mental/emotional trauma of spousal abuse, such as feelings of fear and shame, remains long after physical injuries have healed. Spousal abuse also harms the health of other family members. It is critical for victims of spousal abuse and their children to leave the dangerous situation and seek help.



What are the elements of a safety plan against abuse?

People in abusive situations should develop a safety plan that includes:

- **Places and situations to avoid.** Avoid locations that have only one exit. Try not to be around the abuser when he or she has been drinking or using drugs.
- **Possible escape routes.** Doors, first-floor windows, basement exits, elevators, and stairwells are options.
- **A place to go.** Go somewhere safe, such as a friend's or relative's home, a shelter, or a hotel.
- **Telephone numbers.** Know the number of the domestic violence hot line. Use it to get help or information.



Police are often the first to respond to reports of domestic violence. **Learn what resources are available in your community to help victims of abuse.**



Exploring Issues

What Are the Benefits of Individual and Family Counseling?

Individual and family counseling are two ways to cope with family crises. What are the benefits and drawbacks of each method of counseling? Here are two points of view.

Viewpoint 1: Sheila K., age 14

The family is a unit and should be treated as one. Sending one family member to counseling sends a message that he or she is the problem that needs fixing. Besides, “fixing” one person isn’t going to resolve problems that involve the whole family. Family counseling is the best way to make sure that everyone takes responsibility for what’s going on in the home.

Viewpoint 2: Jay S., age 16

Sure, families are a unit, but they’re made up of individuals with their own issues. And let’s face it, not all family members are willing to get help. In that situation, it would be helpful for a family member to have a one-on-one outlet. Away from other family members, individuals may feel more comfortable and be more honest. It can help them better handle whatever happens at home.

ACTIVITIES

1. What are additional benefits and drawbacks of each type of counseling? Under what circumstances do you think one type of counseling might be more appropriate than another?
2. Access information about other methods of helping families. For example, one form of counseling uses both group and individual sessions.

Did You Know?



Domestic violence costs the nation \$5–10 billion a year. These costs include

- medical expenses.
- police and court costs.
- shelters and foster care.
- sick leave, absenteeism, and nonproductivity.

Child Abuse

Child abuse is *domestic abuse directed at a child*. Like spousal abuse, the abuse of a child can be emotional, physical, or sexual. Child abuse may also include **neglect**, the *failure to provide for a child’s physical or emotional needs*. Physical needs include adequate food, clothing, shelter, and medical care. Emotional neglect may take the form of indifference or withholding love and support.

A child who lives in an abusive home may try to escape the abuse by running away. Runaways often become victims of exploitation because they do not have the money, job skills, or means to support themselves. In fact, they are prime targets for people dealing in pornography and prostitution. Running away from home is not a good solution for dealing with child abuse. The best solution for children suffering abuse is to ask for help from trusted adults.





Effects of Abuse

Victims of domestic abuse experience feelings of shame, fear, humiliation, and guilt. They often feel powerless to change their circumstances. Long-term effects of domestic abuse may include

- ▶ an inability to trust or establish healthy personal relationships.
- ▶ chronic physical pain.
- ▶ neglect of or injury to oneself, including suicide attempts.
- ▶ depression, anxiety, sleep disorders, and eating disorders.
- ▶ abuse of alcohol and other drugs.

It is critical that victims of domestic violence get outside help to deal with this extremely dangerous situation. Getting to a safe place is the first priority.



Preventing Domestic Violence

To encourage an atmosphere of nonviolence at home:

- ▶ Don't provide violence-oriented toys to small children, such as toy guns or knives.
- ▶ Don't provide children with video games that focus on violence, such as attacks on property, people, or animals.

Breaking the Cycle of Violence

Involvement in domestic violence is often a learned behavior. A child who suffers or who witnesses abuse may view violence in the home as a normal way of life. As a result, the child may be more likely to become an adult who abuses others. In this way, domestic violence can cycle from one generation to the next. This *pattern of repeating violent or abusive behaviors from one generation to the next* is called the **cycle of violence**. The only way to break this cycle is to stop all forms of violence and abuse. Figure 11.2 provides suggestions for breaking the cycle of violence.

FIGURE 11.2

BREAKING THE CYCLE OF VIOLENCE


You can help break the cycle of abuse. If you or someone you know is being abused . . .

- Tell a trusted adult (parent, other family member, teacher, school nurse or counselor, doctor). Ask this person to help you find a way to resolve the problem.
- Contact an abuse hot line or crisis center that can assist you in finding counselors or other forms of help.
- Report the abuse to the police. It may also be appropriate to contact child welfare or youth services.



Source: Office of Justice Programs, U.S. Department of Justice



 **Seeking help is the first step to take when dealing with domestic violence issues. What strategies might help individuals avoid violence within the family?**

Avoiding Domestic Violence

There are several strategies that can help you avoid and prevent domestic violence. You can recall these strategies by remembering the three Rs.

- ▶ **Recognize.** Become aware of acts that are abusive. Remember that abuse takes many forms, including physical abuse, verbal and emotional abuse, sexual abuse, and neglect.
- ▶ **Resist.** If anyone tries to harm you physically or abuse you in a sexual way, resist in any way you can. Be assertive and stand up for yourself. Run away from the abuser, and seek help from a trusted adult.
- ▶ **Report.** If someone treats you in an abusive manner, get away and tell someone about the incident as soon as you can. If you witness someone else being abused, report the abuse to the authorities or tell an adult who can help you.

Victims of domestic abuse need help. Their abusers also need help. Being a child victim or witness of abuse does not justify becoming an abusive adult. All forms of domestic abuse are unacceptable, and most of these acts are illegal. In the next lesson, you will learn more about sources of help for victims of abuse.



Lesson 3 Review

Reviewing Facts and Vocabulary

1. What are the effects of spousal abuse?
2. What is *neglect*? Explain how neglect affects each part of a child's health triangle.
3. What is the *cycle of violence*? What are some ways of breaking this cycle?

Thinking Critically

4. **Synthesizing.** One of the effects of abuse is the victim's feeling of worthlessness. How could you help a victim of abuse to feel better about herself or himself?
5. **Evaluating.** Some say that the long-term effects of abuse are worse than the short-term effects. Explain why this statement might be true for many victims.

Applying Health Skills

Advocacy. Write an article discussing the serious problem of domestic abuse. Describe the effects of abuse, and urge victims of any form of domestic violence to seek help immediately. Ask the school newspaper to print your article.



WORD PROCESSING Use a word-processing program to write your article. See health.glencoe.com for tips on how to get the most out of your word-processing program.





Lesson 4

Community Support Systems

VOCABULARY

crisis center
foster care
family counseling
mediator

YOU'LL LEARN TO

- Demonstrate knowledge about personal and family health concerns.
- Identify family situations requiring professional health services and explain how to access those services.
- Evaluate appropriate and effective conflict resolution techniques for various family situations.



List some types of health resources available to families facing crises.

For each resource, give an example of when individual family members or an entire family may need to seek such professional health services. Add to or revise your list as you read this lesson.

You've learned how the health of the entire family depends on the health of its individual members. It is important to manage stress and conflict to prevent problems from escalating. However, sometimes families must turn to outside help, such as professional health services, to deal with problems.

Help for Families

The most appropriate resource for a family in crisis depends on the seriousness of the problem. Some problems, such as domestic violence, may require the intervention of law enforcement agencies. Problems such as substance abuse may require medical help. Victims must recognize that help is needed in order to find a solution. Members of a troubled family can call a **crisis center**, a facility that handles emergencies and provides referrals to an individual needing help. Many communities also have crisis hot lines, special telephone numbers people can call to receive help 24 hours a day. People who work at crisis centers and hot lines are often able to guide individuals toward solutions to their problems. The solution may include a referral to one of the resources described in Figure 11.3 on the next page.




-  Crisis centers can provide help and support for families facing difficult situations. *What other resources offer help for families in crisis?*



FIGURE 11.3

SOURCES OF HELP FOR FAMILIES

Many agencies offer help to families in need.



Calling a Hot Line for Help

Before you call:

- ▶ **State the problem to yourself.** Write out the problem and what you will say.
- ▶ **List all of the questions you have.** Don't dismiss a topic because you think it's trivial.
- ▶ **Practice.** Rehearse what you will say.

When you make the call:

- ▶ **Have paper and a pencil handy.** Record the names and numbers of people the counselor suggests you call.
- ▶ **Consider the counselor's suggestions.** Decide on the best course of action.

Community Services

Most communities offer a variety of services to families who need help. Parenting and conflict resolution classes may be offered by both public and private agencies. Many services can help families get food, clothing, and shelter. Some agencies provide financial aid, medical care, job training, and help in finding employment.

HELP FOR CHILDREN

Sometimes parents are unable to care adequately for their children. Children whose basic needs are not being met or who live in abusive situations may be placed in **foster care**, a temporary arrangement in which a child is placed under the guidance and supervision of a family or an adult who is not related to the child by birth. Foster families provide havens for abused or neglected children by giving care and support. Sometimes, foster families adopt the children they have been caring for.

HELP FOR VICTIMS OF SPOUSAL ABUSE

Victims of spousal abuse can seek help by contacting an organization dealing with domestic violence. Many communities provide shelters and a network with other safe houses throughout the United States. These organizations offer shelter, food, clothing, and counseling for women in crisis and their children. Some also help victims strengthen their employment skills by teaching them interviewing techniques and providing them with job training.



Support Groups

Some people find help through **support groups**, meetings in which individuals share their problems and get advice from others facing similar issues. Participants discuss their concerns and often take comfort in knowing that they are not alone. Support groups help many people cope on a day-to-day basis.

The purpose of support groups is to deal with various types of personal or family health concerns. For example, there are groups for personal health issues such as substance abuse, eating disorders, domestic violence, dealing with grief, and coping with a family member's long-term illness.

hotlink

support groups For more information about support groups and other treatment methods, see Chapter 9, page 237.

Real-Life Application

Family Support Services

There are many community resources that provide help for families facing difficulties.

★ Al-Anon 555-2666

Support for family members of people addicted to substances such as alcohol and other drugs

★ Alateen 555-8336

A support group for teens who live with someone addicted to alcohol or other drugs

★ Conflict Resolution Center 555-1234

Offers counseling, mediation, and training to help resolve conflicts

★ Family Resource Center 555-9876

Provides support for families, including counseling services

★ Family Services 555-5671

Provides counseling for individuals, couples, and families

★ Teens in Transition 555-8485

Offers resources for teens seeking help for difficult life problems, such as coping with divorce or death

ACTIVITY

Using the above flyer as a guide, search your telephone directory to identify similar health-related services in your community. In small groups, compile a Community Family Support Directory that describes each agency. Include the services, hours, and locations. Target the directory toward teens. Use clip art to make it visually appealing.



Counseling

Family counseling, therapy to restore healthy relationships in a family, is another source of help for families facing problems. Family members meet regularly with counselors to discuss issues and to try to find solutions. Such counseling often provides families with the skills they need to resolve future conflicts on their own.

In some cases, a family member may benefit from individual counseling. When dealing with issues of domestic violence, one-on-one sessions with a counselor, a psychologist, or a psychiatrist may help an abuser see that he or she learned abusive family patterns in childhood. The cycle of violence may then be broken as the individual learns to recognize the abusive patterns and replace them with healthful behaviors.


Mediation

Families often have difficulty working out problems that involve divorce, including custody of children or disbursement of property. In such cases, mediation may help. A **mediator** is a person who helps others resolve issues to the satisfaction of both parties. The mediator sets ground rules and aids in effective communication that permits each party to speak and be heard. The mediation process encourages family members to communicate, cooperate, and compromise. Mediators often help both parties find the resources and make the emotional connections that will result in mutual agreement.

Maintaining Healthy Families

Each family member can do his or her part to keep the family healthy. Through communication and awareness, people can become knowledgeable about family health concerns. Spend time with other members of your family, and find out what's going on in their lives. Show an interest, ask questions, and offer help if you think it's needed.

Because a family lives together in a household, it is important to respect one another's personal space and feelings. Be considerate of other people in the family. Keeping the noise level down, for example, may prevent you from invading a family member's space. Here are some additional ways to strengthen family relationships:

 Family counselors can help teens and their parents learn to communicate their feelings and find ways to resolve differences.

What strategies might counselors use to help improve communication in a family?





- ▶ Cooperate. Respond politely to requests or questions. Meet your responsibilities without being asked or reminded.
- ▶ Show appreciation. Avoid taking family members for granted, and remember to say “Thank you” when appropriate. Be supportive and encouraging.
- ▶ Be a good communicator. Avoid interrupting, daydreaming, or jumping to conclusions when someone is speaking. Try not to raise your voice if you disagree with something.
- ▶ Offer help. Show concern, and offer support and help.
- ▶ Be empathetic. Try to see the situation from the family member’s point of view.
- ▶ Work to resolve conflicts. Remember the Three Cs: communication, cooperation, and compromise. If appropriate, use conflict-resolution strategies.
- ▶ Know when to get outside help. Be able to identify situations that require professional help, and know how to access these services.

hotlink

conflict resolution To review the steps of conflict resolution, see Chapter 10, page 264.



You can often help family members feel better by simply listening to what they have to say.



Lesson 4 Review

Reviewing Facts and Vocabulary

1. Identify some family situations that require help from professional health services.
2. When might a child be placed in foster care?
3. What are three things you can do to help maintain the health of your family?

Thinking Critically

4. **Applying.** Look at the resources for families in Figure 11.3. Give an example of a personal or family health concern that might be addressed by each resource.
5. **Synthesizing.** Explain how crisis centers and crisis hot lines are similar. How are the two health services different?

Applying Health Skills

Accessing Information. Research to find out what resources in your community help families in crisis. Make a list of the professional health services you identify, and learn how to access each resource. Create a handbook of the information you gather.



WORD PROCESSING Word processing can help you prepare a handbook that is easy to follow. See health.glencoe.com for tips on how to get the most out of your word-processing program.



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It's All Relative

Got questions about family relationships? Here are a few answers.

My parents don't say they love me. I know they do, but I want to hear it. Can this change? — Mara, 12, Birmingham, Michigan

Melt their ice by warming up yourself. Give your parents hugs, tell them you love them, leave them sweet notes. If they don't pick up on the shift in your behavior, ask them outright for more verbal reassurance, and be specific about what you want to hear.

My brother and I rarely talk about anything deep. How can we get closer?

— Alex, 16, Martinez, California

What's on your mind now? Go ask for your brother's opinion about it. You may be surprised by how flattered he is. Also, ask deeper questions: How is he feeling about leaving for college? About his relationships? It just takes one brave soul to break the silence.

My sister bad-mouths me to our father. How can I get her to talk to me and not about me? — Esteban, 15, Wichita, Kansas

This calls for a face-to-face talk with your sister, because that's the courtesy you're hoping she'll start paying you. Tell her you'd prefer she handle

her gripes directly with you, and promise you'll do the same. As insurance, give your dad a heads-up about your plan. That way, your sister can't misrepresent it to him afterward.

How can I help my mom stop worrying about me whenever I go out? — Liane, 17, Greenville, Texas

The more specific information you can give her about where you're going (and when, and with whom, and at what time), the less she'll worry. Write up a mini-itinerary before you head out, complete with destinations and phone numbers for where you'll be. That way she'll know you're being responsible, which makes it easier for her to relax. Feel like really easing her mind? Offer to call to check in at a prearranged time. ■

TIME
to THINK...

About Family Relationships

Take a moment to think about a relative or family friend you admire. Brainstorm a list of words that describe that person. Write a poem about the person you admire using the words from your list.



Health Skills Application



1. Practicing Healthful Behaviors. Make a list of specific actions that family members can take to strengthen their relationships with each other. Describe the roles of parents, grandparents, and other family members in promoting a healthy family. (LESSON 1)



2. Communication Skills. Write a skit in which one teen demonstrates active listening skills and empathy when a friend reveals that his or her parent is suffering from an illness or a disability. (LESSON 2)



3. Advocacy. Develop a poster or a PSA that can be used to make others aware of what they can do to break the cycle of abuse. (LESSON 3)



4. Decision Making. Carol thinks that her older sister has a drug problem. Use the steps of decision making to help Carol decide how to get help for her sister. (LESSON 4)

CAREER Corner

Family Therapist

Depression, marital problems, and parent-child conflicts can strain family relationships. A family therapist can help families find ways to work out their problems and communicate more openly and honestly. To become a family therapist, you'll need a master's degree in couples and family therapy. Learn more about this and other health careers by clicking on Career Corner at health.glencoe.com.



BEYOND the Classroom

Parent Involvement

Advocacy. With your parents, learn about shelters in your area that provide victims with a safe place to recover from abuse. Determine what needs the shelter has and what your family can do to help support the shelter's efforts. You might collect materials such as clothing, books, toys, and blankets for the shelter.



School and Community

Community Events. Identify events and programs in your community that are geared toward students and their families. Contact the organizations sponsoring the activities to find out how you, your classmates, and your family members can get involved.





Chapter 11 Review

After You Read

Use your Foldable to review what you have learned about family relationships and their effects on your physical, mental/emotional, and social health.



▶ EXPLORING HEALTH TERMS *Answer the following questions on a sheet of paper.*

Lesson 1 *Match each definition with the correct term.*

affirmation	family
extended family	sibling

1. A brother or sister.
2. Positive feedback that helps individuals feel appreciated and supported.
3. The basic unit of society.

Lesson 2 *Fill in the blanks with the correct term.*

custody	resiliency
divorce	separation
grief	

Dan's parents fight a lot. They have considered ending their marriage through (4) but decided instead on a (5), a period in which they will live apart from each other, to see whether they can resolve their differences. During this time, Dan's mom and dad have joint (6), so they care for and make decisions about Dan together.

Lesson 3 *Replace the underlined words with the correct term.*

sexual abuse	emotional abuse
cycle of violence	physical abuse
domestic violence	child abuse

7. Three forms of exploitation are emotional, physical, and sexual abuse in the home.
8. Calling someone names or attacking his or her self-worth is physical abuse.
9. Neglect of a baby is a form of spousal abuse.

Lesson 4 *Match each definition with the correct term.*

crisis center	foster care
mediator	family counseling

10. A temporary arrangement in which a child is placed under the guidance or supervision of a family or adult not related by birth.
11. Therapy to restore healthy relationships in a family.
12. A facility that handles emergencies and provides referrals to persons who need help.

▶ RECALLING THE FACTS *Use complete sentences to answer the following questions.*

1. List three ways that parents promote the physical health of their children.
2. Why is the family considered the basic unit of society?
3. List five traits of a healthy family.
4. Identify three situations that may result in a change in the family structure.
5. What events may lead to a change in a family's financial situation?
6. List three ways to cope with stress within the family.
7. What constitutes sexual abuse?
8. Why is a child who runs away from home often at risk of exploitation?
9. What are the three Rs for preventing and avoiding domestic violence?
10. Besides crisis centers and hot lines, list three resources to which families in crisis can turn for help.
11. What is the main difference between a support group and counseling?
12. What are three skills that mediators use to help families solve problems?



▶ THINKING CRITICALLY

1. **Analyzing.** Serena cooks dinner for her family when her parents work late. How does Serena benefit from her considerate behavior? How do the members of her family benefit?
2. **Synthesizing.** What stresses might a family experience when a child goes off to college?
3. **Applying.** Carlos frequently tries to speak with his mother about problems he is having at school, but she tells him that she doesn't have time to listen to his problems. This pattern of behavior might be a signal of what kind of family crisis?
4. **Synthesizing.** A teen has parents who abuse alcohol. What type of resource might best provide help to this teen? Explain your choice.

Standardized Test Practice



Read the passage below and then answer the questions.

The Kitchen

When I remember my family, I picture them in the kitchen of our apartment. I see the refrigerator covered with children's artwork, calendars, emergency phone numbers, and magnets holding up reminders of things that should have been done weeks ago. Blue curtains hang on the window that looks right into the window of the apartment building across from us. There is music from a radio on the counter next to the sink.

The kitchen was where we always seemed to be. It was the place you could catch Mom most of the time. It was where you would usually find my older brother and his friends hanging out. My younger sisters were in there a lot, too. They were usually having a snack, or driving one of us crazy with their chattering and laughing. The kitchen was where we ate our meals, shared our stories, and grew up.

1. What is this passage mostly about?
 - A The author's memory of his apartment
 - B The objects found in the author's kitchen
 - C The hard times the author and his family suffered
 - D The author's memory of his family
2. The point of view in the passage helps readers understand that thinking about the kitchen
 - A makes the writer sad.
 - B reminds the writer of his childhood.
 - C reminds the writer of his brother.
 - D makes the writer wish he were young again.
3. Use sensory details to describe a memory from your own childhood.