

ASSESSMENT #7: SEMESTER 2, WEEK 12, LESSON 5

1. What does decision making in relationships mean to you?

2. Write 1-2 sentences to summarize the artifacts you created at the end of each of the last three weeks:

a) What would your medal say if you were awarded one today for your hard work in life until now:

b) What fills your cup and what creates a hole in it that drains your energy:

c) How can I help people with addictions without sinking myself?

3. Which of the following is an example of making good choices about my relationships?

- a) Making sure the other person is happy with your choices and life path.
- b) Making sure that the other person's values and life goals align with yours.
- c) Putting yourself in tempting situations in hopes of helping your BF/GF with their addictions.
- d) Not wasting your time with relationships at all to avoid conflict.

4. How do you know if your relationship is having an unhealthy influence on you?

- a) you have fun hanging out together
- b) you stay up late to do schoolwork because you spend a lot of time with your GF/BF
- c) you feel the need to please your BF/GF, even when it conflicts with your values
- d) they agree with you all the time and you always get along

5. Respond to the prompt below, using what we have discussed over the last few weeks:

a) Lashay has met the "man of her dreams" in World History class. He is smart, funny and handsome, but he doesn't seem to notice her. She tries several different ways of getting his attention, and she thinks about him and talks about him all the time. What advice would you give Lashay to help her stay on track with her goals and continue to feel good about herself?



6. Summarize how you can help someone who struggles with addiction, without getting dragged down yourself.

7) Explain what could happen if you continue to stay in an unhealthy relationship because your BF/GF is popular.

8) How can you impact your group of friends to help them refresh themselves physically, mentally and emotionally?
