



CANARY THE SCHOOL

Theme: Who We Are CONTENT OF LOI-1

LOI : How We Develop Relationships

What is relationship?

- It is the way in which two or more people are connected, or the state of being connected.

There are 3 basic types of relationships that encompass all of these situations:

1. Family Relationships

2. Friendships

3. Casual Relationships

Family:

We first learn about loving and caring relationships from our families. Family is defined as a domestic group of people whether through blood or marriage.

Each child in the family is nurtured, respected, and grows up to care for others and develop strong and healthy relationships

"Family" includes your siblings and parents, as well as relatives who you may not interact with every day, such as your cousins, aunts, uncles, grandparents, and stepparents.

These are probably the people you are closest to and with whom you spend the most time. Having healthy relationships with your family members is both important and difficult.

Families need to be units of mutual caring and support; they can be sources of lifelong strength for all individuals.

It is never too late to begin the process of improving family relationships – even if they are already of good quality – by developing some simple skills.

Remember that communication is key to resolving conflict. While it may seem that your siblings are constantly present to annoy you or boss you around, they are also there to communicate.

Use your family's presence to your advantage – communicate with each other, develop ways to value boundaries, and build trust and respect.

Following are the ways to develop and maintain good relationship with your family.

- 1.) Help your parents in their work
- 2.) Help your siblings for their work
- 3.) Take Care for each other
- 4.) Support each other in difficult time
- 5.) Spend time together on regular basis
- 6.) Avoid conflicts with your family members
- 7.) Learn to compromise and forgive
- 8.) Play your role efficiently

9.) Be responsible towards your family

Friendship:

Everyone needs friends, and you probably have always had at least one. A friend is defined as a person you know well and connected with affection, trust, and respect.

As you get older, some of your friendships will start to change, and some may grow deeper. You might also begin to know many more people, although not all of them will be your close friends.

Chances are, you will also start to spend more time with your new friends, and your old friends will start getting apart from you. Changes in relationships are not always easy.

Following are few ways to develop and maintain healthy and strong friendship:

- 1.) The best way to make new friends is to be involved in activities at school and in the community where there are other people your age.
- 2.) Another way to make friends is to be friendly and helpful to other people.
- 3.) Talk to people, get to know them, and find out if you have something in common with them.
- 4.) True friends listen to and respect each other's opinions and trust each other.
- 5.) You should never cheat or lie to your friend
- 6.) You should protect and take care of each other.
- 7.) Be supportive and encouraging.

- 8.) Do not tease or make fun.
- 9.) Cooperate and compromise.
- 10.) Talk openly about disagreements.
- 11.) Apologize when you hurt them.

Casual:

Casual relationships are formed with people you cross by every day – anyone who is not a friend, or family member.

For example, one person may be a teacher or some new boy or girl you don't know yet. You might wonder why it is important to have a healthy relationship with someone you don't know.

Well, all relationships start with a casual relationship. A casual relationship with mutual respect will lead to a friendship.

This type of relationships occurs mostly at the places which you visit for the job purpose or any other work.

It is important to maintain healthy relationships with the people who serve you. They are probably people you look up to for their skills and education, and by showing your respect and learning from these individuals, you will develop important skills that you can apply in your other relationships.

While you may not like learning about the Numbers, your Math teacher could be a valuable resource to teach you the same. And same way you may not like doctors' appointments but, it is your doctor who makes sure that you stay healthy and fit.

By respecting the casual relations, you not only benefit yourself, but you also help your other relationships. By learning communication skills and trusting those with more experience, you learn to be a balanced member of any strong relationship.

Following are the ways to develop and maintain casual relationships.

- 1.) When you pass someone you recognize on the street, by simply respecting the person and smiling or saying hello, you are communicating in an appropriate manner.
- 2.) By showing yourself in public as polite and friendly, people will be drawn to you and you will likely have healthier relationships.