

TAY Life Skills Study Guide

Personal and Social Relationships

This guide will provide resources to help you understand yourself better, relate to others, and build your self-esteem. You will also learn about different types of healthy and unhealthy relationships, and tips to maximize the benefits of social media.

By completing this section you will learn about:

- a) Recognizing your strengths, talents, and personality style
- b) Recognizing the personality style of others and different forms of communication
- c) Increasing self-esteem
- d) Benefits of positive mentors
- e) How to know healthy and unhealthy relationships
- f) Resources in your area that help with abusive relationships
- g) Ways to prevent stress and unhealthy habits associated with social media

Follow the directions and complete each of the following activities.

After you have completed each activity, have your foster parent or caregiver initial below.

Activities

What are my Strengths?

Time allotted: 30min

Purpose: Identify, understand, and appreciate your strengths

1) Visit www.high5test.com

- Read the instructions and register with a valid email or other registration method
- Take the test
- Review your results and the descriptions of each of the 5 strengths

2) Write down the 5 strengths that were identified. Pick at least 1 strength and briefly write about a time when you used that strength.

- 3) Each individual has many strengths, and the results of this test just describe a few. When you're feeling down, navigating relationships, or when you are setting goals for the future, return to these strengths and any others you or others have identified in you. Building on what you are already good at can help you to be more positive and have a better chance at success.**

Caregiver Initials:

Activities

Personality Style

Time allotted: 1 Hour

Purpose: Identify your personality style and how you relate to others.

1) Visit www.16personalities.com.

- Click on "Take the test" at the top of the screen.
- Follow instructions and take the test.
- Click on "start reading" after you finish the test.
- Review your results and explore your type.
- Click on "get a copy by email" to get your results emailed to you.
- Discuss results with a peer, foster parent, or caregiver.

2) What part of your results really stood out to you? What was most accurate? Share your thoughts below.

3) Explore 1 or 2 more types other than your own. Identify a couple of traits that you can appreciate, but that are different from your own. Share your thoughts below.

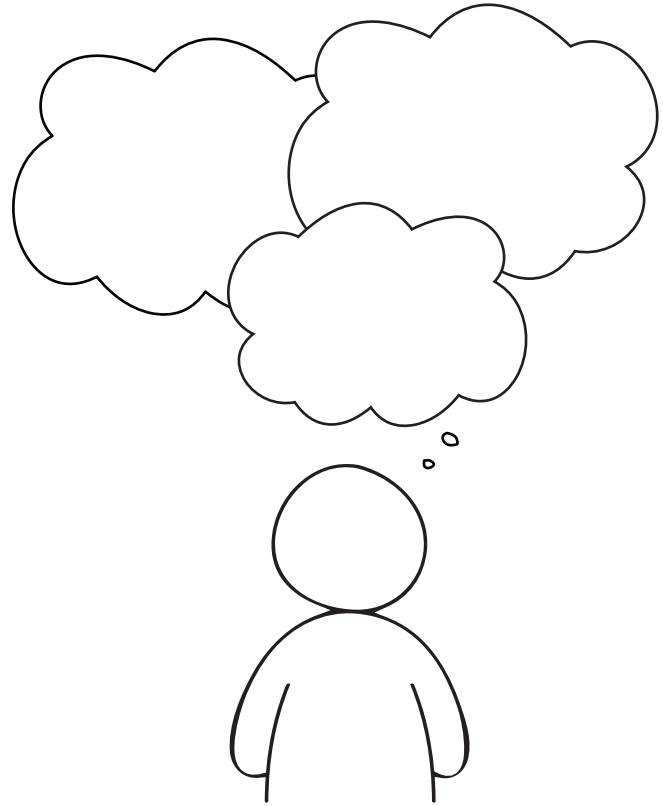
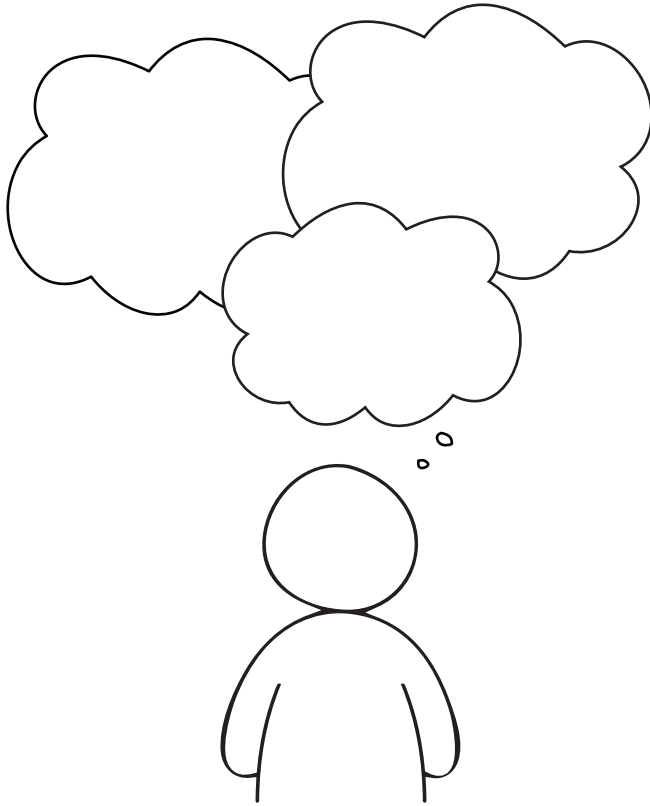
Caregiver Initials:

Activities

Self Portrait

Time allotted: 1 Hour

Purpose: Build self-esteem and promote positive self image.



- 1) On the first silhouette fill in your most frequent negative thoughts about yourself in the thought bubbles. This might be painful. But try to push through. Once you've filled in all the bubbles, take a moment to recognize that all of these thoughts come from your inner most critic. Ex: *I'm too loud and it gets me in trouble.*
- 2) Label this portrait "My False Self".
- 3) Do this exercise again with the second blank portrait but with a focus on alternate ways to think about each bit of self-criticism. Ex: *I have strong convictions and I use my voice to stand up for myself and others.*
- 4) Label this portrait "My Authentic Self".
- 5) Whenever your negative thoughts start crowding out the good ones, return to these two portraits to remind yourself that you are not your negative thoughts and that they don't need to define you. Train your mind to not let these negative thoughts develop.

Caregiver Initials:

Activities

Understanding Gender Identity

Time allotted: 30min

Purpose: Learn common terms used when talking about the LGBTQ+ community and how to talk to everyone with respect.



1 Go to <https://lgbtlifecenter.org/pronouns/>.

- Read the "Understanding Pronouns" article.
- Watch the "What if I make a mistake" video at the bottom right of the article.
- Write down what new information you learned about this topic.

Caregiver Initials:

Connecting in Relationships

Time allotted: 30min

Purpose: Understand different ways people like to connect in relationships as well as different ways people can demonstrate healthy boundaries.

1 Go to <https://www.youtube.com>

- In the search bar type "Teen Voices: Friendships and Boundaries"
- Click and watch the video with the same title

2 Fill in the following chart

How I like to connect with others

How I like to spend time by myself

--	--

- Different people like to connect in different ways, and sometimes these can also change over time. Your mood, past experiences, current events, and more can all affect how you like to connect in any given moment. Take advantage of opportunities to connect and strengthen relationships, but know that it is OK and normal to need some time to yourself or to establish boundaries with certain people. Setting boundaries may be difficult at first, but you can practice and learn to get better at these skills.

Caregiver Initials:

Activities

Life Interview

Time allotted: 2 Hours

Purpose: Recognize the benefit of positive mentors.

1) Go to www.indeed.com/career-advice.

- In the search bar, type in "Mentors".
- Scroll down to find the article "10 reasons why you need a Mentor."
- Review the information and list 3 things that would be the most beneficial to you in having a mentor

2) Go to www.indeed.com/career-advice.

- In the search bar, type in "Mentor Qualities".
- Scroll down to find the article "10 Important Qualities to Look for in a Mentor."
- Review the information.
- Write down the most important qualities for your mentor.

3) Go to youtube.com

- In the search bar type, "How to find a mentor as a high school student".
- Click and watch the video with the same title from The Princeton Review.

Caregiver Initials:

Activities

Life Interview, continued

4) Go to www.indeed.com/career-advice.

- In the search bar, type in "Mentors".
- Scroll down to find the article, "9 Question to ask your Mentor".
- Review the information.
- Create your own 10 interview questions from the questions listed:

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

- Interview a positive role model using the interview questions you created.
- Write a short report about whether this person would be a good fit for you as a mentor.

Caregiver Initials:

Activities

Is this love? Am I in a Healthy Relationship?

Time allotted: 1 hour

Purpose: Know a healthy and unhealthy relationship.

1) Visit to <http://www.coolnotcoolquiz.org/>.

- Click on "Let's Play"
- Then click "Got It"
- Participate in the quiz and then discuss with a friend your thoughts on the activity.

2) Visit to <http://verywellmind.com>.

- In the search bar type "Codependency".
- Click the article titled "How to Build a Relationship Based on Interdependence".
- Review the information. Discuss with your foster parent or caregiver healthy relationships.

Caregiver Initials:

Learning Consent

Time allotted: 30 min

Purpose: To define boundaries and obtain consent when interacting with others.

1) Visit to www.consentiseverything.com.

- Watch the "Tea and Consent" video.
- What did the tea represent? Was there anything that stood out to you?

Caregiver Initials:

Activities

Relationship Reflection

Time allotted: 1 Hour

Purpose: To reflect on existing relationships and/or relationships you've had in the past, and identify goals for your relationships in the future

1 To go <https://amybanksmd.com/about/>

- Scroll down to "Take the C.A.R.E. Assessment and select "Start Now"
- Follow the instructions and complete the assessment.*Try to take the assessment at a time when you feel "relatively OK". You may choose up to 5 people who you spend the most time with. You can choose people who may no longer be in your life as well as those who are currently in your life. As you go through, imagine a few interactions with each person noticing what you feel in your body and mind as you take the assessment.
- Review your scores. High C.A.R.E. scores are correlated with stronger, safer and more rewarding relationships, but lower scores are very common.
- Reflect on the relationships you chose and write a list of at least 3 things you'd like to feel in a hypothetical new relationship.

Caregiver Initials:

Activities

Impact of Social Media & Social Worth

Time allotted: 30min

Purpose: Learn about what you can do to prevent the mental stress and unhealthy habits associated with social media while still receiving the benefits of social media like connecting with peers that share common lived experiences and interests.

1) Go to www.youtube.com

- Search Teen Voices: Presenting Yourself Online
- Select and watch the video from Common Sense Education

2) Go to ted.com.

- Go to search bar and search for "Freedy Muli".
- Scroll down and find the video "Impact of Social Media on Youth".
- Write down what you value in your life.

3) Go to www.childwelfare.gov

- In the search bar, search "social media tips" and select the webpage "social media: tips for youth in foster care"
- Download the pdf and review the information

Caregiver Initials:

Note: Your relationship with yourself, your relationships with others may be difficult sometimes. Wanting to have better relationships and have the skills to maintain them is one of many reasons that people may want to talk to a counselor or mental health professional. Please see the Healthy & Safety Guide for more information about accessing such services.