

Relationships in Our Lives

A relationship is a connection between two or more people. We have different relationships in our lives. Who are the people in our life?

On poster paper or a white board, list the different people in our lives. Possible answers: family (parents, siblings, etc.), friends, romantic partners, classmates, coworkers, PCAs, coaches, teachers, police officers, librarians, bus drivers, etc.

Look at the long list we created of all of the people in our lives. Now think of the relationships in **YOUR** life. Write down the names of the people in your life in the following categories. See if you can write down at least five names in each category, except for “romantic partner.” This category would only have one name in it and for some people nothing in this category. A romantic partner is a boyfriend or a girlfriend. Not everyone has a boyfriend or girlfriend in their life right now. A crush is someone you are attracted to or someone you really like. Crushes are normal but it does not mean that the person is your boyfriend or girlfriend.

- **Family:**
- **Friends:**
- **Romantic partner:**
- **Care givers:**
- **Community members:**

Now looking at that list, let’s think about the types of touch we use with those people. We use different types of touch for all of the different relationships in our lives. Look at the relationship circle on the back side of this page and let’s think about where each of the relationships in our lives would fit in the circle. Write down the names of the people in your life on the relationship circle.



Relationship Circle

DO NOT TOUCH

WAVE

SHAKE HANDS

SIDE HUG

HUG

SELF

