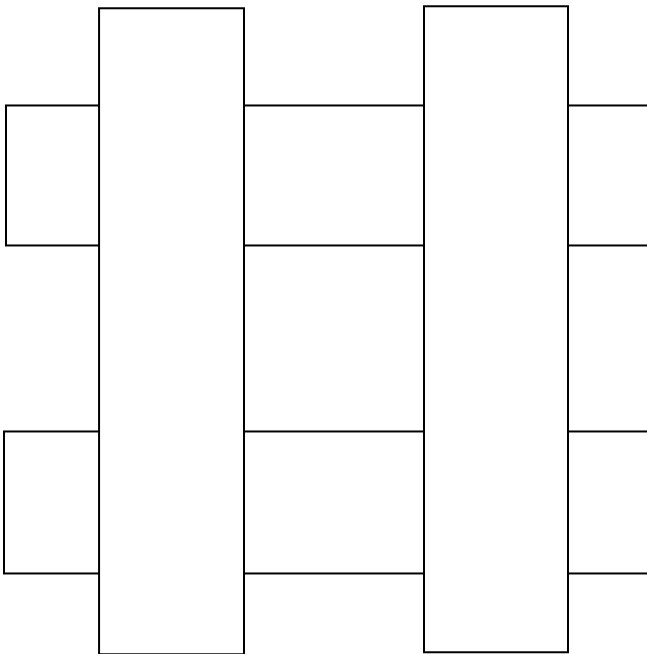


# Save or Bust?

Teens: Building Healthy Relationships

- ◆ Before beginning, set aside all **blue** blocks (the “savers”).
- ◆ Build your relationship by putting the remaining blocks together, forming a tower with the white words facing the **outside**. Plain pieces may be put in the middle of the tower. Arrange the blocks in any color pattern you choose. Green, orange, and pink are all the same: “killer” pieces.
- ◆ Draw a card and read it aloud. The cards with green, orange, and pink are relationship “killers”. With “killer” cards, remove the block from your tower with the label corresponding to the **bolded** word on your card.
- ◆ If you draw a blue card, take the matching word block from the blue pile. You can use a blue block to replace a killer block.



- ◆ Continue to build the tower as illustrated. You may insert a third “wordless” block in the middle of each layer for extra stability.
- ◆ The goal of this activity is to keep the tower (your relationship) standing, and to learn about the “killers” and “savers” in relationships.

Escalation	Arguments
Money	Work
Pornography	Addictions
Friends	Stonewalling
Contempt	Lack of Commitment
Security	Financial Incompatibility
Invalidation	Respect
100/0 Job Division	Selfishness
Domestic Violence	Poor Communication
Trust	Power and Control
Criticism	Kitchen Sink-ing
Unrealistic Expectations	Gossiping
Activities	Affirmations
Money Harmony	Kindness
Good Communication	Time Together
RESPECT	Trust
Validation	Dedication
Appreciation	Patience



Constant fighting over the same issues without resolving them creates **Escalation**.

Teens

Excessive fighting and **Arguments** can lead to other issues such as stonewalling.

Teens

A major cause of bickering and arguments is **Money**. No one likes to discuss money issues.

Teens

Work can become a relationship concern when it is excessive or stressful. Keep **Work** in its proper place.

Teens

The internet has increased the availability of **Pornography**. This addiction is destructive to self esteem and relationships.

Teens

Drugs, pornography, sex, and other addictions destroy relationships. Get help if you are fighting with **Addictions**.

Teens

Use caution in the amount of time and the communications you share with **Friends**.

Teens

When you begin to avoid contact or communications with someone, you are **Stonewalling**.

Teens

**Domestic Violence** is about control in a relationship. All individuals need to feel safe at home.

Teens

"I" statements are much better than "You" statements. **Poor Communication** can destroy relationships.

Teens

You have lost trust in someone because of their actions. **Trust** is a critical relationship skill.

Teens

Dating abuse is about **Power and Control**. Equality is the key to stopping violence.

Teens

Negative comments hurt all relationships. Avoid **Criticism** of others.

Teens

**Kitchen Sink-ing** is bringing up any and all past problems in an argument. This is unproductive in relationships.

Teens

Having **Unrealistic Expectations** of others sets the stage for failure in a relationship.

Teens

Speaking negatively of others behind their back is a breach of trust. **Gossiping** can be fatal in relationships.

Teens

**Validation** happens when you understand and "feel" another's feelings. You are valid in their eyes.

Teens

Commitment and devotion in a relationship is **Dedication**.

Teens

A strong relationship will encourage **Appreciation**. All humans need to feel loved, needed, and supported.

Teens

Taking time to understand another person or to overlook their faults is a relationship builder. **Patience** is important.

Teens

Rolling your eyes at someone whenever they do something is a sign of **Contempt**. Be cautious of this behavior.

Teens

A friend never shares information or spends time with you. You see this as a **Lack of Commitment**.

Teens

**Security** that someone will not embarrass you in front of other friends, co-workers, or family members is important.

Teens

Know your Money Personality style and the style of others to avoid **Financial Incompatibility**.

Teens

You feel worthless, that nothing you do is appreciated. You feel **Invalidation**.

Teens

Being treated as a person, not an object, brings **Respect** to a relationship.

Teens

No relationship is a 50/50. Give 100% and expect 0 in return. You'll gain more than you think.  
**100/0 Job Division**

Teens

A friend never considers your feelings and only meets their own needs. **Selfishness** hurts relationships.

Teens

Build great relationships by participating often in fun **Activities** with others.

Teens

Provide others with plenty of positive **Affirmations**. These words and deeds let them know you value and care for them.

Teens

Money can cause stress in a relationship. Making personal decisions regarding finances gives you **Money Harmony**.

Teens

**Kindness** is the most important element in all relationships.

Teens

Learning to use "I" statements and good listening skills builds **Good Communication**.

Teens

Members of a healthy relationship spend quality **Time Together**. Make sure you actually talk together often.

Teens

Treat others as people of value. They will become much more valuable to you. **RESPECT!**

Teens

**Trust** is the glue that holds all relationships together. It is how you see and hear others.

Teens

Save or Bust? for TEENS

Juab County Extension



**Utah State University**  
COOPERATIVE EXTENSION