

*Student and teacher: Use this cover sheet for mailing or faxing.*

**ASSIGNMENT BOOKLET PART B: RELATIONSHIPS**

PED0770 Career and Life Management  
Part B Assignment

FOR STUDENT USE ONLY	
Date Assignment Submitted: _____	(If label is missing or incorrect) Student File Number: _____
Time Spent on Assignment: _____	Module Number: _____

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Assigned Teacher: _____
Assignment Grading: _____
Graded by: _____
Date Assignment Received: _____

Student's Questions and Comments

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Teacher's Comments

\_\_\_\_\_

Teacher

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- Are all the assignments completed? If not, explain why.
- Has your work been reread to ensure accuracy in spelling and details?
- Is the booklet cover filled out and the correct module label attached?

### **MAILING**

1. Do not enclose letters with your Assignment Booklets. Send all letters in a separate envelope.
2. Put your Assignment Booklet in an envelope and take it to the post office and have it weighed. Attach sufficient postage and seal the envelope.

### **FAXING**

1. Assignment Booklets may be faxed to the school with which you are registered. Contact your teacher for the appropriate fax number.
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### **E-MAILING**

It may be possible to e-mail your completed Assignment Booklet to the school with which you are registered. You also may be required to e-mail some of your assignments. Contact your teacher for the appropriate e-mail address.

# **Career and Life Management**

## **Part B**

### **Relationships** *ASSIGNMENT BOOKLET*

## FOR TEACHER'S USE ONLY

### Summary

	Total Possible Marks	Your Mark
Part B Assignment	50	
	50	

### Teacher's Comments

Career and Life Management  
Part B: Relationships  
Assignment Booklet  
ISBN 978-0-7741-2974-9

Alberta Education acknowledges with appreciation the Alberta Distance Learning Centre and Pembina Hills Regional Division No. 7 for their review of this Assignment Booklet.

This document is intended for	
Students	✓
Teachers	✓
Administrators	
Home Instructors	
General Public	
Other	



You may find the following Internet sites useful:

- Alberta Education, <http://www.education.gov.ab.ca>
- Learning Resources Centre, <http://www.lrc.education.gov.ab.ca>
- Tools4Teachers, <http://www.tools4teachers.ca>

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## ASSIGNMENT BOOKLET PART B: RELATIONSHIPS CAREER AND LIFE MANAGEMENT PART B ASSIGNMENT

This Assignment Booklet is worth 50 marks. The value of each assignment and each question is stated in the left margin.

Read all parts of your assignment carefully and complete your work in the appropriate places. If you have difficulty with an assignment, go back to your Student Module Booklet and review the appropriate topic. Be sure to proofread your answers carefully before submitting your Assignment Booklet.

You may use a computer and word-processing program for many of these assignments. If you use a computer, be sure to attach a printed copy that has been proofread and is readable. Include your name, course name, and assignment number on each page.

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### Part B Assignment: Relationships

In Part B: Relationships you focused on the components of quality relationships and the skills needed to maintain and enhance them. You examined elements that affect decision making in social and possible dating relationships. You explored the importance of being responsible in your relationships and various factors that affect relationships. You reviewed the importance of clearly understanding your values, beliefs, and goals, and the value of good communication skills to express yourself in a relationship.

The assignments for Part B: Relationships focus on developing skills and strategies for establishing healthy relationships—including the way your relationships affect and are affected by all dimensions of your personal health and well-being. The questions will ask you to apply your knowledge of health-enhancing behaviours to decision making about relationships.

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1. Design a poster that completes and illustrates the following two sentence starters:

- Intimacy means . . .
- Commitment means . . .

Construct your poster on a large piece of paper. Draw a line down the middle and use one sentence starter as a heading on each side of the line. Use a variety of textual and visual sources, including your own writing, illustrations, or photographs, and articles, advertisements, or pictures from magazines and newspapers.

Before designing your poster, gain inspiration through the following activities:

- Brainstorm responses to the sentence starters.
- Listen to the lyrics of songs, both new and old.
- Ask your friends, parents, or other family members for ideas.
- Obtain a book of quotations from your local or school library; look up topics relating to intimacy, love, trust, commitment, and respect.

When you have completed question 1, continue where you left off on page 16 of Part B: Relationships.

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2. In your journal you recorded personal aspects about several of your experiences with relationships—your thoughts, feelings, beliefs, values, and what you learned in each situation. Review and reflect on what you wrote in your journal. Then in the space that follows—or with a computer and word-processing program—write a paragraph explaining how you feel about relationships and possibly about dating. Comment on the following points:

- What do you want out of relationships at this time in your life?
- Are there relationship pressures that you feel?
- If you do not feel any pressures right now, explain what you think keeps you from feeling pressured.
- What aspects of your life give you strength to deal with the relationships you have with friends, dating partners, family members, teachers, employers, or other people?



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3. Decisions about relationships have a great effect on a person's lifestyle. Your project for this assignment is to create an information brochure for teens that will focus on creating healthy relationships. Your brochure might also show the negative effects of unhealthy relationships.

**Note:** Review and summarize the following concepts to prepare for this project:

- what makes a healthy relationship
- intimacy and commitment in relationships
- what is involved in effective relationships
- decision making in healthy social and dating relationships
- good communication skills, respect, and trust in relationships
- values, beliefs, and goals in healthy, trusting, long-term relationships

Use the following guidelines to complete your project:

- Create your brochure manually or create it electronically and print it.
- Title your brochure "Enjoy Positive, Healthy Relationships" or another appropriate title.
- Submit your brochure as a folded or stapled booklet; in a binder, folder, or report cover; or in any other format you choose to create.

Your project will be assessed according to the criteria that follow.



<b>Assessment Criteria for Question 3: Information Brochure for Teens</b>	
<p><b>Content</b></p> <ul style="list-style-type: none"><li>• Multiple sources of information are incorporated, and each is used effectively.</li><li>• The brochure clearly identifies positive qualities of healthy relationships, factors that determine healthy relationships, and possible consequences of negative relationships.</li><li>• Clear examples explain how decisions about relationships can affect health and well-being.</li><li>• Connections are made to physical, emotional, and social dimensions of health.</li><li>• Knowledge from readings and activities is applied through examples, supporting details, and relevant information.</li></ul> <p><b>Format</b></p> <ul style="list-style-type: none"><li>• The brochure is well-organized and integrates textual and visual information.</li><li>• The writing has been edited to eliminate errors.</li></ul>	30 marks

When you have completed questions 2 and 3, submit Assignment Booklet: Part B to your teacher along with Assignment Booklet 3B, and then continue where you left off on page 24 of Part B: Relationships.

