How do we get along?

Research illustrates that young people who have difficulty developing relationships are more likely to participate in aggression, abuse drugs or suffer from depression. This activity, from Teaching Tolerance, will help you examine what it means to relate to others.

Source: Teaching Tolerance

**Step 1: Defining reliability**

*Writing prompt:* Is it easier to get along or to fight with others?

*Activity directions:* Students will create a chart exploring relationships observed through the media and through personal experiences. Using the *Tampa Bay Times* as well as other media as resources and students' own observations, list examples of people getting along and people not getting along, and show the effects of getting along, as well as the effects of not getting along.

**Step 2: Assessing relatability**

*Writing prompt:* How can you measure the quality of relationships?

*Activity directions:* Students should complete the survey below. Students must provide a personal example for each survey question. Students should refer to the scale to learn their level of relatability.

**Assessing relatability survey**

1. Do you initiate conversations with others (text, email, call)?
2. Do you respond when other people initiate conversations with you (text, email, call)?
3. Are you a member of a group or organization?
4. Do you cry or laugh at things (movies, books, songs, jokes)?
5. Do you apologize when needed?
6. Do you accept apologies?
7. Do you share secrets with others?
8. Do other people share secrets with you?
9. Do you seek advice or the opinions of others?
10. Do others come to you for advice or for your opinion?

Total # of YES answers
Total # of NO answers

**Scale**

8-10 YES Answers: You are very relatable person.
5-7 YES Answers: You are a social person.
3-4 YES Answers: You need a relatability mentor.
0-2 YES Answers: You are in need of a relatability makeover.

*Process questions:* What is your reaction to your score? Do you think the survey measures relatability accurately? Explain why.

**Step 3: Reshaping your relatability**

*Writing prompt:* How can you improve your interactions with others?

*Activity directions:* Students should brainstorm a list of factors that they use to help build relationships in their lives. They also should make a list of factors that they feel are harmful to the development of relationships in their lives.

*Process questions:* Review your list and explain what behavior/factor is hurting your interactions with others the most. Now that you are aware that this is hurting your relationships with others, what will you do with this information?

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