Relationship Skills







- > I can respect the differences between myself and others.
- ➤ I can communicate respectfully using words, calm tone, and a safe body.
- > I can identify when I need to listen to others.
- ➤ I can use peer feedback and cues to change my behavior.*

 *with adult guidance

These skills enable a person to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes the ability to communicate clearly, listen actively, cooperate, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.