

Session 4.1: Relating to people

Activity sheet 4.1.1a: Different kinds of relationships 1

We meet lots of different people.

Think of all the different people you meet. Some we know well. Some we don't know well.

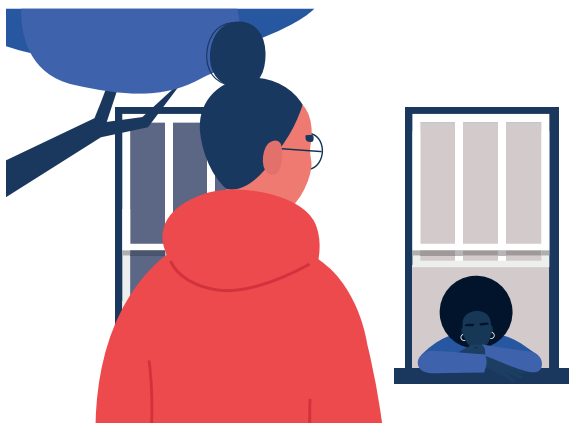
 An illustration of a family of four sitting on a grey sofa. From left to right: a young girl in a yellow shirt and blue shorts, a man in an orange shirt and blue pants, a woman in a pink top and red pants holding a white cup, and another young girl in a yellow shirt and purple pants.	<p>You may have family.</p>
 An illustration of four people sitting on a grey sofa. From left to right: a woman in a red top and blue pants, a man in a purple shirt and blue pants, a man in a yellow shirt and blue pants, and a woman in a pink top and red pants. They are all eating pizza from a box in the center.	<p>You may have friends.</p>
 An illustration of two men standing and shaking hands. The man on the left is wearing a white lab coat and glasses, representing a doctor. The man on the right is wearing a white t-shirt and blue pants, representing a patient.	<p>You may meet professional people, like doctors.</p>

Activity sheet 4.1.1b: Different kinds of relationships 2

We have different relationships with different people.



You may have an intimate or sexual relationship like a girlfriend or boyfriend.



You may see people you don't know – they are strangers.

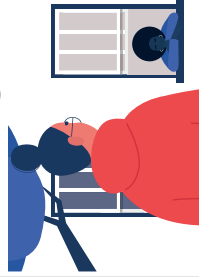

Think of the different people you see and put them in the right group in the table on the next page.

For example:

Your brother would go under 'Family'.

Staff would go under 'Professional'.

Someone you don't know on the bus will go under 'Strangers'.

Activity sheet 4.1.1b: Different kinds of relationships 2					
Family	Friends	Professional	Stranger	Intimate and sexual	Other
					

Activity sheet 4.1.2: Touch

Some people you are allowed to touch. Some you are not allowed to touch.

Choose the right touch for each group of people.
Draw a line to the right one.

<p>Family</p> 	<p>Friends</p> 
<p>Professional</p> 	<p>Intimate and sexual</p> 
<p>Stranger</p> 	

Don't touch

Hug

Sexual touch

Shake hands

Pat on the back

Activity sheet 4.1.3: Your family

Everyone's family is different. Some people are close to their family. Some are not close to their family. Who are the people in your family?



Talk about the things you do with your family.

Some people are very friendly with their family but others are not. Sometimes you might have arguments with your family.

As an adult you might live with your family or you might live with other people or on your own.

Talk about what is best for you.

Listen to other people in the group. They may want something different from you.

Activity sheet 4.1.4: Being a good friend

It is good to have friends. Who are your friends?



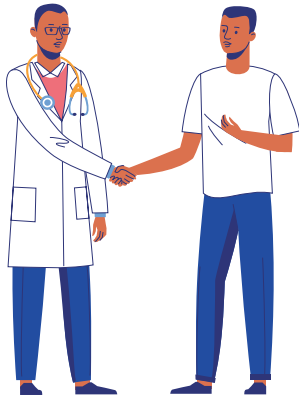
Think of how you can be a good friend.

1.

2.

3.

Activity sheet 4.1.5: Relationships with professionals



You may see a lot of different professionals. You may see a doctor, you may have carers, and you may have a key worker. Some you see a lot and are very friendly but they are not the same as family or friends and you cannot have a close intimate or sexual relationship with professionals.

Professionals may know a lot about you but you don't know much about them. This is different from your family and friends.

Talk about how they are different from your family, your friends and intimate or sexual relationships.