**Assignment for Healthy Relationship Unit**

**“An Advice Column”**

You have 2 computer lab periods to put together and type up a professional looking and sounding advice column. **It is due at the end of the second lab.**

You will create 3 questions that ‘somebody’ will send in to you and you will create an answer with good advice based on the material we discussed in class.

Each question must be about a different type of relationship

Choose from:

|  |
| --- |
| * Romantic (short-term, long-term) * Friendship (any length of time) * Work (co-worker, boss) * School (other students, teacher, administration) * Family (parent, sibling, grandparent) |

1. The question must include details about the problem the person is having with another person.

“*Dear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,*

*I am having a real problem with my close friend Sarah. We’ve been friends for over 5 years and are now planning to go off to college. I think it is a good idea to go to different schools so we can really focus on school and not be distracted by hanging out all the time. All she talks about is how great it’s going to be being together away from home and partying, and attending classes together. I’m kind of over the partying side of life and am really excited about learning new things and meeting new people. But of course I really still think Sarah is great but how do I tell her I want to do my own thing, without her getting really angry and hurt?*

*Signed,*

*Anxious and worried in Flesherton*

1. Your advice needs to encourage solving the problem in a healthy way:
   * Not burning bridges and **explanation of why this is important**
   * Treating the person with HIRES: honesty, integrity, respect, empathy, and sensitivity, and **explaining why this is important and helpful**
   * How to have this discussion: face to face in most cases, not texting or email, **and explain why**
   * Verbal and non-verbal message needs to match: **explain why this is important**
   * If necessary, how to give a sincere apology (3 steps) and not hold a grudge; **explain why this important**

**The relationship does not have to end, but the problem needs to be addressed. Your advice will help this person address the problem so the relationship can adjust. You can give more than one option for this person’s situation.**

**Rubric**

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| --- | --- | --- | --- | --- | --- |
| **Criteria** | **Level 4+**  **100-90**  **Extremely thorough** | **Level 4**  **89-80**  **Lots of detail** | **Level 3**  **79-70**  **Included almost all that you should** | **Level 2**  **69-60**  **Included some of what you should** | **Level 1**  **59-50**  **Limited**  **Missed many pieces** |
| **Knowledge**   * Proper use of terms * Inclusion of many terms |  |  |  |  |  |
| **Thinking**  Realistic ideas for the people’s relationship problem |  |  |  |  |  |
| **Application**   * Able to provide suitable advice based on course material * Explanations of ‘why’ to do these things provided |  |  |  |  |  |
| **Communication**   * Very neatly typed * Spelling/grammar * Clarity * Creative name for your column * Handed in rubric |  |  |  |  |  |

Date received: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_