

Learning Competencies:

- Discuss an understanding of teen-age relationships, including the acceptable and unacceptable expression of attraction **(EsP-PD11/12PR-IIa-9.1)**
- Express his/her ways of showing attraction, love, and commitment **(EsP-PD11/12PR-IIa-9.2)**
- Identify ways to become responsible in a relationship **(EsP-PD11/12PR-IIb-9.3)**

ACTIVITY NO. 1  
4 PICS 1 WORD

Instruction: Give the appropriate word that describes the pictures.



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APPRECIATING THE DYNAMICS OF PERSONAL RELATIONSHIPS

Adults, particularly parents, are more concerned with tasks and responsibilities such as academic performance. They are at a point in life when they think adolescent relationships and its other facets such as dating are superficial, unimportant, and improper.

Adolescent relationships may be perceived by adults as just merely a game or an adventure. The truth is, however, they play a pivotal and strategic role in lives of

adolescents. These relationships are capable of creating opportunities that harness adolescents' potentials, and the capacity to maintain, preserve, and protect long-term, committed relationships in adulthood.

### **WHAT IS THE IMPACT OF ROMANTIC RELATIONSHIPS ON ADOLESCENTS?**

During adolescence, young girls and boys spend a significant amount of time socializing with one another; thus, intensifying their interest in a prospected partner which may eventually lead to romantic relationships.

Adolescent is the best time for young people to connect with their parents to seek advice on building relationship. This will help counteract the negative impacts of being in romantic relationships at a young age.

### **WHEN AND HOW DO ROMANTIC RELATIONSHIP FIRST DEVELOP AND HOW DO THEY CHANGE ACROSS ADOLESCENCE?**

There is no specific age or time at which young people are required to enter romantic relationships. This may vary according to culture, gender, and person, but for most, it is part of the adolescent experience. These relationships increase in number and tend to last longer during late adolescence when changes in perspectives and attitudes result into stability and maturity in relationships.

Younger adolescents, however, do not have the patience and determination to make these relationships last. They can become stressed, moody, and move out of a relationship any time.

For older adolescents, however, the experience can be very rewarding with greater levels of intimacy, affection, and companionship.

### **WHAT TASK IS FULFILLED BY THESE ROMANTIC RELATIONSHIPS IN PROMOTING A HEALTHY ADOLESCENT DEVELOPMENT?**

Studies today have confirmed that adolescent romantic relationship espouse important values such as open communication and high level of trust.

Valuable opportunities that can help adolescents work toward achieving developmental task including the following:

1. Identity formation- these relationships contribute to adolescents' greater and deeper self-awareness. It helps them find out who they are and what they believe in.
2. Communication, interpersonal skills, and conflict negotiation skills- in any relationship, communication is very important. As a training ground to develop interpersonal skills, these relationships over time can refine their communication and negotiation skills, develop empathy, and learn how to maintain intimate relationships.
3. Developing emotional autonomy- relationships during this stage are exposed to wide range of intense emotions. The experience of coping with breakups or

asserting one's independence can generate a series of emotions that may just be difficult for the adolescent to handle on his/her own.

### WHAT ARE THE CHALLENGES POSED BY ADOLESCENT ROMANTIC RELATIONSHIPS? WHY ARE THEY IMPORTANT? SHOULD THEY BE ENCOURAGED OR AVOIDED?

1. Inexperience adolescents typically have little or no prior experience of getting involved in romantic relationship. It may require a lot of pushing and haggling before the person finally decides to try it out. It may be daunting and sometimes, one can be pressured into submission. This is stressful moment and may breed anxiety, paranoia, or even a lot of self-doubt.
2. At this age, resolving conflicts about the relationship involves procedures unknown to them. They may find it more difficult to process their thoughts clearly.
3. The presence of an intimate friend affects the family as well as pre-existing friends. This can be source of considerable guilt for adolescent.

### ADOLESCENCE & COMMITMENT

Commitment is common among adolescent relationships yet in truth it is complicated because it involve a lot of risk and sacrifices. Commitment, too early and too fast in a relationship, may not always provide the stability that it promise. It can in fact lead to a disappointment. Commitment is a positive thing only when couples begin to let go of their individual and personal plans and goals. Instead they should learn to open one's self, accommodate their partner's plan and goals.

**Commitment** is a complicated mix of *trust*, *intent*, *effort*, and *sacrifice*. **Trust** has to do with believing. **Intent** has to do with resolution and a dedication to what is wanted. **Effort** is what it takes to commitment to carry through. And **sacrifice** is accepting that all commitment come with a cost.

### INSIGHT

Relationship do not happen overnight. They go through a process that allows person to clarify their motives, their intentions, and their goals. It is a continuous journey.

### ACTIVITY NO. 2

**Instruction: Answer the following questions in a 2 to 5 sentences.**

1. How do you express/show your attraction, love and commitment?
  
  
  
  
  
  
  
  
  
  
2. What is the most important thing for a relationship to be successful?

### ENRICHMENT

**Instruction: Answer the question below. (5 points)**

How do you spend a special day with a love one?

**SOURCES:**

- Rochester, Herman G. "A Journey to Personal Development" p. 137- 145, FNB Educational, Inc., Philippines, 2016.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Grade & Section:** \_\_\_\_\_ **Score:** \_\_\_\_\_



PERSONAL DEVELOPMENT  
ASSESSMENT NO. 9

Test I. Identification

Instruction: Give the correct answer. Write your answer on the space before the number.

- \_\_\_\_\_ 1. Contributes to adolescents’ greater and deeper self-awareness.
- \_\_\_\_\_ 2. It is a ccomplicated mix of *trust, intent, effort*, and *sacrifice*.
- \_\_\_\_\_ 3. It has to do with resolution and a dedication to what is wanted.
- \_\_\_\_\_ 4. It is accepting that all commitment come with a cost.
- \_\_\_\_\_ 5. Relationships during this stage are exposed to wide range of intense emotions.

Test II. (10 points)

Directions: It’s important to pay attention to what is and isn’t working in the relationships around us, so we can learn to build and sustain healthy ones of our own. You’ll pick two relationships- either fictional characters or celebrities- to compare and contrast. Write your reflections below.

My healthy couple: \_\_\_\_\_

My- not- so- healthy couple: \_\_\_\_\_

1. What behaviors from the healthy relationship could be used to help repair the unhealthy one? (5 points)

Their Healthy Relationship Behaviors	Their Unhealthy Relationship Behaviors

**2. Out of all the behaviors listed, which ones do you think are the most important in having a healthy relationship? (5 points)**