



6th Session

Relationship Building Skills

Social-Emotional Understanding and Learning
For Adult-Children Wellbeing Advancement



<https://www.safecommunitiessafeschool-indonesia.org>



RELATIONSHIP BUILDING SKILLS

- **Assalamualaikum, hello, good day everyone. How are you all today? Are you all well? Is anyone feeling unwell?**
- **In the previous session, you were given an assignment. Please review worksheet 5.2 that you have completed.**
- **How many kind acts have you done?** (*wait for students' responses and make a range of the number of kind acts answered by students*)
- **What is the impact of the kind acts you have done?** (*mention some of the students' answers, for example, the impact is to ease the workload of parents*)
- **Would you like to share how you feel today? Does anyone want to share?** (*Ask questions like "What did you do during break time?" "Who did you talk to?" "What did you talk about?" and "Why do we feel comfortable talking to that person?"*)
- **Wow, it seems like today's activities were really exciting and fun. Everyone did a great job!** (*encouraging the children to clap their hands*)
- **Well, today we will discuss how we interact with others, or what is known as building relationships. Would anyone like to share their opinion on what building relationships means?** (*wait for students' responses*) **Thank you for sharing...**
- **So building relationships is very important in our daily lives. Let's continue discussing building relationships together!**

We need friends and other people since we cannot live alone.
We need to build relationships with others.

- Relationship-building skills are essential competencies in individual relationships, both at school and in the community.
- Building relationships between teachers and students is very important because it will have an impact on increasing students' learning motivation and involvement. The same goes for relationships between students as a pattern of interaction that occurs regularly in the school environment and will affect their psychological condition.
- Therefore, we need to have the skills to build good relationships with others, both with friends and other people.

WHY DO WE NEED FRIENDS OR OTHER PEOPLE?

HOW DO WE MAKE FRIENDS AND MAINTAIN FRIENDSHIPS?

WHY IS IT IMPORTANT TO MAINTAIN RELATIONSHIPS WITH FRIENDS AND OTHER PEOPLE, BOTH AT SCHOOL AND AT HOME?



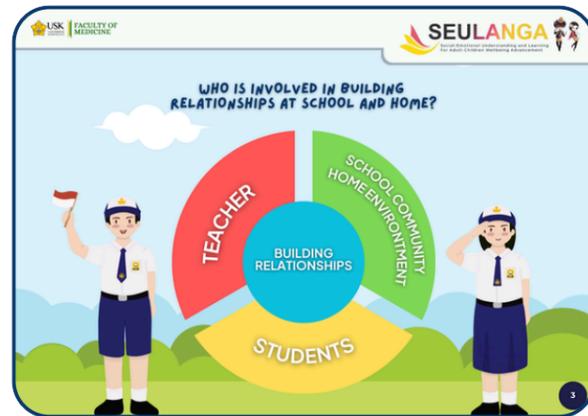


Why does building relationships matter for adolescents?

- Relationship-building skills are important for adolescents. As part of their developmental tasks, adolescents need to find their identity, self-esteem, needs for others, and satisfy their high curiosity.
- Adolescents will try many ways and make many efforts to find their identity, one of which is by starting to build relationships with others.
- The duration of student interaction at school, both with other students and teachers, encourages the importance of students having the skills to build positive relationships with others, which will help adolescents achieve optimal development.

WHY IS BUILDING RELATIONSHIPS IMPORTANT FOR ADOLESCENTS?





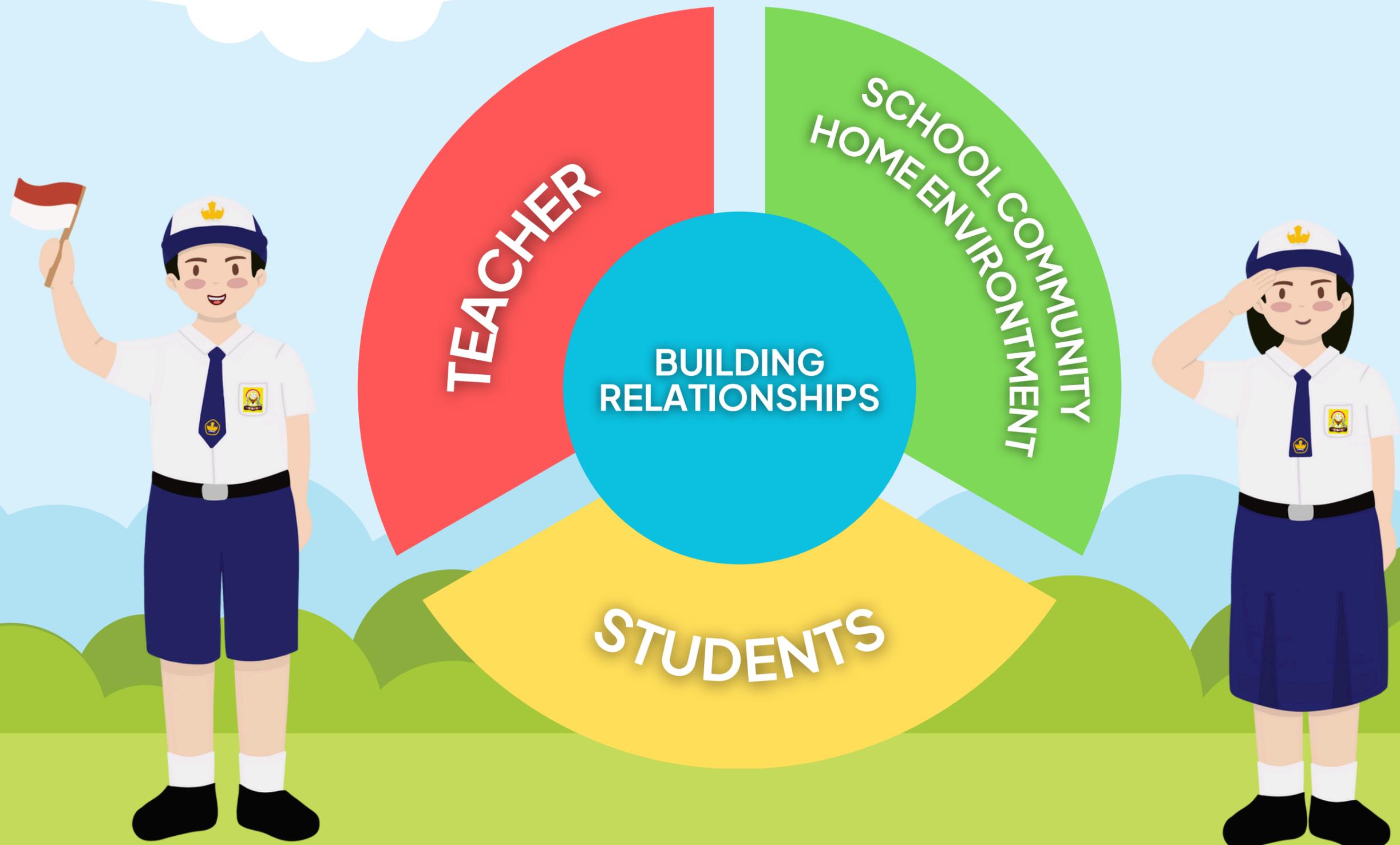
WHO IS INVOLVED IN BUILDING RELATIONSHIPS AT SCHOOL AND HOME?

Those involved in building good relationships at school and at home are **students, teachers, and the school community/home environment.**

Relationship–building skills in context:

- Relationships between students
- Relationships between teachers and students
- Relationships between students and members of other school communities
- Relationships between students and their family (family members/household members)

WHO IS INVOLVED IN BUILDING RELATIONSHIPS AT SCHOOL AND HOME?





USK FACULTY OF MEDICINE SEULANGA

HOW DO WE ESTABLISH GOOD RELATIONSHIPS WITH OTHERS?
WHAT STRATEGY SHOULD WE HAVE?

- 1 Establishing and maintaining positive relationships with others
- 2 The ability to communicate well and effectively
- 3 Working with others or practicing teamwork
- 4 Resolving conflicts constructively
- 5 Avoiding the influence of peer pressure
- 6 Able to express disagreement with others in an acceptable manner
- 7 Seeking and offering help when needed

The strategy for building relationships with others includes:

- Establishing and maintaining positive relationships
- Skills for communicating well and effectively
- Collaborating with others or practicing teamwork
- Resolving conflicts constructively
- Avoiding the influence of peer pressure
- Being able to express disagreement with others in an acceptable manner
- Seeking help when needed and offering help when needed

HOW DO WE ESTABLISH GOOD RELATIONSHIPS WITH OTHERS?

WHAT STRATEGY SHOULD WE HAVE?

- 1 Establishing and maintaining positive relationships with others
- 2 The ability to communicate well and effectively
- 3 Working with others or practicing teamwork
- 4 Resolving conflicts constructively
- 5 Avoiding the influence of peer pressure
- 6 Able to express disagreement with others in an acceptable manner
- 7 Seeking and offering help when needed





Do

- **Support your friends.** Providing emotional and social support to your friends can help create a better atmosphere at school
- **Listen and show empathy.** You can give your full attention and show empathy when your friends share their stories or problems.
- **Praise your friends when they do something well.** For example, if your friend does well on a test, say, “Great job! You must have studied hard.”
- **Participate in activities.** Joining groups or extracurricular activities can increase opportunities to collaborate and build relationships.

Don'ts

- **Excluding friends or bullying them,** as this can cause conflict and create an atmosphere that is not conducive to building positive relationships.
- **Discriminating against or treating friends differently based on race, religion, ethnicity, or economic background.** Every individual has the right to be treated equally.
- **Spreading false information or rumors about friends.**
- **Ignoring friends' feelings or needs,** as this can damage interpersonal relationships and reduce a sense of togetherness among students.

DOS AND DON'TS IN BUILDING RELATIONSHIPS

Dos



- Supporting friends
- Listening or showing empathy
- Giving compliments
- Participating in activities

Don'ts



- Excluding or bullying friends
- Discriminating
- Spreading false information
- Ignoring others' feelings



USK FACULTY OF MEDICINE SEULANGA

CHALLENGES WE MAY FACE IN BUILDING RELATIONSHIPS

- 1 Isolated or excluded
- 2 Being treated badly
- 3 Bullied or ignored by peer groups
- 4 Selfishness
- 5 Existence of power relations
- 6 Cultural factors and certain biases

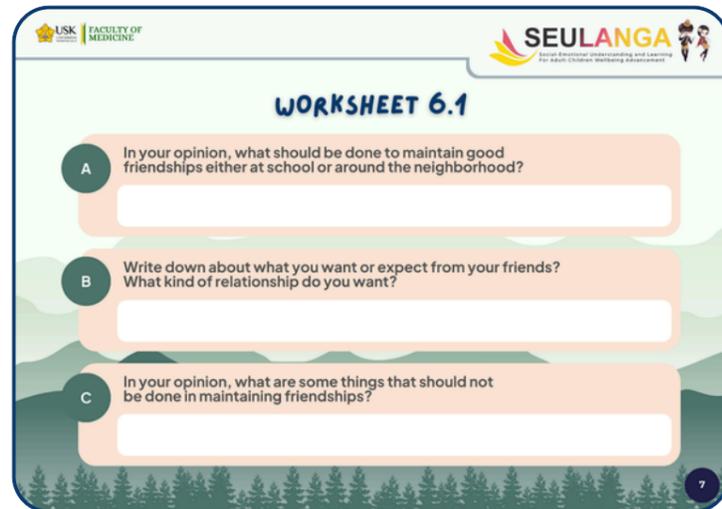


- There are various challenges faced by students in building relationships at school, such as being isolated, treated unkindly, bullied, or ignored by their peers, causing them to feel isolated, both emotionally and socially.
- Not only that, selfishness among students can also hinder collaboration and positive interaction.
- The existence of power relations means that one group has more power or influence than the other. This power can take many forms, such as being smarter, richer, or physically stronger. When one group feels powerless, the relationship can become unbalanced and cause problems. For example, a student who is bigger or physically stronger may intimidate or humiliate other students in front of their friends. The victimized student feels powerless and afraid to fight back or ask for help, resulting in an unhealthy and tense relationship between students.
- Cultural factors and certain biases arise when people come from different cultural backgrounds, and this can affect the way we interact. For example, some cultures value politeness in speech, while others may be more outspoken. If someone has biases or negative views towards other cultures, this can lead to misunderstandings.

CHALLENGES WE MAY FACE IN BUILDING RELATIONSHIPS

- 1 Isolated or excluded
- 2 Being treated badly
- 3 Bullied or ignored by peer groups
- 4 Selfishness
- 5 Existence of power relations
- 6 Cultural factors and certain biases





WORKSHEET 6.1

A In your opinion, what should be done to maintain good friendships either at school or around the neighborhood?

B Write down about what you want or expect from your friends? What kind of relationship do you want?

C In your opinion, what are some things that should not be done in maintaining friendships?

WORKSHEET 6.1

Instructions:

- Please open Worksheet 6.1.
- Write down things that are acceptable or unacceptable in friendships with other people, as well as things you want and expect from your friends!

WORKSHEET 6.1

A

In your opinion, what should be done to maintain good friendships either at school or around the neighborhood?

B

Write down about what you want or expect from your friends?
What kind of relationship do you want?

C

In your opinion, what are some things that should not be done in maintaining friendships?

USK FACULTY OF MEDICINE SEULANGA

WORKSHEET 6.2

A **Situation**
You have a very close friend who suddenly distances themselves from you without giving you a reason why.
How do you deal with this situation?

B **Situation**
On community service day, your teacher assigns you to water the flowers in front of the classroom, but your friend suddenly takes over the task. This means you have to do something else.
How do you deal with this situation?

8

WORKSHEET 6.2

Instructions:

- Please open Worksheet 6.2.
- Write down your response to the situation you face in establishing friendships with others!

WORKSHEET 6.2

A

Situation

You have a very close friend who suddenly distances themselves from you without giving you a reason why.

How do you deal with this situation?

B

Situation

On community service day, your teacher assigns you to water the flowers in front of the classroom, but your friend suddenly takes over the task. This means you have to do something else.

How do you deal with this situation?



LET'S EVALUATE!

After the activities and discussions that have been carried out, let's review again:

- What is meant by building relationships?
- Why is it important for adolescents to build relationships?
- Could you mention the dos and don'ts in building relationships?
- Could you mention the challenges in building relationships?
- How can we improve relationships that have been less than ideal? What will be done?

LEARNING EVALUATION





IMPLEMENTATION NOTES!

After the activities and discussions we have done today, what can we start applying in our daily lives? *(give students a chance to respond)*

- Yes. It turns out that friends are **IMPORTANT** to us, so we need to build positive relationships with friends and people around us, including us teachers :)
- How can we have positive relationships? Can we choose our friends? **YES!!!** We need to find and maintain a circle that has a good influence on us. We need to **learn effective communication skills** *(such as how to express our opinions (yes/no), how to work together, and how to resolve conflicts).*
- So, we need to support each other, listen, empathize, get involved, and give each other compliments. Wow... how wonderful it would be if our relationships were like that.
- Let's **START WITH OURSELVES** first by being positive and pleasant friends, so that it will spread to the people around us.
- Can we start doing it? When should we start?

Bismillah...

ACKNOWLEDGEMENT

The SEULANGA program was developed in 2024 with funding support from the **Fondation Botnar**, Switzerland, as part of the **Safe Communities Safe School (SCSS)** Adaptation Program, with **SMP Negeri 6** and **SMP Negeri 17** Banda Aceh as pilot partners. This program is a collaboration between the **Faculty of Medicine, Syiah Kuala University (FK USK)**, the **Danish Institute Against Torture (DIGNITY)**, the **Center for the Study and Prevention of Violence (CSPV)** at the **University of Colorado**, and the **University of Copenhagen**.

Safe Communities Safe Schools (SCSS) Team Faculty of Medicine Syiah Kuala University

Dr. Rina Suryani Oktari, S.Kep.,M.Si
Haiyun Nisa, S.Psi.,M.Psi.,Psikolog
Wida Yulia Viridanda, S.Psi.,M.Psi.,Psikolog
Wenny Aidina, S.Psi.,M.Psi.,Psikolog
Syifa Salsabila, S.Psi.
Dedi Arifka, S.A.P.,MPA.
Nanda Rizki Rahmita, S.Psi.
Zuhro Nazifah Chair, S.Psi.
Ulya Layyina, S.Psi.
Dhawy Ammar Mualif, S.Psi
Sri Riski Yanti, S.H.

