



Grade 5 Family Life



Communication

- Communication is an exchange of ideas, information or opinions between at least two people. You can communicate with words, ideas, or actions.
- We communicate through email, text, letters, newspapers, magazines, television, internet, radio, shaking someone's hand, our facial expression and body language.
- There are right and wrong ways to communicate with others.
- Forms of dishonest communication are gossip, bragging, and lying.
- Forms of honest communication are listening, being open, and being honest.
- Being a good listener takes practice one must:

Give full attention to the person who is talking, make eye contact with that person, avoid interrupting while the person is talking, show interest in what is being said, and repeat the message back to the speaker to show that you clearly understand it.





Changes

- Many boys and girls begin puberty well before their teen years. This is time of rapid growth and development both physically and emotionally. These changes can cause stress.
- Hormones play a big role into these physical and emotional changes. Because of these you will notice you will sweat more and your oil glands will be more active causing you to perspire more. Your moods will change suddenly as well. One minute you may find yourself happy and the next sad.
- Due to all of these changes you will want to make sure that you eat healthy, exercise regularly, and get plenty of rest. You will also need to take closer care to personal hygiene, for example, showering more frequently.

Friendship

- God created us with the need to share our lives with other people. Each of us needs the love of family and friends. Real friends accept one another for who they are and challenge them to grow in love.
- As of now most of your friendships are with those of the same gender.
- In time your feelings toward the opposite sex will probably change. And you may decide to marry. Even after marriage couples may still have friends outside of one another.
- And there are many of us who choose to live a single life. No matter which path one may choose we all must make sure all of our friendships are healthy and good for us.



Family Problems

- All families face difficulties. Some can be serious. Families experience sickness, sorrow, and loss. Families can be torn apart by poverty, death, or war. Some families are hungry and homeless and they must rely on others for food and shelter.
- These family problems can cause great strain on a family. This strain can lead to anger depression, violence, crime, seperation, divorce, and turning to alcohol and drugs.
- All families try to provide their children with all they need, such as food, clothes, shelter, and an education.

