

May 2019 Webinar

Friends and Crushes- The Effects of Friends on Romantic Relationships

Presenter:

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**Project Manager and Research Associate
with Military Families Learning Network
Auburn University**



Webinar Information

If you are unable to access audio through your computer, please use your phone:

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All attendees are muted.

Ways to participate

1. Type your questions in the “Questions” box.
2. Raise your hand questions.
3. Answer the poll questions.

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Charlie and Helen Dibble

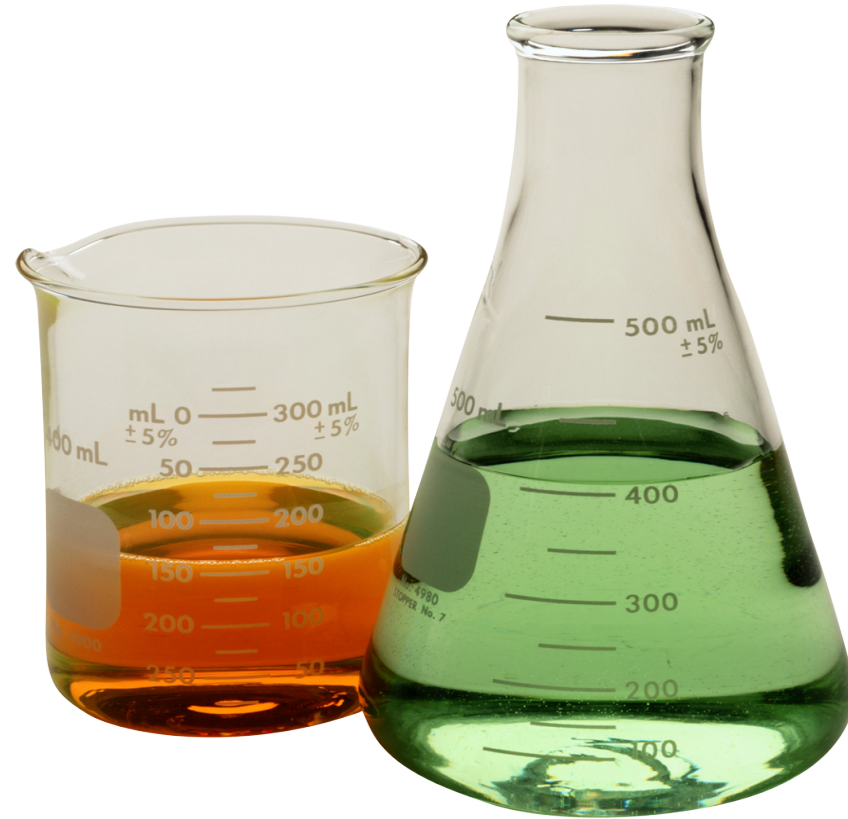




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Resources for Teaching Relationship Skills

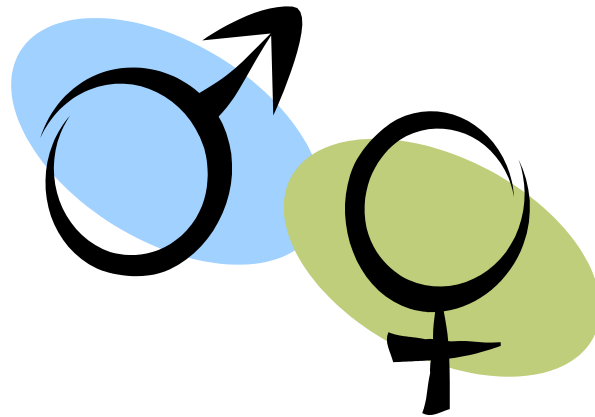
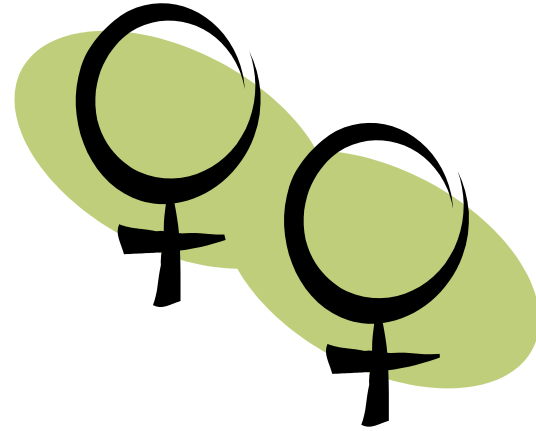
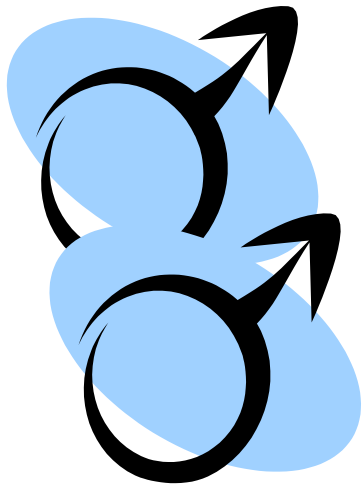
The Dibble Institute believes in research.



The Dibble Institute
believes in stable, healthy families.



The Dibble Institute believes
all people deserve respect.





KATHLEEN HLAVATY, PHD

PROJECT MANAGER AND RESEARCH ASSOCIATE WITH
MILITARY FAMILIES LEARNING NETWORK,
AUBURN UNIVERSITY

Today's Webinar

1. Friendships during adolescence
2. Relationship skills learned in friendships
3. Impact of friendships on romantic relationships
4. How relationship education can improve friendships as well as romantic relationships

Why Friends?

The development of stable, intimate relationships outside of the family is a key developmental task during adolescence

This type of relationship is developed in friendships before romantic relationships

Friendships during Adolescence

Friendships during Adolescence

What do you think of when you hear the words “**friend**” or “**friendship**”?

Friendships during Adolescence

1. Companionship
2. Stimulation
3. Physical support
4. Ego support
5. Social comparison
6. Intimacy/affection

Intimacy in Friendships

Elementary School

Middle School

High School



Share interests

Like to do the same things

Live nearby



Intimacy in Friendships

Elementary School

Middle School

High School



Share values/interests
Have loyalty
Stick up for you



Intimacy in Friendships

Elementary School

Middle School

High School



Share similar interests
Understand you
Have intimacy with



Friendships and Romantic Relationships

Interpersonal Competence Skills

1. Initiating relationships
2. Self-disclosure
3. Asserting displeasure with other's actions
4. Providing emotional support
5. Conflict management

Initiating Relationships and Self-disclosure

1. Initiating relationships:

- Skills to meet new people
- Greater confidence

2. Self-disclosure:

- Increased desire for self-disclosure
- Too much too soon

Asserting Displeasure & Providing Emotional Support

3. Asserting displeasure with others' actions:

- Important for creating and maintaining boundaries
- Limits intimacy and creates discomfort if absent in relationships
- Impacts romantic relationship quality

4. Providing emotional support:

- Appropriately responsive and reciprocal
- Associated with romantic relationship quality

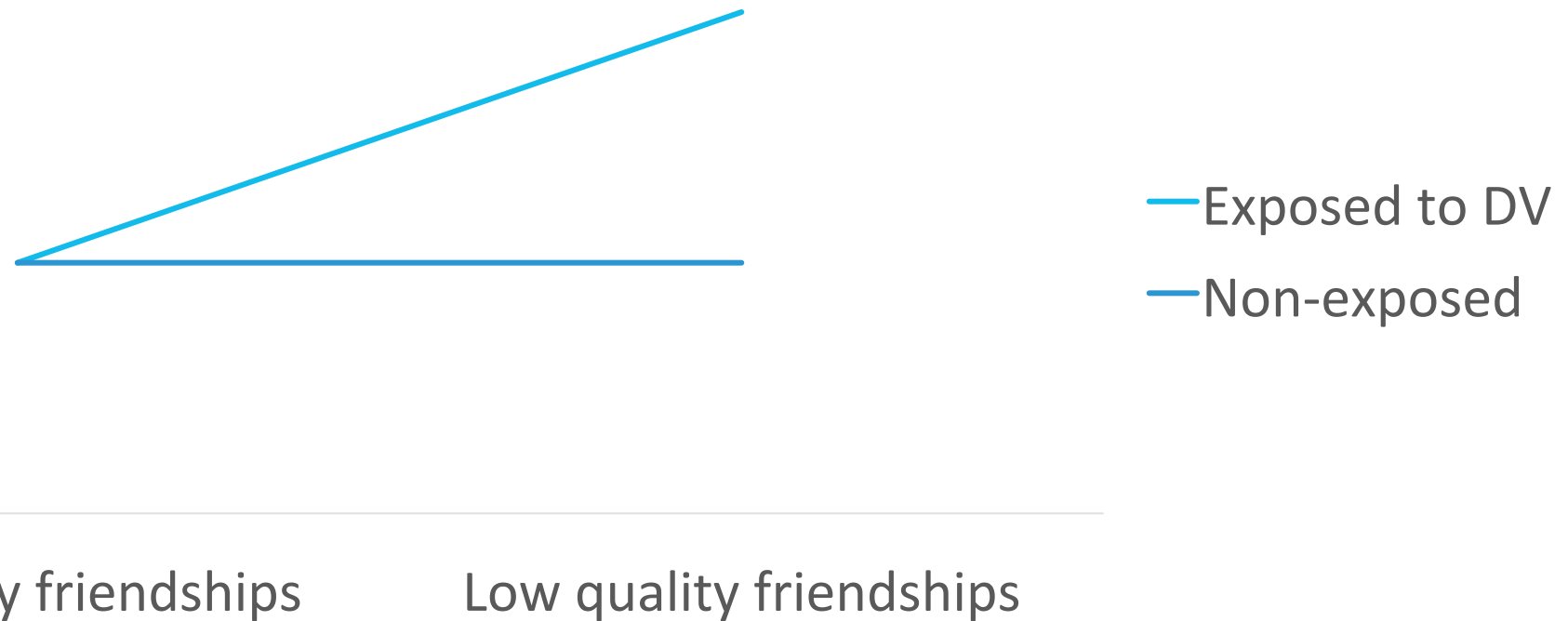
Conflict Management

5. Conflict management:

- Conflict is inevitable
- Solving problems proactively
- Conflict management with peers associated with romantic relationships
- More peer aggression = more romantic aggression

Conflict Management

Interactions with friends moderate the association between exposure to domestic violence (EIPV) and dating violence



It is not just relationship skills...

Adolescents choose romantic partners from friend groups

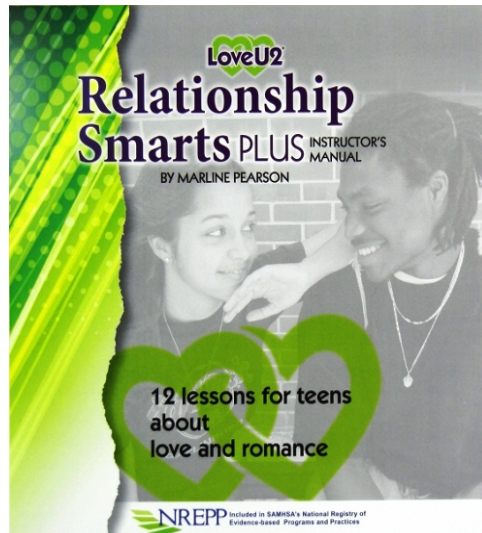
Friends provide a social metric for romantic relationships

Friends provide emotional support and relationship advice

What about
Relationship Education?

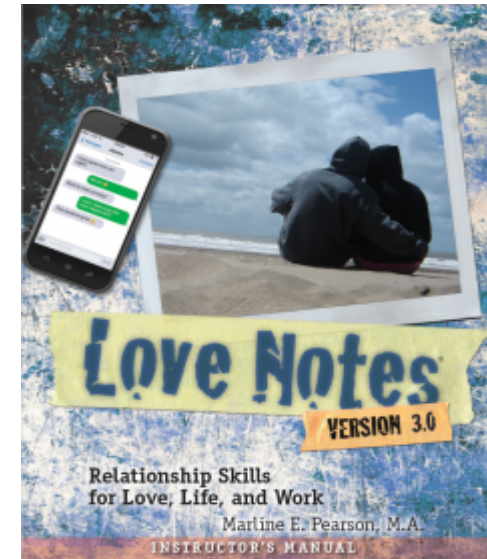
The Benefits of Relationship Education

Relationship education programs provide information and tools for identifying, developing, and maintaining healthy relationships.



Evidence of improvement in:

- Conflict management skills
 - Communication skills
- Interpersonal competence
- Dating violence attitudes
- Peer relationship functioning



Friendships and Relationship Education

For students who have not yet experienced a romantic relationship, encourage them to apply what they are learning in RE to friendships

If you are having trouble getting buy in, have them focus on their friends

Particularly for girls at high risk of dating violence, intervening in friend groups may be particularly important

In conclusion...

Friendships play an influential role in individual development and romantic relationships

Young people learn many romantic relationship skills and behaviors through interactions with peers

Relationship education helps grow the skills necessary for success in all types of relationships

Questions?

THANK YOU FOR ATTENDING!



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Second Wednesday Webinar

June 12, 2019

What Do You Mean?

Unblurring the Lines between Consent, Assault, & So Much More

Presenter:

Kysha Parker, MPH, CHES

Community-Based Initiative Program Manager

at

Georgia Campaign for Adolescent Power and Potential