



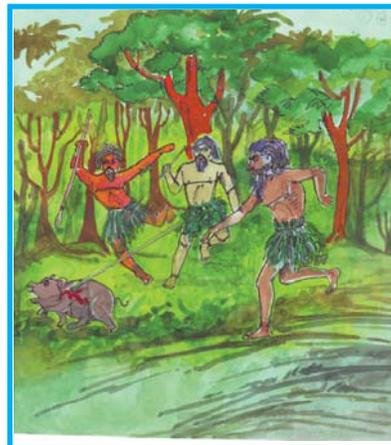
## We are Friends



- **Introduction**

In daily life we have to face different situations and challenges. Moreover we have to work with various individuals. Since people are different in nature it is important to work in co-operation when dealing with them. Although we all are born alone we need to have relationships with various individuals and institutions. In order to maintain productive relationships cordially and affectionately, the use of appropriate techniques is essential. Therefore, we should be aware of such techniques. By studying this lesson you will be able to obtain the knowledge and guidance required to develop good and productive relationships and to maintain them

There is evidence that even tribal communities in ancient times have worked in co-operation with each other. During the hunting age, people worked unitedly in search of hunts. One such occasion is shown in diagram 5.1.



5.1

Hunting



5.2

Ant hill

Most animals have the tendency to flock together. Animals got into groups when attacking rivals, getting other needs and finding food etc. Such an occasion is shown in figure 5.2.

If you observe the animal world you can identify several occasions where they work in co-operation with each other. As examples we can point out the manner in which groups of ants collect tiny particles of food and carry them and the way bees conduct their affairs in a bee colony and how termites work in an ant hill. Thus it is evident that though the level of intelligence of animals is much less than that of man, the interrelationships are well maintained among them.

Inter-personal relationships are built in society with the development of cordiality through the fulfilment of duties and responsibilities of each other. Credibility among individuals is disturbed when duties, and responsibilities are not carried out disregarding group sentiments. This causes a break down of interpersonal relationships. For example, imagine that you have participated in the relay team of the inter house school sportsmeet. It is important that all four players should equally fulfil their obligations as a team, to win the race. Depending on the commitment of everybody it is possible to win the event easily. If not, your team will definitely lose.

Researchers have found out a wonderful example regarding the development of interrelationships through working in co-operation with nature. This study has been done regarding a flock of Canadian Ganders flying upwards. These birds always fly in the shape of V. One end of the V is always kept longer than the other. This is shown in the picture below. Following the gander flying in front, others fly behind it in a row. Their flying path will be decided by the gander flying in front. Keeping some distance from the group it continues to fly.



Ganders flying in V shape

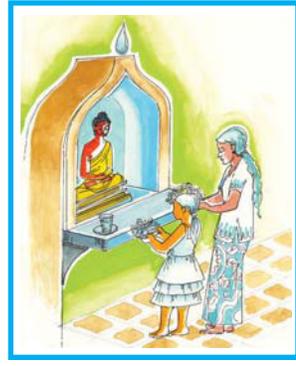
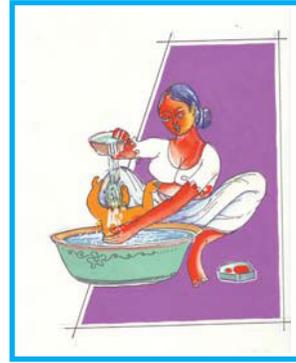
5.3

Others in the rows also continue flying in the same pattern. The gander in front of others will get tired quicker by facing wind directly. Then another gander will take its place in order to maintain the speed. It was revealed that when they flew across wind gaps, with the strength they got from the shape they follow in flying, they can fly 72% faster than the speed of a single gander. It has been revealed that when flying one leg of the V shape becomes longer because it is more sensitive to wind. The lesson we can learn from this is that when working as a team and co-operating with each other you can easily reach your target in spite of obstacles. The nature of the relationship between each other will determine whether achieving the target is easy or difficult.



### Can I live alone by myself ?

The child born with the affection and the shelter of parents grows up with their love, kindness, compassion and protection. Before introducing a child to society, mother, father, brothers, sisters, relations and all the other members of the family undergo much hardship to protect, to nourish, to provide other needs to the child. Before admitting the child to school, a lot of things are done by the family. Figure 5.4 below reveals some activities in bringing up a child.



**Services rendered by our family to us from infancy**

#### 5.4

The behaviour in childhood depends mostly on the nature of love, compassion, guidance, examples and advice from the elders in the family environment. Children act according to examples set by the family. If you nurture good qualities as children, society will be benefited through well brought up children.

Thus, it is possible to identify a lot of people who have contributed in bringing us up. Can we live all alone? Many people have made their contribution to bring up a child as a good member of society. We cannot forget them. We always need assistance, protection and guidance from others. For example, we always need the assistance of various people and institutions for our weddings, funerals, other ceremonies, house work, educational and official duties and other common activities.

We are unable to live without the assistance of these people. This means that by getting linked as a family, village, town and the world, we will be globally connected and will work facing various situations and incidents. All our activities have been made easy through working in co-operation with others.



## Activities

1. What are the things that you can do by yourself in your daily life?
2. What are the things that you cannot do alone in your daily life?
3. If you cannot do these things on your own what are the reasons?
4. What are the good qualities you should have to get the cooperation of others?



## People who guided me

The family environment is the first thing which comes into contact with the baby, who is born to this world, having grown up in the mother's womb for 10 months. The close members of the child's family are the mother, father, brothers, sisters and other relations. We follow the examples of our family members when we are small. Often little boys imitate their father and girls imitate their mother. For example, while playing they make play houses and exhibit the activities of the mother and father. Similarly, with the influence of the family they get accustomed to religious activities, speak the language and also follow various customs and practices. The elders strive hard to produce a good child for society by showing little children what is wrong and what is right and encouraging them.

Based on various factors such as education, social status and economic status the guidance given to a child differs. Such guidance cannot be identified in every family. Some children with various characteristics are shown in the sketches below.



### The children showing various characteristics



fig 5.6

Children actively participating in sports

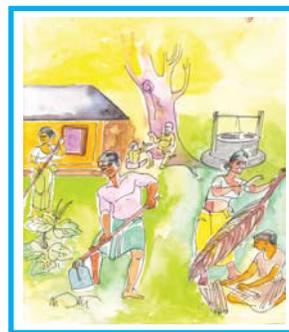


fig 5.7

Children working in cooperation



fig 5.8

A shy child



fig 5.9

A sad child



fig 5.10

An angry child



fig 5.11

A backward child

We must show compassion to some of these children, We must encourage them to become useful members of society by offering them love, protection and guidance without ridiculing them. The encouragement given to a backward girl is illustrated in fig 5.2 below.



fig 5.2

Encouragement given to children who are backward

While the child is developed informally by the family environment, the preschool, religious centres and the school develop the child in a formal way. The clergy belonging to various religions, through various religious concepts provide guidance to develop

children in a virtuous manner. Particularly through Dhamma Schools they strive to socialize a child as a good person by making the child aware of religious principles and practices. School environment will basically work to shape the children in an appropriate manner. The Principal, Teachers and others connected to the school work by dedicating themselves for this task. The school will point the way to move forward by providing knowledge of subject matter, and developing the child's personality by helping to bring his abilities and skills to the surface.

Some situations used by the school to uplift the abilities and skills in children are illustrated in the following diagrams.

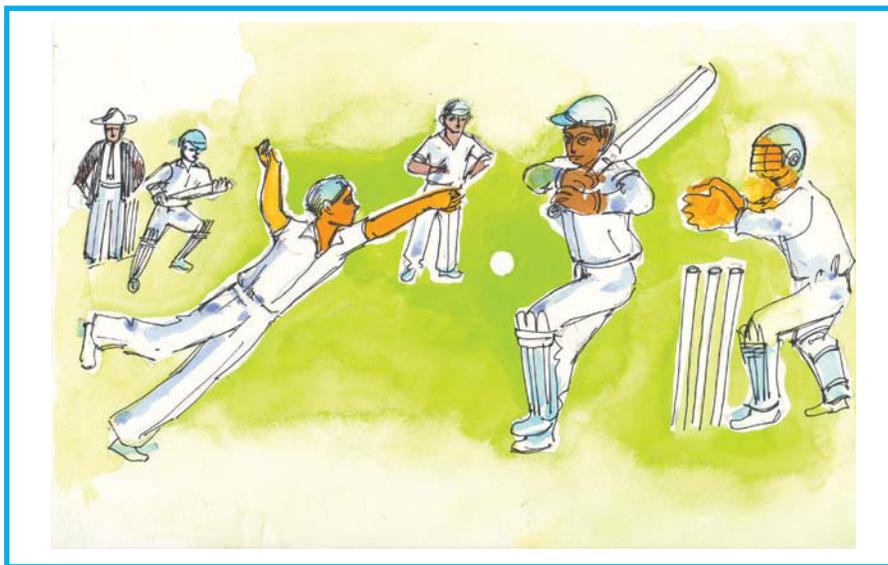
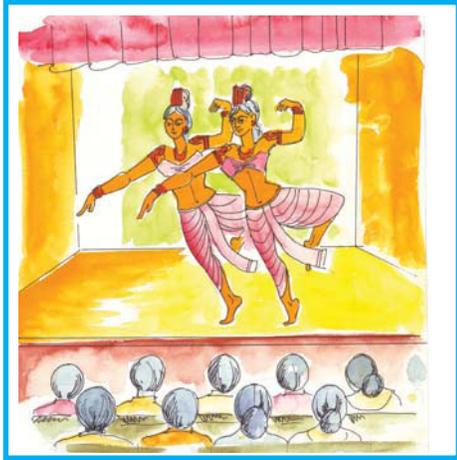
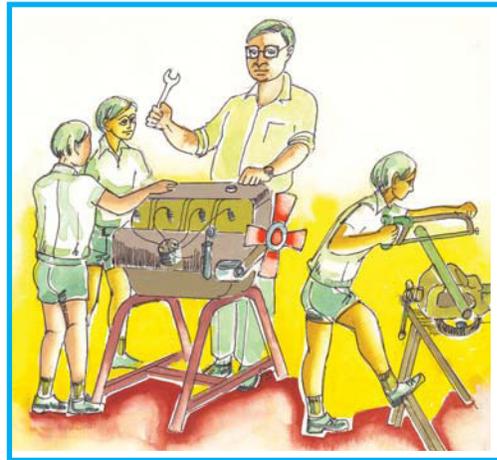


fig 5.2

Children participating in sports activities



Presenting aesthetic skills



Development of technical skills



fig 5.3



### **Uplifting abilities and skills of children through school**

School will work to develop the concealed inherent skills in children and also skills developed through experiences in the family environment to lead them on the correct path.

Various experiences get from the environment, family and school will help one's personal development.

The background will be created for an individual to serve society through the subject matter learnt from the environment by discharging the responsibilities and duties of his working environment properly. It is important to use the experiences gained from the family and school environment in this regard. By displaying your abilities and skills in the place where you are employed, you can upgrade your position. If an individual works honestly and effectively that person can easily move up in his work place. Hence, it is evident that to gain our present position many people have made their contribution and provided guidance to us. We have not developed only on our own. There are many who have helped us. Hence it is our duty to work for the benefit of society as a whole without considering ourselves only.



### Activities

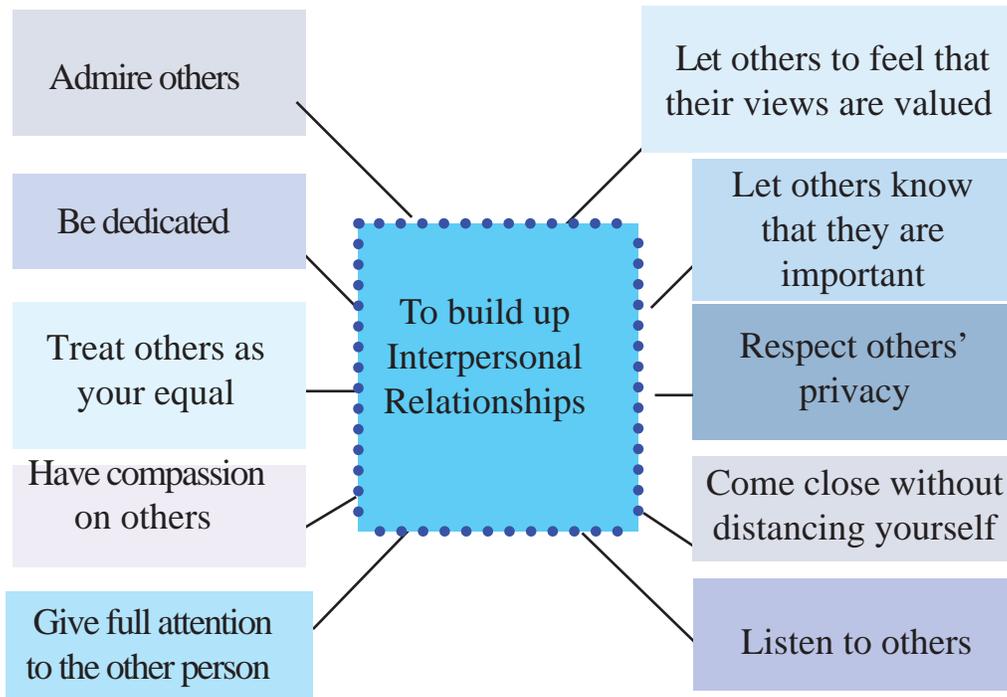
1. “I am in Grade 7. I am 12 years old. Let me recall the individuals who helped me up to now”

- Parents, brothers, sisters and relations
  - Neighbours
  - Clergy
  - Teachers
  - Elders
  - Friends
2. Recall one occasion where you were helped by others. Close your eyes and think of that occasion. Think about the happiness, the feeling that you felt then. Feel it in your mind. Show gratitude to those who helped you.
  3. Prepare a list recalling relations, clergy, teachers and elders who have helped you. Note them down in a book. Show them your gratitude whenever possible.



## Let us work cordially

Good relationships developed upon cordiality among people, are called interpersonal-relationships. If it is easy to attend to any activity with two or more individuals, there is a good interpersonal relationship. Good qualities which have to be developed by you for good inter personal relationships are, given below.



Inter-personal relationships are not developed merely because several people get together for some task. For that, there should be knowledge and understanding between individuals and also they should be prepared to listen to each other, respect the common view and help each other. If your duties and responsibilities are neglected, you cannot develop inter - personal relationships. The very famous story of “The Gruel Pot of Seven Andis” could be cited as an example. As all of them neglected their duties and responsibilities none of them could taste the gruel. Although a group of people was there, no build up of interpersonal relationships was possible as they had selfish motives.

If you have built up good interpersonal relationships, you will be liked by your friends and relations. You will then dedicate yourself to the development of interpersonal relationships. Through these you will achieve much results.

Let us consider a Birthday Party. You not only invite your friends, and serve them tasty food, but you also enjoy yourself and have cordial relationships with them, help them. Through this you can enhance your friendship. It is evident that even though it is a small occasion, we can use it to build up interrelationships and can achieve much more. If you contribute something to a certain task, you will realize that you can reap good results. Thus, through the relationship that develops with the participation of a person, cordiality among friends develops. The final outcome of the birthday party is cordiality.

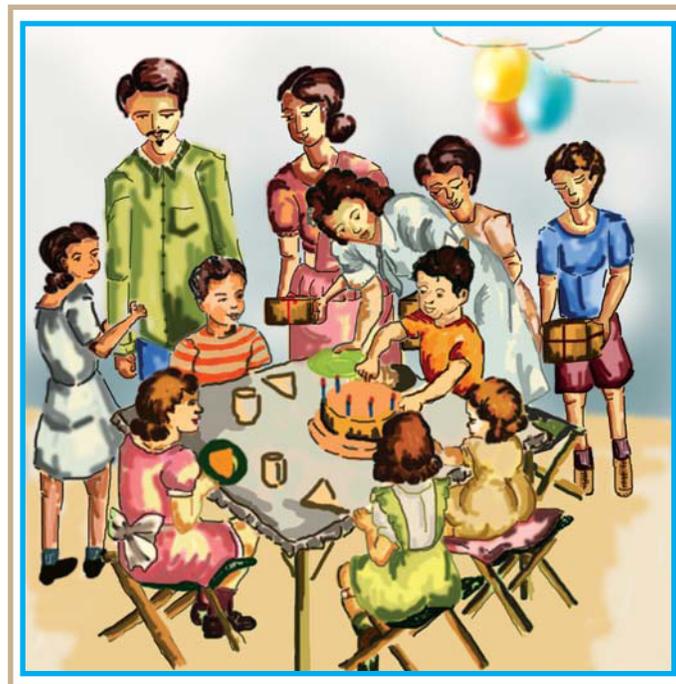
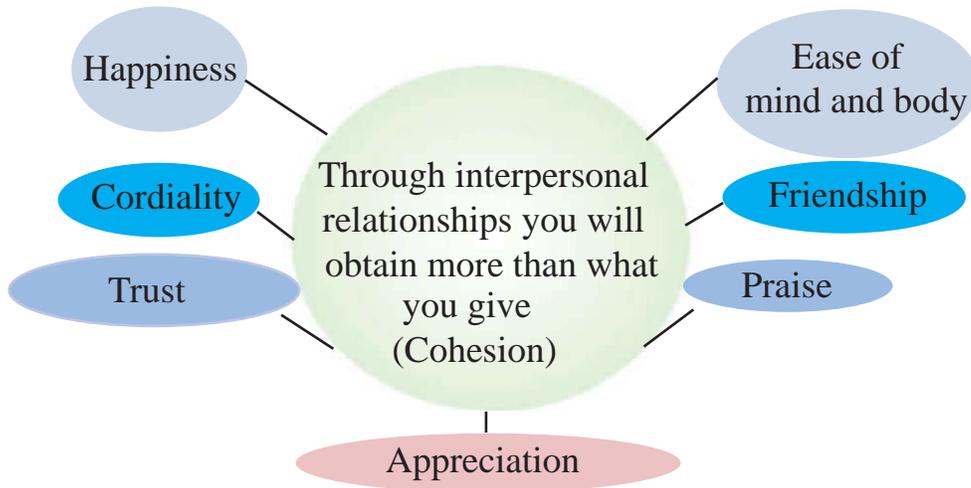


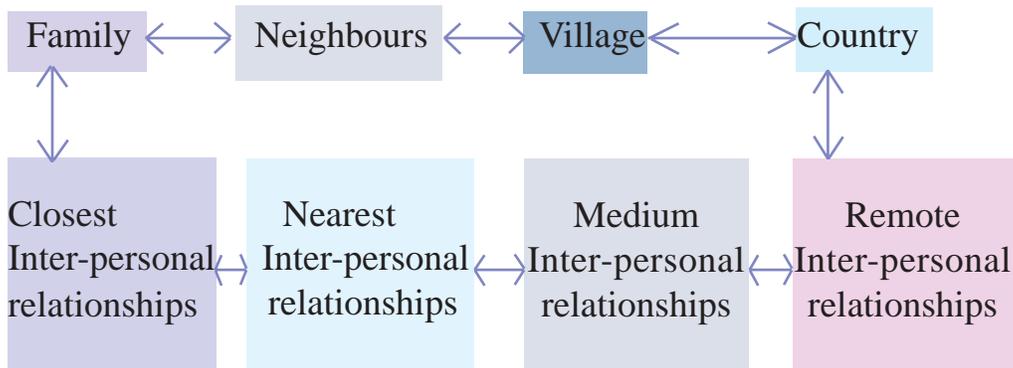
fig 5.6

Happiness at a Birthday Party

The following chart shows the good results you achieve through interpersonal relations.



Interpersonal relationships should originate within the family. They should start cordially with one’s mother, father, brothers, sisters and relations. We should inform the members of our family and obtain their advice when we start something new. Through that unity, peace, and co-existence will be developed within the family and the family becomes strong in the village.



Accordingly the closest interpersonal relationships should commence within the family. Thereafter we must link ourselves with neighbour families and other friends. We must help others in their need. It is important to join with the nearest neighbours on the occasion of a funeral, wedding, religious activity or any other

occasion where assistance is required. Thereafter, attention should be focused on linkages with the village. It is our duty to assist societies and associations in the village and to participate in community work. It is also important to participate in public activities of the country. Interpersonal relationships should be based on broad objectives such as participation in national ceremonies, protection of the environment and public property, co-existence with other ethnic groups and dedication to the development of the country, while enjoying educational privileges.

Interpersonal relationships should commence from the smallest social unit - the family. Through this, cordiality of the family will be developed. Thereafter you will be able to develop good interpersonal relationships in society as a whole, by broadening your boundaries to cover the neighbours, village and the country. Through it, Happiness Peace and Co-existence will prevail in the country automatically.



### Activities

1. i. Think about a proposal you can make to develop good relationships among the members of your family.  
ii. Write what you can do step by step to put that proposal into practice. Then implement it.
2. Do you have good friends? What are the reasons for treating them as good friends?
3. Is there anybody among those you associate who could not be treated as a good friend? What are the reasons not to treat him/her as a good friend?
4. You can have a good friend with good interrelationships. Prepare a list of good qualities connected to the development of good personal relationships.



## If you win I also win

Now you have a basic understanding about the necessity for interrelationships, the people involved, nature of such relationships, their benefits and results. In this section it is expected to examine the procedure regarding the maintenance of interpersonal relationships.

The main idea behind interpersonal relationship is “If you win I also win”. This means that when a family member, friend, neighbour meets you expecting a favour, you must attend to his need first without attending to your own needs. For example imagine that you met a friend suddenly. Before telling him how you are getting on you must ask him how he is getting on. Read carefully the dialogue given below.

Amal - How are you Kamal? We are meeting after a long time.  
Kamal - I am fine. How are you?  
Amal - I am fine too.  
Kamal - So Amal, what made you come here today?  
Amal - I came to visit you.  
Kamal - Oh! How nice...  
Let us go.

By reading the dialouge above, we can understand how interpersonal relationships should be developed.

It is not such a difficult task to maintain good personal relationships. Just a very small response will mean quite a lot. When we say, “Good morning” to the friends and teachers in the morning at school, they also respond to it and join us cordially.

It is very important to use good language in building good interrelationships. Speaking cordially, addressing respectfully, calling by name, calling by relationships etc. also help build good interrelationships. Close or remote elders should be addressed as Mr., Mrs. Miss. and also appropriate words should be used for the

clergy or other respected persons. When people are properly addressed, they in turn are pleased and tend to assist others.

Even when using good words it should be done with restraint to suit the occasion without annoying others. No person will like to hear harsh and bad words. Cordial relationships develop when you come out with kind words.

If you do something wrong to someone you must apologize. If you lose anything, you must replace it. Continuous mistakes lead to anger, enmity. Consequently people are driven to revenge. If these could be avoided it is not difficult to maintain good inter personal relationships.

The main tool that nature has given in establishing interpersonal relationships is our “Smile”. When you meet friends or acquaintances you smile and they too respond with a smile. Interrelationships build up not through ridiculous laughter but cordial smiles. This means smile at a person but not laugh at him. Then you can develop close relationships easily. You can develop good will even with an unknown person through a smile. It is a more difficult task to frown than to wear a smile on the face. By smiling we get mental and physical happiness without any effort.

Listening to others is considered as another important feature which helps to develop interpersonal relationships. We should be kind enough to listen attentively to people who come to us without getting involved in other things. We should not obstruct them. When you listen patiently you can see how the people around you get happy. In this way you can get better results.

Imagine that a group of friends came for a ceremony at your home. When they come to your home, welcome them cordially with a smile along with your parents, brothers and sisters. Get them seated comfortably, talk to them cordially. Treat them well.

We do not expect gifts from visitors. But if they make a present or commendation, accept it with a smile. Thank them for it.

By “giving” a gift we get greater happiness than what we get by “accepting” a gift. You can offer happiness to the person who gave the gift by saying “Thank you”. It will help establish good relationships between the two parties.

### **SYNOPSIS**

It is difficult to be all alone in the present day society. Our family, village, town, country and the world are linked together and globalized. As we belong to various social groups, we cannot work in isolation. In our life we have often received contributions and guidance from various individuals and institutions. Through this we have developed good qualities. We must develop qualities like patience, helping others, sensitiveness and empathy. Through these we can be happy. The strength built with the association of various individuals is called “Cohesion”. By giving something or organizing something we can obtain more than what we have expected. This is the basis of good interpersonal relationship.

Make it a point to pay attention to the following from today onwards.

1. To say “Good Morning” to all acquaintances you meet in the morning.
2. To thank to all those who help you.
3. To address your relations, close and distant elders respectfully.
4. If some mistake is made to anybody, do not hesitate to apologize or replace the loss incurred.
5. To make it a habit to listen to others.
6. To tell something without disturbing others and to wait for your turn.
7. To be courteous in asking for permission to meet somebody.

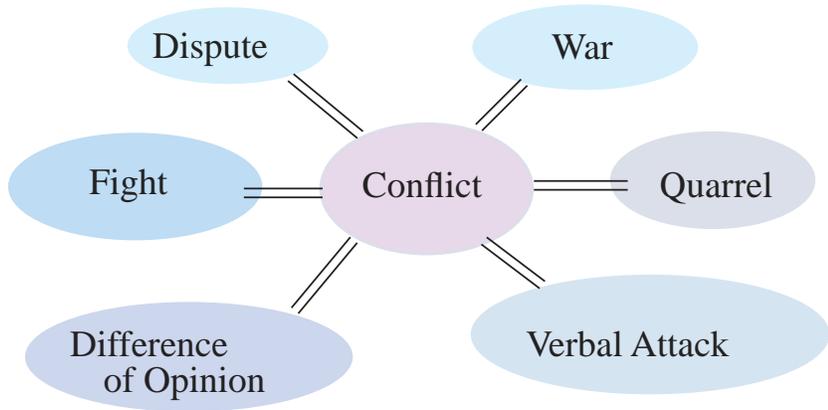


### Why Conflicts among us?

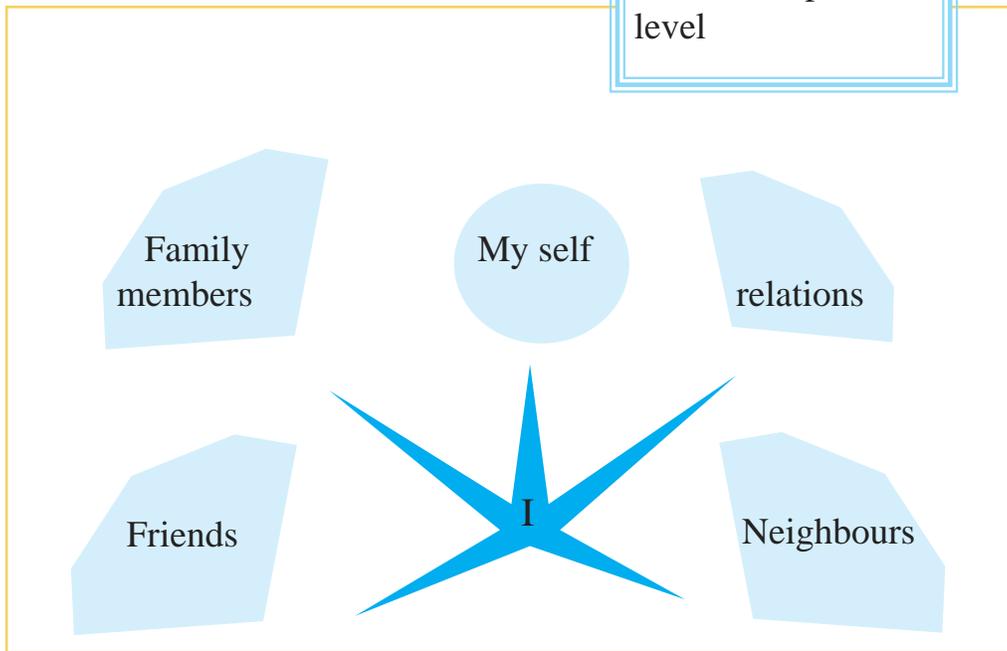
Various types of conflicts can be seen in human society as well as in the animal society. We have seen conflicts among animals for group leadership. For example these conflicts are seen among animals like monkeys and elephants. It appears that such conflicts end with the death or injury to one party. But it is not appropriate for man who has a developed mind, to stoop to such levels as animals.

Conflicts could be defined in various ways.

A conflict is a situation arising as the result of difference of opinion between individuals or two or more groups.

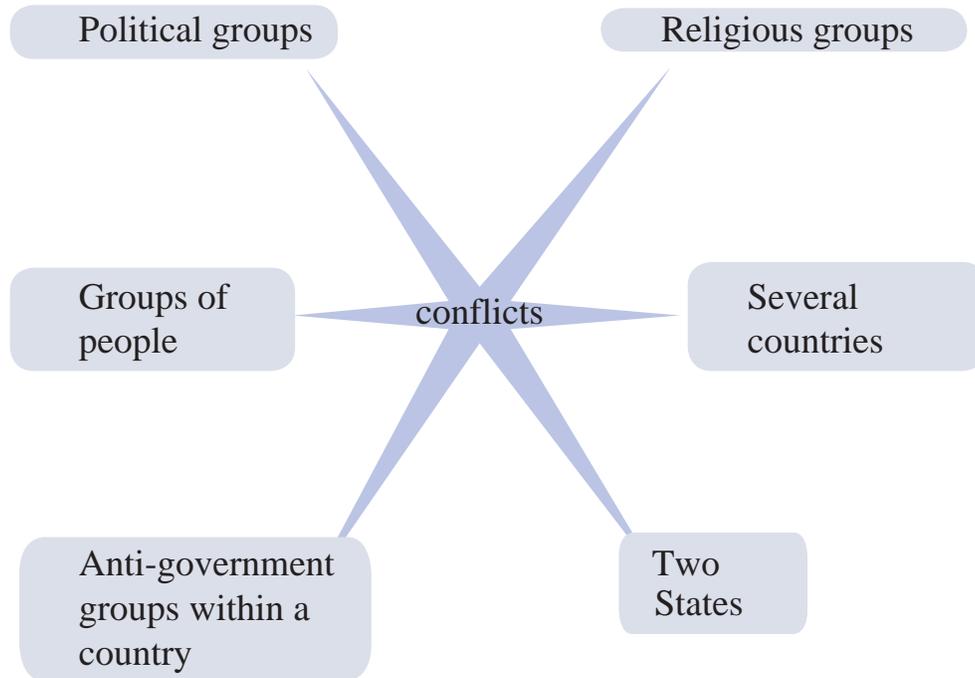


Parties liable to have conflicts at personal level

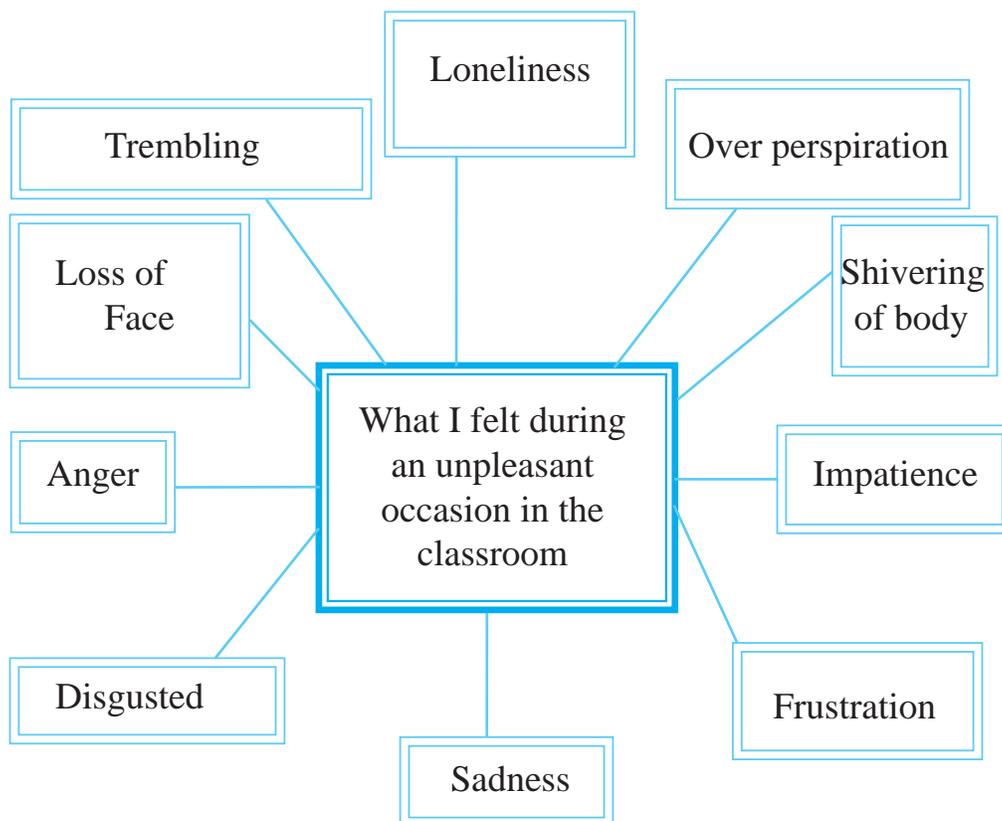




## Other parties likely to have conflicts



Some conflict situations arise in our classrooms due to minor unpleasant activities. As examples, nicknames, comments, snatching of pen or pencil, contradictory views and inability to bear victory or defeat can be cited. We remember some occasions where differences of opinion have emerged due to minor unpleasant things inside the classroom. Think back about such an occasion and what you felt on that occasion.

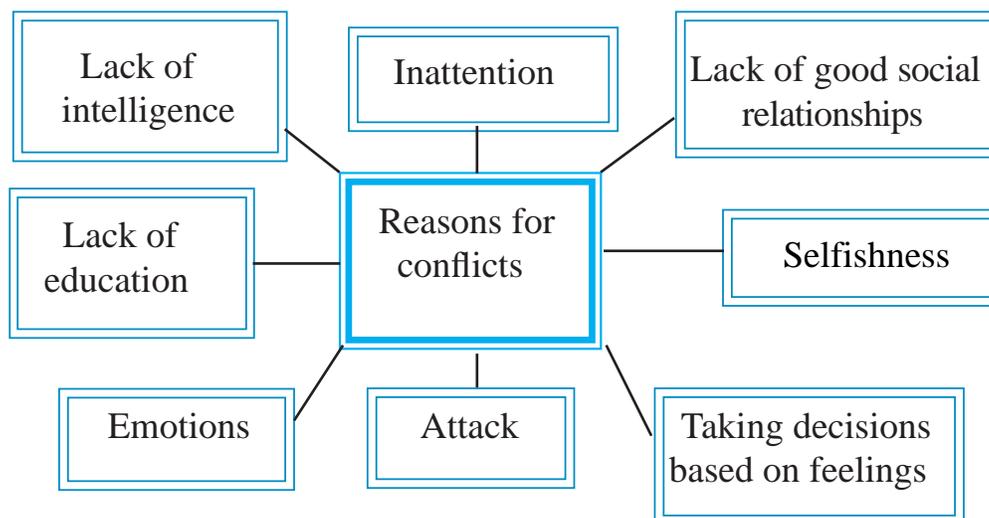


Accordingly it is an unpleasant experience to get involved in a conflict. Through them, our normal habits will be changed and we face various difficulties. It is natural for there to be conflicts among people. That this is due to incompatibility of thoughts and expectations of individuals and various groups. It is not possible for us to run away from conflicts. Therefore we should realize the truth about the emergence of conflicts. It is important to identify the reasons for such conflicts in order to avoid them.



### Reasons for Conflicts

There are various reasons for conflicts. Initially, a conflict will originate in the human mind. Biological as well as environmental factors are responsible for such thoughts to emerge.



These reasons and factors originating at individual level can develop up to world wars. Therefore, if at the initial stage, reasons for conflicts are identified, and early remedial action taken, it will be possible to solve them peacefully without allowing them to build up to oppressing proportions.



### Activities

1. Think back on occasions in the classroom when you faced unpleasant situations.
2. If a conflict had emerged owing to an unpleasant situation write the reasons which led to it.
3. Start a programme to develop goodwill among the students of your class.  
eg: Providing a Birthday Greeting Card to students.  
“Let us speak words which will not hurt people”
4. If there is some displeasure with a friend, try to solve it immediately.

5. Identify the friends who often get angry. Identify reasons too. Discuss with other friends ways of minimizing such anger.

### **Minimizing Conflicts**

Earlier, we discussed the importance of maintaining good interpersonal relationships. We expect to move towards minimizing conflicts by using interrelationships through this lesson.

Very simple reasons can lead to some conflicts. Sometimes conflicts emerge due to hurting people through unnecessary words, failure to listen to others, discourteousness, hurting of personal dignity, misunderstandings, working according to the opinion of only one person. Action should be taken to minimize the development of such situations.

We frequently meet our friends and neighbours. There are some acquaintances whom we meet occasionally. We can develop their goodwill by addressing them affectionately and also by using good words. You can refrain from hurting them. If we speak to a person courteously that person will do the same. Thus conflict situations are avoided. Jokes made by students in a class could be taken as an example. You must treat those students with compassion to minimize conflict situations among them.

If a friend or a group of friends is telling you something, listen patiently. Give an opportunity for them to express their views. Thereafter take your chance. Having understood everything, after a patient hearing, you can avoid conflict situations. Try to join your close friends as well as distant friends and neighbours in all activities. You could do that through correspondence, telephone calls, greeting cards, short messages, participation at various functions. Thus you can maintain goodwill with individuals very often. Through continuous personal relationships you will be able to minimize conflict situations. If you are able to maintain good

interrelationships in your family, school and society continuously you can spend your time happily without getting involved in conflicts.



### Activities

1. Prepare a greeting card to a friend or relative whom you met after a longtime in order to develop cordial relationship with him again.
2. Think and name the ways and means of developing such interpersonal relationships on a long term basis.

## **SYNOPSIS**

You can use good interrelationships to avoid and settle conflicts. Existence of weak interpersonal relationships is considered as a reason for emergence of conflicts. Therefore, by identifying those reasons early conflicts could be minimized. Accordingly acting patiently listening to others, respecting the views of others, speaking cordially, are virtues essential to develop inter personal relationships and avoid conflict situations.