



## ***THE ART OF LOVING WELL:*** ***A Character Education Curriculum for Today's Teenagers***

*The Art of Loving Well* is a nationally acclaimed, literature based relationship skills curriculum from Boston University that teaches healthy relationship skills to youth.

This program teaches students about the complexities and joys of a wide variety of relationships, including friendships and family, infatuations and first romances, enduring commitments and marriage.

Studying short stories, poems, essays, folk tales, and myths empowers teachers to help students connect ideas in literature to choices in real life and the skills necessary to achieve healthy relationships.

*The Art of Loving Well* anthology includes 41 selections divided into three sections: Early Loves and Losses, Romance, and Commitment and Marriage, which provide both lessons and practice. This curriculum empowers teens by honing the full range of communication and critical thinking skills, but it is also skill-based in a much broader sense. The text includes such concrete activities as rewriting a discussion to defuse anger, providing sound advice to a friend in trouble, and tending a colicky “egg baby” for four days.

*Loving Well* stories and poems explore universal human emotions and challenges. Experience shows that students, even students who struggle to read, are so intrigued by the stories that they read more than are assigned because the topics are so relevant to their lives. These stories teach constructive ways to resolve conflict; they teach about self-knowledge, feelings, and character; and they give language to key concepts. They also cultivate an appreciation for important communication skills like reflecting before acting and agreeing to communicate precisely, fearlessly and kindly.

### **Teens will learn:**

- Key concepts in relationships.
- A vocabulary of self-knowledge, feelings, and character.
- Basic and subtle communication skills.
- Constructive ways to resolve conflict.
- Awareness of body language and intonations as well as word choice.
- A sense of ease with the most daunting of four letter words, L-O-V-E.



**The Dibble Institute**  
**Relationship Skills for Teens**

	<b>Art of Loving Well Anthology Selections</b>
<p><b>Healthy Relationships</b>  <i>*Positive Self-Esteem</i>  <i>*Relationship Dynamics</i>  <i>*Friendships</i>  <i>*Dating</i>  <i>*Romantic Involvement</i>  <i>*Marriage</i>  <i>*Family Interactions</i></p>	<p><i>[All 41 selections deal with aspects of building healthy relationships; those listed here are particularly focused on different aspects and stages of relationships]</i></p> <p>Little Briar-Rose, President Cleveland Where Are You?, If Only, A Distant Bell, Cinderella (two versions), Sixteen, What Means Switch, Love Poem, Up on Fong Mountain, Houseparty, The Elephant Is Slow to Mate, Ben's Story, Judy's Story, Appointment with Love, Ozzie and Harriet, The Birthday Party, Experiences in a Concentration Camp, Cupid and Psyche, I Love you</p>
<p><b>Adolescent Development</b>  <i>*Knowledge and healthy attitudes &amp; values about adolescent growth &amp; development</i></p>	<p>A &amp; P, A Distant Bell, Fifteen, Boy Meets Girl, Student Poetry, Cinderella (two versions), The City of Trembling Leaves, What Means Switch, The Makeover of Meredith Kaplan, The Heart Is a Lonely Hunter, Alone</p>
<p><b>Financial Literacy</b></p>	<p>President Cleveland Where Are You?, Ben's Story, Judy's Story</p>
<p><b>Parent-Child Communication</b></p>	<p>President Cleveland Where Are You?, A Distant Bell, Too Early Spring, Up on Fong Mountain, Ben's Story, Judy's Story, Beauty and the Beast, Cupid and Psyche</p>
<p><b>Educational and Career Success</b>  <i>*Skills for employment, independent living, workplace productivity</i></p>	<p>The Makeover of Meredith Kaplan, Ben's Story, Judy's Story</p>
<p><b>Healthy Life Skills</b>  <i>*Communication, Negotiation, Interpersonal Skills, Stress management:</i>  <i>*Goal Setting &amp; Decision-making</i></p>	<p>President Cleveland Where Are You?, Ancestor, The Old Grandfather and His Little Grandson, Welcome, Ben's Story, Judy's Story, Appointment with Love, Ozzie and Harriet, Funeral Plans, Experiences in a Concentration Camp, Cupid and Psyche, I Love You</p>