



Healthy Choices Healthy Relationships

National Standards for Family and Consumer Sciences (NASAFACS)

Grades: 9, 10, 11, 12

Lesson 01: The Teen Brain

•This lesson will address the effect of chemical (hormonal) differences between males and females during the body and brain developmental changes of adolescence. This lesson will serve as the foundation for understanding emotional responses, decision making, and self-regulation topics that will be introduced later in the program.

Lesson 02: Media Messages

•This lesson provides a framework for analyzing role modeling as presented by pop culture, TV, and movies. The lesson will explore social messages that influence behavior and interpersonal relationship expectations.

| Grades: 9, 10, 11, 12 | | |
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| AREA OF STUDY | NASAFACS.R. | Reasoning for Action: Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces, and communities. |
| CONTENT STANDARD | R.3. | Analyze practical reasoning components. |
| COMPETENCIES | 3.3. | Analyze assumptions that underly beliefs and actions. |
| AREA OF STUDY | NASAFACS.2.0. | Consumer and Family Resources: Evaluate management practices related to the human, economic, and environmental resources. |
| CONTENT STANDARD | 2.4. | Evaluate the effects of technology on individual and family resources. |
| COMPETENCIES | 2.4.3. | Assess the use of technology and its effect on quality of life. |

Lesson 03: Peer and Family Influences

•The lesson will address how interaction with peer groups and family influences behaviors and relationship expectations. Students will evaluate current behaviors for safety or risk factors.

| Grades: 9, 10, 11, 12 | | |
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| AREA OF STUDY | NASAFACS.13.0. | Interpersonal Relationships: Demonstrate respectful and caring relationships in the family, workplace and community. |
| CONTENT STANDARD | 13.1. | Analyze functions and expectations of various types of relationships. |
| COMPETENCIES | 13.1.2. | Predict the effects of various stages of the family life cycle on interpersonal relationships. |

Lesson 04: Abuses and Excuses

- The lesson will outline typical abuse behaviors and belief systems; including the abuse cycle, manipulation and control patterns in relationship, and patterns of emotional and physical mistreatment.

Lesson 05: Smart and Safe

- Participants will learn the importance of safety planning for self and others. The lesson will discuss protective strategies that demonstrate personal responsibility when dating and how to reduce the likelihood of a dangerous situation developing.

Lesson 06: Bullying and the Bystander

- The lesson focuses on the issue of bullying, what those behaviors look like, who is likely to demonstrate the behaviors, and how to handle the situation if it happens.

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| AREA OF STUDY | NASAFACS.2.0. | Consumer and Family Resources: Evaluate management practices related to the human, economic, and environmental resources. |
| CONTENT STANDARD | 2.4. | Evaluate the effects of technology on individual and family resources. |
| COMPETENCIES | 2.4.3. | Assess the use of technology and its effect on quality of life. |

Lesson 07: Care, Consideration, and Respect

- The lesson will provide a guide for active practice in showing care and respect for self and others. Improvement in these skill areas will reflect on relationships with friends, family, and dating partners.

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|-----------------------|----------------|---|
| AREA OF STUDY | NASAFACS.2.0. | Consumer and Family Resources: Evaluate management practices related to the human, economic, and environmental resources. |
| CONTENT STANDARD | 2.4. | Evaluate the effects of technology on individual and family resources. |
| COMPETENCIES | 2.4.3. | Assess the use of technology and its effect on quality of life. |
| AREA OF STUDY | NASAFACS.13.0. | Interpersonal Relationships: Demonstrate respectful and caring relationships in the family, workplace and community. |
| CONTENT STANDARD | 13.1. | Analyze functions and expectations of various types of relationships. |
| COMPETENCIES | 13.1.1. | Analyze processes for building and maintaining interpersonal relationships. |
| AREA OF STUDY | NASAFACS.13.0. | Interpersonal Relationships: Demonstrate respectful and caring relationships in the family, workplace and community. |
| CONTENT STANDARD | 13.2. | Analyze personal needs and characteristics and their effects on interpersonal relationships. |
| COMPETENCIES | 13.2.5. | Explain the effects of personal standards and behaviors on interpersonal relationships. |

Lesson 08: Thinking It Through

- The lesson will focus on how to make informed decisions using a decision-making model. The participants will learn that decision making often causes internal conflict which increases stress.

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| AREA OF STUDY | NASAFACS.R. | Reasoning for Action: Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces, and communities. |
| CONTENT STANDARD | R.1. | Evaluate reasoning for self and others. |
| COMPETENCIES | 1.4. | Contrast consequences of adequate and inadequate reasoning for self, others, culture/society, and global environment. |
| AREA OF STUDY | NASAFACS.R. | Reasoning for Action: Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces, and communities. |
| CONTENT STANDARD | R.3. | Analyze practical reasoning components. |
| COMPETENCIES | 3.2. | Analyze short-term and long-term consequences on self, family, culture/society, and global environment. |
| AREA OF STUDY | NASAFACS.R. | Reasoning for Action: Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces, and communities. |
| CONTENT STANDARD | R.3. | Analyze practical reasoning components. |
| COMPETENCIES | 3.3. | Analyze assumptions that underly beliefs and actions. |
| AREA OF STUDY | NASAFACS.R. | Reasoning for Action: Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces, and communities. |
| CONTENT STANDARD | R.4. | Implement practical reasoning for responsible action in families, workplaces, and communities. |
| COMPETENCIES | 4.1. | Synthesize information from a variety of sources that are judged to be reliable |
| AREA OF STUDY | NASAFACS.R. | Reasoning for Action: Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces, and communities. |
| CONTENT STANDARD | R.4. | Implement practical reasoning for responsible action in families, workplaces, and communities. |
| COMPETENCIES | 4.9. | Justify possible reasons and actions based on valued ends and information that is judged to be adequate and reliable. |

Lesson 09: Pulling Things Together

- The lesson will discuss how to reduce stress that is often associated with making decisions and solving problems. Learning to recognize and manage stress is important for maintaining personal health and positive relationships with others. The lesson will present resiliency and stress management skills.

Lesson 10: Setting a Course

- The lesson focuses on how to direct choices toward meeting both short-term and long-term goals for establishing healthy relationships. Participants will have an opportunity to develop a life plan for reaching those goals.

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| AREA OF STUDY | NASAFACS.R. | Reasoning for Action: Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces, and communities. |
| CONTENT STANDARD | R.4. | Implement practical reasoning for responsible action in families, workplaces, and communities. |

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| COMPETENCIES | 4.3. | Select goals/valued ends to resolve a particular concern. |
| AREA OF STUDY | NASAFACS.1.0. | Career, Community and Life Connections: Integrate multiple life roles and responsibilities in family, work, and community settings. |
| CONTENT STANDARD | 1.1. | Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global). |
| COMPETENCIES | 1.1.6. | Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals. |

Lesson 11: I-Messages

•This lesson provides a communication strategy for helping young people deal with difficult topics that could lead to misunderstanding or conflict. “I”- Messages can be used to clarify and express feelings in a non-threatening way.

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| AREA OF STUDY | NASAFACS.13.0. | Interpersonal Relationships: Demonstrate respectful and caring relationships in the family, workplace and community. |
| CONTENT STANDARD | 13.1. | Analyze functions and expectations of various types of relationships. |
| COMPETENCIES | 13.1.1. | Analyze processes for building and maintaining interpersonal relationships. |
| AREA OF STUDY | NASAFACS.13.0. | Interpersonal Relationships: Demonstrate respectful and caring relationships in the family, workplace and community. |
| CONTENT STANDARD | 13.2. | Analyze personal needs and characteristics and their effects on interpersonal relationships. |
| COMPETENCIES | 13.2.5. | Explain the effects of personal standards and behaviors on interpersonal relationships. |

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For more information on Healthy Choices Healthy Relationships please contact:

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