



The Dibble Institute

Relationship Skills for Teens

Connections: Relationships and Marriage

National Sexuality Education Standards

Grades: 9, 10, 11, 12

Lesson 01: What It's Like to Be Me | Poster Page

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.2.	Describe a range of ways to express affection within healthy relationships
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PS.12.INF.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.INF.2.	Analyze the external influences and societal messages that impact attitudes about bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence
TOPIC / STANDARD	FoSE.SM.	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STRAND	ID.12.SM.	Identity: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	ID.12.SM.1.	Explain how to promote safety, respect, awareness and acceptance

Lesson 02: Understanding Myself Better

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade,

		students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.2.	Describe a range of ways to express affection within healthy relationships
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PS.12.INF.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.INF.2.	Analyze the external influences and societal messages that impact attitudes about bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence
TOPIC / STANDARD	FoSE.SM.	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STRAND	ID.12.SM.	Identity: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	ID.12.SM.1.	Explain how to promote safety, respect, awareness and acceptance

Lesson 03: Your Plan for Life (with timeline)

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood

Lesson 04: Behind the Scenes | Positive Relationships | Male & Female Media Models

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.1.	Describe characteristics of healthy and unhealthy romantic and/or sexual relationships
ITEM INDICATORS	HR.12.CC.2.	Describe a range of ways to express affection within healthy relationships
ITEM INDICATORS	HR.12.CC.4.	Evaluate the potentially positive and negative roles of technology and social media in relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.12.CC.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.CC.3.	Explain why using tricks, threats or coercion in relationships is wrong

Lesson 05: Check the Status | Things Change

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.1.	Describe characteristics of healthy and unhealthy romantic and/or sexual relationships
ITEM INDICATORS	HR.12.CC.2.	Describe a range of ways to express affection within healthy relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.12.CC.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.CC.3.	Explain why using tricks, threats or coercion in relationships is wrong

Lesson 06: Expectations

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
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STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.1.	Describe characteristics of healthy and unhealthy romantic and/or sexual relationships
ITEM INDICATORS	HR.12.CC.2.	Describe a range of ways to express affection within healthy relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.12.CC.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.CC.3.	Explain why using tricks, threats or coercion in relationships is wrong
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PS.12.INF.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.INF.2.	Analyze the external influences and societal messages that impact attitudes about bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence

Lesson 07: Attractions | Getting Acquainted

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.1.	Describe characteristics of healthy and unhealthy romantic and/or sexual relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.12.CC.	Personal Safety: By the end of the 12th grade, students should be able

		to:
ITEM INDICATORS	PS.12.CC.3.	Explain why using tricks, threats or coercion in relationships is wrong

Lesson 08: Dating and Emotions | Breaking Up | My Ideal Person

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.1.	Describe characteristics of healthy and unhealthy romantic and/or sexual relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.12.CC.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.CC.1.	Compare and contrast situations and behaviors that may constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence
ITEM INDICATORS	PS.12.CC.2.	Analyze the laws related to bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence
ITEM INDICATORS	PS.12.CC.3.	Explain why using tricks, threats or coercion in relationships is wrong
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PS.12.INF.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.INF.2.	Analyze the external influences and societal messages that impact attitudes about bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence
TOPIC / STANDARD	FoSE.AI.	Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.
STRAND	PS.12.AI.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.AI.2.	Demonstrate ways to access accurate information and resources for survivors of sexual abuse, incest, rape, sexual harassment, sexual assault and dating violence

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.IC.	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
STRAND	PR.12.IC.	Pregnancy and Reproduction: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PR.12.IC.1.	Demonstrate ways to communicate decisions about whether or when to engage in sexual behaviors
TOPIC / STANDARD	FoSE.IC.	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
STRAND	SH.12.IC.	Sexually Transmitted Diseases and HIV: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	SH.12.IC.1.	Demonstrate skills to communicate with a partner about STD and HIV prevention and testing
TOPIC / STANDARD	FoSE.IC.	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
STRAND	HR.12.IC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.IC.2.	Demonstrate effective ways to communicate personal boundaries as they relate to intimacy and sexual behavior
TOPIC / STANDARD	FoSE.SM.	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STRAND	SH.12.SM.	Sexually Transmitted Diseases and HIV: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	SH.12.SM.1.	Analyze individual responsibility about testing for and informing partners about STDs and HIV status
TOPIC / STANDARD	FoSE.SM.	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STRAND	HR.12.SM.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.SM.1.	Demonstrate respect for the boundaries of others as they relate to intimacy and sexual behavior

Lesson 10: Let's Talk | Listening | Types of Filters

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood

Lesson 11: Handling Conflict

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood

Lesson 12: Components of Relationships | What Is Love?

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.1.	Describe characteristics of healthy and unhealthy romantic and/or sexual relationships
ITEM INDICATORS	HR.12.CC.2.	Describe a range of ways to express affection within healthy relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.12.CC.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.CC.3.	Explain why using tricks, threats or coercion in relationships is wrong

Lesson 13: Roadblocks to Relationships | Compatibility Counts Before You Marry

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.1.	Describe characteristics of healthy and unhealthy romantic and/or sexual relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.12.CC.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.CC.3.	Explain why using tricks, threats or coercion in relationships is wrong

Lesson 14: Priorities | Household Duties | What About Kids?

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.1.	Describe characteristics of healthy and unhealthy romantic and/or sexual relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.12.CC.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.CC.3.	Explain why using tricks, threats or coercion in relationships is wrong

Lesson 15: Making the Decision | Rate Your Mate | The Wedding Marriage License

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	HR.12.CC.	Healthy Relationships: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	HR.12.CC.1.	Describe characteristics of healthy and unhealthy romantic and/or sexual relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.12.CC.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.CC.3.	Explain why using tricks, threats or coercion in relationships is wrong

Lesson 16: A Portrait | Parenting 101 | Family Album

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PR.12.INF.	Pregnancy and Reproduction: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PR.12.INF.3.	Analyze factors that influence decisions about whether and when to become a parent
TOPIC / STANDARD	FoSE.DM.	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
STRAND	PR.12.DM.	Pregnancy and Reproduction: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PR.12.DM.2.	Assess the skills and resources needed to become a parent

Lesson 17: Finances | The Family Budget | Keeping a Job

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood

Lesson 18: Our Crisis

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood

Lesson 19: Family Vacation

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.12.CC.	Personal Safety: By the end of the 12th grade, students should be able to:
ITEM INDICATORS	PS.12.CC.3.	Explain why using tricks, threats or coercion in relationships is wrong

Lesson 20: What I Learned

Grades: 11 & 12 – Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.12.CC.	Puberty and Adolescent Development: By the end of the 12th grade,

		students should be able to:
ITEM INDICATORS	PD.12.CC.1.	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood

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