

RELATIONSHIP SMARTS PLUS 2013  
National Sexuality Education Standards 2012

\*(These standards indicate what students should be able to do by the end of 12<sup>th</sup> grade.)

## Lesson 1: Who Am I and Where Am I Going?

**STANDARD (INF) ANALYZING INFLUENCES:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **TOPIC (PD) Puberty and Development:**
- ITEM (PD.12.INF.1) Analyze how peers, media, family, society, religious and culture influence self–concept and body image.
  
- **TOPIC (ID) Identity**
- ITEM (ID.12.INF.1) Analyze the influence of friends, family, media, society and culture on the expression of gender, sexual orientation and identity.

**STANDARD (DM) DECISION MAKING:** Students will demonstrate the ability to use decision-making skills to enhance healthy

- **TOPIC (PD) Puberty and Development:**
- ITEM (PD12.DM.1) Apply a decision-making model to various situations relating to sexual health.

## Lesson 2: Maturity Issues and What I Value

**STANDARD (CC) CORE CONCEPTS:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.CC.1) Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.

**STANDARD (INF) ANALYZING INFLUENCES:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **TOPIC (PD) Puberty and Adolescent Development**
- ITEM (PD.12.INF.1) Analyze how peers, media, family, society, religious and culture influence self –concept and body image.

**STANDARD (AI) ACCESSING INFORMATION:** Students will demonstrate the ability to access valid information and products and services to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.AI.1) Demonstrate how to access valid information and resources to help deal with relationships.

## Lesson 3: Attractions and Infatuation

STANDARD (INF) **ANALYZING INFLUENCES:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.INF.1) Explain how media can influence one's beliefs about what constitutes a healthy sexual relationship.
  
- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.INF.1) Analyze influences that may have an impact on deciding whether or when to engage in sexual behaviors.

STANDARD (AI) **ACCESSING INFORMATION:** Students will demonstrate the ability to access valid information and products and services to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.AI.1) Demonstrate how to access valid information and resources to help deal with relationships.

## Lesson 4: Principles of Smart Relationships

STANDARD (CC) **CORE CONCEPTS:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.CC.1) Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.
  
- **TOPIC (PS) Personal Safety**
- ITEM (PS.12.CC.3) Explain why using tricks, threats or coercion in relationships is wrong.

STANDARD (INF) **ANALYZING INFLUENCES:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.INF.1) Explain how media can influence one's beliefs about what constitutes a healthy sexual relationship.

STANDARD (AI) **ACCESSING INFORMATION:** Students will demonstrate the ability to access valid information and products and services to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.AI.1) Demonstrate how to access valid information and resources to help deal with relationships.

## Lesson 5: Is It a Healthy Relationship?

STANDARD (CC) **CORE CONCEPTS:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- **TOPIC (HR) Healthy Relationships**

- ITEM (HR.12.CC.1) Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.
- ITEM (HR.12.CC.2) Describe a range of ways to express affection within healthy relationships.
- **TOPIC (PS) Personal Safety**
- ITEM (PS.12.CC.3) Explain why using tricks, threats or coercion in relationships is wrong.

STANDARD (INF) **ANALYZING INFLUENCES:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.INF.1) Analyze influences that may have an impact on deciding whether or when to engage in sexual behaviors

STANDARD (AI) **ACCESSING INFORMATION:** Students will demonstrate the ability to access valid information and products and services to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.AI.1) Demonstrate how to access valid information and resources to help deal with relationships.

STANDARD (IC) **INTERPERSONAL COMMUNICATION:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- **TOPIC (PS) Personal Safety**
- ITEM (PS.12.IC.1) Demonstrate effective ways to communicate with trusted adults about bullying, harassment, abuse or assault.

## Lesson 6: Decide, Don't Slide!

STANDARD (CC) **CORE CONCEPTS:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.CC.2) Describe a range of ways to express affection within healthy relationships.
- **TOPIC (PS) Personal Safety**
- ITEM (PS.12.CC.3) Explain why using tricks, threats or coercion in relationships is wrong.

STANDARD (INF) **ANALYZING INFLUENCES:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.INF.1) Analyze influences that may have an impact on deciding whether or when to engage in sexual behaviors
- ITEM (PR.12.INF.3) Analyze factors that influence decisions about whether and when to become a parent.

STANDARD (AI) **ACCESSING INFORMATION:** Students will demonstrate the ability to access valid information and products and services to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.AI.1) Demonstrate how to access valid information and resources to help deal with relationships.

**STANDARD (IC) INTERPERSONAL COMMUNICATION:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.IC.1) Demonstrate effective strategies to avoid or end an unhealthy relationship.
- ITEM (HR.12.IC.2) Demonstrate effective ways to communicate personal boundaries as they relate to intimacy and sexual behavior.

**STANDARD (SM) SELF MANAGEMENT:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- **TOPIC (ID) Identity**
- ITEM (ID.12.SM.1) Explain how to promote safety, respect, awareness and acceptance.
- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.SM.1) Demonstrate respect for the boundaries of others as they relate to intimacy and sexual behavior.

## Lesson 7: Dating Violence and Breaking Up

**STANDARD (CC) CORE CONCEPTS:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.CC.3) Define sexual consent and explain its implications for sexual decision-making.
- **TOPIC (PS) Personal Safety**
- ITEM (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 (PS.12.CC.3) Explain why using tricks, threats or coercion in relationships is wrong.

**STANDARD (INF) ANALYZING INFLUENCES:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **TOPIC (PS) Personal Safety**
- ITEM (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.

**STANDARD (AI) ACCESSING INFORMATION:** Students will demonstrate the ability to access valid information and products and services to enhance health.

- **TOPIC (HR) Healthy Relationships**

- ITEM (HR.12.AI.1) Demonstrate how to access valid information and resources to help deal with relationships.
- **TOPIC (PS) Personal Safety**
- ITEM (PS.12.AI.1) Access valid resources for help if they or someone they know are being bullied or harassed, or have been sexually abused or assaulted.

STANDARD (IC) **INTERPERSONAL COMMUNICATION**: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.IC.1) Demonstrate effective strategies to avoid or end an unhealthy relationship.
- ITEM (HR.12.IC.2) Demonstrate effective ways to communicate personal boundaries as they relate to intimacy and sexual behavior.
- **TOPIC (PS) Personal Safety**
- ITEM (PS.12.IC.2) Identify ways in which they could respond when someone else is being bullied or harassed.

STANDARD (SM) **SELF MANAGEMENT**: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- **TOPIC (ID) Identity**
- ITEM (ID.12.SM.1) Explain how to promote safety, respect, awareness and acceptance.
- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.SM.1) Demonstrate respect for the boundaries of others as they relate to intimacy and sexual behavior.

## Lesson 8: Communication and Healthy Relationships & Lesson 9: Communication Challenges and More Skills

STANDARD (AI) **ACCESSING INFORMATION**: Students will demonstrate the ability to access valid information and products and services to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.AI.1) Demonstrate how to access valid information and resources to help deal with relationships.

STANDARD (IC) **INTERPERSONAL COMMUNICATION**: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.IC.2) Demonstrate effective ways to communicate personal boundaries as they relate to intimacy and sexual behavior.
- **TOPIC (PS) Personal Safety**

- ITEM (PS.12.IC.2) Identify ways in which they could respond when someone else is being bullied or harassed.
- **TOPIC ((SH) Sexually Transmitted Diseases and HIV**
- ITEM (SH.8.IC.1) Demonstrate the use of effective communication skills to reduce or eliminate risk for STDs, including HIV.
- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.DM.2) Access the skills and resources needed to become a parent.

## Lesson 10 Sexual Decision Making

STANDARD (CC) **CORE CONCEPTS:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.CC.1) Compare and contrast the advantages and disadvantages of abstinence and other contraceptive methods, including condoms.
- ITEM (PR.12.CC.2) Define emergency contraception.
- **TOPIC (SH) Sexually Transmitted Diseases and HIV**
- ITEM (SH.8.CC.2) Compare and contrast behaviors, including abstinence, to determine the potential risk of STD/HIV transmission from each
- ITEM (SH.8.CC.3) Describe the signs, symptoms and potential impact of STDs, including HIV
- ITEM (SH.12.CC.1) Describe common symptoms of and treatments for STDs, including HIV.
- ITEM (SH.12.CC.2) Evaluate the effectiveness of abstinence, condoms, and other safer sex methods in preventing the spread of STDs, including HIV.
- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.CC.3) Define sexual consent and explain its implications for sexual decision-making.
- **TOPIC (PS) Personal Safety**
- ITEM (PS.12.CC.4) Explain why a person who has been raped or sexually assaulted is not at fault

STANDARD (INF) **ANALYZING INFLUENCES:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.INF.1) Analyze influences that may have an impact on deciding whether or when to engage in sexual behaviors
- ITEM (PR.12.INF.3) Analyze factors that influence decisions about whether and when to become a parent.
- **TOPIC (SH) Sexually Transmitted Diseases and HIV**
- ITEM (SH.8.INF.1) Analyze the impact of alcohol and other drugs on safer sex decision-making and sexual behaviors.

- ITEM (SH.12.INF.1) Analyze factors that may influence condom use and other safer sex decisions.

STANDARD (AI) **ACCESSING INFORMATION:** Students will demonstrate the ability to access valid information and products and services to enhance health.

- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.AI.1) Access medically accurate information about contraceptive methods, including abstinence and condoms.
- **TOPIC (SH) Sexually Transmitted Diseases and HIV**
- ITEM (SH.12.AI.2) Access medically accurate prevention information about STDs and HIV.

STANDARD (IC) **INTERPERSONAL COMMUNICATION:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.IC.1) Demonstrate ways to communicate decisions about whether or when to engage in sexual behaviors.
- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.IC.2) Demonstrate effective ways to communicate personal boundaries as they relate to intimacy and sexual behavior.
- **TOPIC (PS) Personal Safety**
- ITEM (PS.12.IC.2) Identify ways in which they could respond when someone else is being bullied or harassed.
- **TOPIC ((SH) Sexually Transmitted Diseases and HIV**
- ITEM (SH.12.IC.1) Demonstrate the use of effective communication skills to reduce or eliminate risk for STDs, including HIV.
- ITEM (SH.12.IC.1) Demonstrate skills to communicate with a partner about STDs and HIV prevention and testing.
- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.IC.2) Demonstrate effective ways to communicate personal boundaries as they relate to intimacy and sexual behaviors.

STANDARD (DM) **DECISION MAKING:** Students will demonstrate the ability to use decision-making skills to enhance healthy

- **TOPIC (PD) Puberty and Development:**
- ITEM (PD12.DM.1) Apply a decision-making model to various situations relating to sexual health.
- **TOPIC (SH) Sexually Transmitted Diseases and HIV**
- ITEM (SH12.DM.1) Apply a decision-making model to choices about safer sex practices including abstinence and condoms.

STANDARD (GS) **GOAL SETTING:** Students will demonstrate the ability to use goal-setting skills to enhance health.

- **TOPIC (SH) Sexually Transmitted Diseases and HIV**
- ITEM (SH.12.GS.1) Develop a plan to eliminate or reduce risks for STDs, including HIV.

STANDARD (SM) **Self-Management:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce tension.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.SM.1) Demonstrate respect for the boundaries of others as they relate to intimacy and sexual behavior.

## Lesson 11: Unplanned Pregnancy Through the Eyes of a Child

STANDARD (CC) **CORE CONCEPTS:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.CC.5) Describe prenatal practices that can contribute to or threaten a healthy pregnancy.

STANDARD (INF) **ANALYZING INFLUENCES:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.INF.2) Analyze factors that influence decisions about whether and when to become a parent.

STANDARD (DM) **DECISION MAKING:** Students will demonstrate the ability to use decision-making skills to enhance healthy

- **TOPIC (PR) Pregnancy and Reproduction**
- ITEM (PR.12.DM.2) Assess the skills and resources needed to become a parent.

## Lesson 12: Teens, Technology and Social Media

STANDARD (CC) **CORE CONCEPTS:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.CC.4) Evaluate the potentially positive and negative roles of technology and social media in relationships.
  
- **TOPIC (PS) Personal Safety**
- ITEM (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.

STANDARD (INF) **ANALYZING INFLUENCES:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.



- **TOPIC (PD) Puberty and Adolescent Development**
- ITEM (PD.12.INF.1) Analyze how peers, media, family, society, religious and culture influence self –concept and body image.
- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.INF.1) Explain how media can influence one’s beliefs about what constitutes a healthy sexual relationship.
- **TOPIC (PS) Personal Safety**
- ITEM (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.

STANDARD (IC) **INTERPERSONAL COMMUNICATION:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- **TOPIC (PS) Personal Safety**
- ITEM (PS.12.IC.1) Demonstrate effective ways to communicate with trusted adults about bullying, harassment, abuse or assault.
- ITEM (PS.12.IC.2) Identify ways in which they could respond when someone else is being bullied or harassed.

STANDARD (SM) **Self-Management:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce tension.

- **TOPIC (HR) Healthy Relationships**
- ITEM (HR.12.SM.2) Describe strategies to use social media safely, legally and respectfully.