

HECAT

Healthy Behavior Outcomes (HBO)

Relationship Smarts PLUS SRA

(ages 12-18)

<i>Establish and maintain healthy relationships.</i>	Lesson 1: Who Am I and Where Am I Going? Lesson 2: Maturity Issues and What I Value Lesson 3: Attractions and Infatuation Lesson 4: Principles of Smart Relationships Lesson 5: Is It a Healthy Relationship? Lesson 6: Breaking Up and Dating Violence Lesson 7: Decide, Don't Slide! Lesson 8: Communication and Healthy Relationships Lesson 9: Communication Challenges and More Skills – <u>Section 4: Taking Care of Relationships</u> Lesson 10: Sexual Decision-Making – <u>Section 1: Sex and Sliding; Section 2: The Six Parts of Intimacy; Section 5: Know Your Personal Line</u> Lesson 11: Pregnancy, STIs and HIV – <u>Section 4: Pressure Situations and Assertiveness Skills</u> Lesson 12: Unplanned Pregnancy Through the Eyes of a Child Lesson 13: Teens, Technology and Social Media
<i>Be sexually abstinent.</i>	Lesson 10: Sexual Decision-Making Lesson 11: Pregnancy, STIs and HIV Lesson 12: Unplanned Pregnancy Through the Eyes of a Child
<i>Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.</i>	Lesson 1: Who Am I and Where Am I Going? – <u>Section 3: Being Yourself: Dealing with Pressure Situations</u> Lesson 2: Maturity Issues and What I Value Lesson 5: Is It a Healthy Relationship? – <u>Section 2: Unmet Needs and Unhealthy Relationships</u> Lesson 7: Decide, Don't Slide! Lesson 10: Sexual Decision-Making Lesson 11: Pregnancy, STIs and HIV
<i>Engage in behaviors that prevent or reduce unintended pregnancy.</i>	Lesson 1: Who Am I and Where Am I Going? – <u>Section 3: Being Yourself: Dealing with Pressure Situations</u> Lesson 2: Maturity Issues and What I Value Lesson 3: Attractions and Infatuation – <u>Section 3: The Chemistry of Attraction</u> Lesson 5: Is It a Healthy Relationship? – <u>Section 2: Unmet Needs and Unhealthy Relationships</u> Lesson 7: Decide, Don't Slide! Lesson 10: Sexual Decision-Making

<p><i>Avoid pressuring others to engage in sexual behaviors.</i></p>	<p>Lesson 11: Pregnancy, STIs and HIV Lesson 2: Maturity Issues and What I Value Lesson 4: Principles of Smart Relationships Lesson 6: Breaking Up and Dating Violence Lesson 8: Communication and Healthy Relationships – <u>Section 2: Patterns that Harm Relationships</u> Lesson 10: Sexual Decision-Making – <u>Section 4: Risky situations for Sex</u>; <u>Section 5: Know Your Personal Line</u> Lesson 11: Pregnancy, STIs and HIV – <u>Section 3: Alcohol and Drugs—Increasing the Risks</u>; <u>Section 4: Pressure Situations and Assertiveness Skills</u></p>
<p><i>Support others to avoid or reduce sexual risk behaviors.</i></p>	<p>Lesson 2: Maturity Issues and What I Value Lesson 4: Principles of Smart Relationships Lesson 5: Is It a Healthy Relationship? – <u>Section 2: Unmet Needs and Unhealthy Relationships</u> Lesson 6: Breaking Up and Dating Violence Lesson 8: Communication and Healthy Relationships – <u>Section 2: Patterns that Harm Relationships</u> Lesson 10: Sexual Decision-Making Lesson 11: Pregnancy, STIs and HIV Lesson 12: Unplanned Pregnancy Through the Eyes of a Child</p>
<p><i>Treat others with courtesy and respect without regard to their sexuality.</i></p>	<p>Lesson 2: Maturity Issues and What I Value Lesson 4: Principles of Smart Relationships Lesson 8: Communication and Healthy Relationships Lesson 9: Communication Challenges and More Skills Lesson 13: Teens, Technology and Social Media</p>
<p><i>Use appropriate health services to promote sexual health.</i></p>	<p>Lesson 6: Breaking Up and Dating Violence – <u>Section 4: Sexual Assault</u> Lesson 11: Pregnancy, STIs and HIV</p>