

Love Notes 3.0 Standards

National Standards for Family and Consumer Sciences Education

DEVELOPED BY NATIONAL ASSOCIATION OF STATE ADMINISTRATORS OF FAMILY AND CONSUMER SCIENCES (Nasafacs) GRADES 9, 10, 11, 12: ADOPTED 2008

Lesson 1: Relationships Today

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

CONTENT STANDARD 13.2 Analyze personal needs and characteristics and their effects on interpersonal relationships.

COMPETENCY 13.2.3 Analyze the effects of self-esteem and self-image on relationships.

CONTENT STANDARD 13.6 Demonstrate standards that guide behaviors in interpersonal relationships.

COMPETENCY 13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.

AREA OF STUDY 12.0: HUMAN DEVELOPMENT

CONTENT STANDARD 12.1 Analyze principles of human growth and development across the life span.

COMPETENCY 13.2.3 Analyze the effects of self-esteem and self-image on relationships.

CONTENT STANDARD 13.6 Demonstrate standards that guide behaviors in interpersonal relationships.

COMPETENCY 12.1.1 Analyze physical, emotional, social, spiritual, and intellectual development.

AREA OF STUDY 6.0: FAMILY

CONTENT STANDARD 6.1 Analyze the effects of family as a system on individuals and society

COMPETENCY 6.1.5 Analyze the role of family in developing independence, interdependence, commitment of family members.

Lesson 2: Knowing Yourself

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

CONTENT STANDARD 13.1 Analyze functions and expectations of various types of relationships.

COMPETENCY 13.1.1 Analyze processes for building and maintaining interpersonal relationships

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COMPETENCY 13.1.4	Analyze factors that contribute to health and unhealthy relationships.
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CONTENT STANDARD 13.2	Analyze personal needs and characteristics and their effects on interpersonal relationships.
COMPETENCY 13.2.1	Analyze the effects of personal characteristics on relationships.
COMPETENCY 13.2.2	Analyze the effect of personal need on relationships.
COMPETENCY 13.2.3	Analyze the effect of self-esteem and self-image on relationships.
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CONTENT STANDARD 13.4	Evaluate effective conflict prevention and management techniques
COMPETENCY 13.4.1	Analyze the origin and development of attitudes and behaviors regarding conflict.
COMPETENCY 13.4.2	Explain how similarities and differences among people affect conflict prevention and management.

AREA OF STUDY 6.0: FAMILY

CONTENT STANDARD 6.1	Analyze the effects of family as a system on individuals and society.
COMPETENCY 6.1.2	Analyze the role of family in transmitting societal expectations.
COMPETENCY 6.1.5	Analyze the role of family in developing independence interdependence and commitment of family members.

AREA OF STUDY 12.0: HUMAN DEVELOPMENT

CONTENT STANDARD 12.1	Analyze principles of human growth and development across the life span.
COMPETENCY 12.1.1	Analyze physical, emotional, social, spiritual, and intellectual development.

AREA OF STUDY 15.0: PARENTING

CONTENT STANDARD 15.1	Analyze roles and responsibilities of parenting.
COMPETENCY 15.1.3	Analyze consequences of parenting practices to the individual, family and society

Lesson 3: My Expectations—My Future

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

CONTENT STANDARD 13.2	Analyze personal needs and characteristics and their effects on interpersonal relationships.
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- COMPETENCY 13.2.2 Analyze the effect of personal need on relationships.
COMPETENCY 13.2.3 Analyze the effects of self-esteem and self-image on relationships.

AREA OF STUDY 15.0: PARENTING

- CONTENT STANDARD 15.1 Analyze roles and responsibilities of parenting
COMPETENCY 15. 1.2 Analyze expectations and responsibilities of parenting.

Lesson 4: Attractions and Starting Relationships

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

- CONTENT STANDARD 13.1 Analyze functions and expectations of various types of relationships.
- COMPETENCY 13.1.1 Analyze processes for building and maintaining interpersonal relationships.
COMPETENCY 13.1.4 Analyze factors that contribute to healthy and unhealthy relationships.
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- CONTENT STANDARD 13.2 Analyze personal needs and characteristics and their effects on interpersonal relationships.
- COMPETENCY 13.2.1 Analyze the effect of personal characteristics on relationships.
COMPETENCY 13.2.2 Analyze the effect of personal need on relationships.
COMPETENCY 13.2.5 Explain the effects of personal standards and behaviors on interpersonal relationships.
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- CONTENT STANDARD 13.6 Demonstrate standards that guide behavior in interpersonal relationships.
- COMPETENCY 13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.
COMPETENCY 13.6.2 Apply guidelines for assessing the nature of issues and situations.
COMPETENCY 13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.

Lesson 5: Principles of Smart Relationships

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

- CONTENT STANDARD 13.1 Analyze functions and expectations of various types of relationships.

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COMPETENCY 13.1.3	Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships.
COMPETENCY 13.1.4	Analyze factors that contribute to healthy and unhealthy relationships.
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CONTENT STANDARD 13.2	Analyze personal needs and characteristics and their effects on interpersonal relationships.
COMPETENCY 13.2. 3	Analyze the effects of self-esteem and self-image on relationships.
COMPETENCY 13.2. 5	Explain the effects of personal standards and behaviors on interpersonal relationships.
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CONTENT STANDARD 13.6	Demonstrate standards that guide behavior in interpersonal relationships.
COMPETENCY 13.6.1	Apply critical thinking and ethical criteria to evaluate interpersonal relationships.
COMPETENCY 13.6.2	Apply guidelines for assessing the nature of issues and situations.
COMPETENCY 13.6.3	Apply critical thinking and ethical standards when making judgments and taking action.

Lesson 6: Is It a Healthy Relationship?

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

CONTENT STANDARD 13.1	Analyze functions and expectations of various types of relationships.
COMPETENCY 13.1.3	Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships.
COMPETENCY 13.1.4	Analyze factors that contribute to healthy and unhealthy relationships.
COMPETENCY 13.1.5	Analyze processes for handling unhealthy relationships.
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CONTENT STANDARD 13.2	Analyze personal needs and characteristics and their effects on interpersonal relationships.
COMPETENCY 13.2.3	Analyze the effects of self-esteem and self-image on relationships.
COMPETENCY 13.2.5	Explain the effects of personal standards and behaviors on interpersonal relationships.
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CONTENT STANDARD 13.6	Demonstrate standards that guide behavior in interpersonal relationships.
COMPETENCY 13.6.1	Apply critical thinking and ethical criteria to evaluate interpersonal relationships.
COMPETENCY 13.6.2	Apply guidelines for assessing the nature of issues and situations

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COMPETENCY 13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.

Lesson 7: Dangerous Love

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

CONTENT STANDARD 13.1 Analyze functions and expectations of various types of relationships.

COMPETENCY 13.1.4 Analyze factors that contribute to healthy and unhealthy relationships.

COMPETENCY 13.1.5 Analyze processes for handling unhealthy relationships.

CONTENT STANDARD 13.2 Analyze personal needs and characteristics and their effects on interpersonal relationships.

COMPETENCY 13.2.3 Analyze the effects of self-esteem and self-image on relationships.

COMPETENCY 13.2.5 Explain the effects of personal standards and behaviors on interpersonal relationships.

CONTENT STANDARD 13.4 Evaluate effective conflict prevention and management techniques.

COMPETENCY 13.4.4 Demonstrate nonviolent strategies that address conflict.

COMPETENCY 13.4.5 Demonstrate effective responses to harassment.

COMPETENCY 13.4.6 Assess community resources that support conflict prevention and management.

CONTENT STANDARD 13.6 Demonstrate standards that guide behavior in interpersonal relationships.

COMPETENCY 13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.

COMPETENCY 13.6.2 Apply guidelines for assessing the nature of issues and situations.

COMPETENCY 13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.

Lesson 8: Decide, Don't Slide!

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

CONTENT STANDARD 13.1 Analyze functions and expectations of various types of relationships.

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COMPETENCY 13.1.1 Analyze processes for building and maintaining interpersonal relationships.

COMPETENCY 13.1.4 Analyze factors that contribute to healthy and unhealthy relationships.

COMPETENCY 13.1.5 Analyze processes for handling unhealthy relationships.

CONTENT STANDARD 13.2 Analyze personal needs and characteristics and their effects on interpersonal relationships.

COMPETENCY 13.2.5 Explain the effects of personal standards and behaviors on interpersonal relationships.

CONTENT STANDARD 13.6 Demonstrate standards that guide behavior in interpersonal relationships.

COMPETENCY 13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.

COMPETENCY 13.6.2 Apply guidelines for assessing the nature of issues and situations.

COMPETENCY 13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.

AREA OF STUDY 15.0: PARENTING

CONTENT STANDARD 15.2 Evaluate parenting practices that maximize human growth and developments.

COMPETENCY 15.2.4 Assess the effects of abuse and neglect on children and families and determine methods for prevention.

Lesson 9: What's Communication Got to Do With It? & Lesson 10: Communication Challenges and More Skills

(This is a package of evidence-based skills addressing same standards.)

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

CONTENT STANDARD 13.3 Demonstrate communication skills that contribute to positive relationships.

COMPETENCY 13.3.1 Analyze communication styles and their effects on relationships.

COMPETENCY 13.3.2 Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.

COMPETENCY 13.3.3 Demonstrate effective listening and feedback techniques.

COMPETENCY 13.3.4 Analyze strategies to overcome communication barriers in family, community and work settings.

COMPETENCY 13.3.5 Apply ethical principles of communication in family, community and work settings.

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COMPETENCY 13.3.7 Analyze the roles and functions of communication in family, work and community settings.

CONTENT STANDARD 13.4 Evaluate effective conflict prevention and management techniques.

COMPETENCY 13.4.3 Apply the roles of decision making and problem solving in reducing and managing conflict.

COMPETENCY 13.4.4 Demonstrate nonviolent strategies that address conflict.

COMPETENCY 13.4.5 Demonstrate effective responses to harassment.

CONTENT STANDARD 13.5 Demonstrate teamwork and leadership skills in the family, workplace, and community.

COMPETENCY 13.5.1 Create an environment that encourages and respects the ideas, perspectives and contributions of all group members.

COMPETENCY 13.5.2 Demonstrate strategies to motivate, encourage, and build trust in group members.

COMPETENCY 13.5.7 Demonstrate processes for cooperating, compromising and collaborating.

AREA OF STUDY 15.0: PARENTING

CONTENT STANDARD 15.2 Evaluate parenting practices that maximize human growth and development.

COMPETENCY 15.2.2 Apply communication strategies that promote positive self-esteem in family members.

AREA OF STUDY 12.0: HUMAN DEVELOPMENT

CONTENT STANDARD 12.3 Analyze strategies that promote growth and development across the life span.

COMPETENCY 12.3.3 Analyze the role of communication on human growth and development.

Lesson 11: Let's Talk About Sex

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

CONTENT STANDARD 13.1 Analyze functions and expectations of various types of relationships.

COMPETENCY 13.1.3 Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships.

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COMPETENCY 13.1.4	Analyze factors that contribute to healthy and unhealthy relationships.
CONTENT STANDARD 13.6	Demonstrate standards that guide behavior in interpersonal relationships.
COMPETENCY 13.6.1	Apply critical thinking and ethical criteria to evaluate interpersonal relationships.
COMPETENCY 13.6.2	Apply guidelines for assessing the nature of issues and situations.
COMPETENCY 13.6.3	Apply critical thinking and ethical standards when making judgments and taking action.

Lesson 12: Let's Plan for Choices

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

CONTENT STANDARD 13.3 Demonstrate communication skills that contribute to positive relationships.

COMPETENCY 13.3 Demonstrate communication skills that contribute to positive relationships.

CONTENT STANDARD 13.4 Evaluate effective conflict prevention and management techniques.

COMPETENCY 13.4.3 Apply the roles of decision making and problem solving in reducing and managing conflict.

COMPETENCY 13.4.4 Demonstrate nonviolent strategies that address conflict.

COMPETENCY 13.4.5 Demonstrate effective responses to harassment.

CONTENT STANDARD 13.6 Demonstrate standards that guide behavior in interpersonal relationships.

COMPETENCY 13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.

COMPETENCY 13.6.2 Apply guidelines for assessing the nature of issues and situations.

COMPETENCY 13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.

Lesson 13: Through the Eyes of a Child

AREA OF STUDY 15.0: PARENTING

CONTENT STANDARD 15.1 Analyze roles and responsibilities of parenting.

COMPETENCY 15.1.2 Analyze expectations and responsibilities of parenting.

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COMPETENCY 15.1.3 Analyze consequences of parenting practices to the individual, family and society.

CONTENT STANDARD 15.2 Evaluate parenting practices that maximize human growth and development.

COMPETENCY 15.2.1 Choose nurturing practices that support human growth and development.

COMPETENCY 15.2.4 Assess the effects of abuse and neglect on children and families and determine methods for prevention.

AREA OF STUDY 12.0: HUMAN DEVELOPMENT

CONTENT STANDARD 12.3 Analyze strategies that promote human growth and development across the life span.

COMPETENCY 12.3.1 Analyze the role of nurturance on human growth and development.

COMPETENCY 12.3.3 Analyze the role of family and social services support systems in meeting human growth and development needs.

AREA OF STUDY 6.0: FAMILY

CONTENT STANDARD 6.1 Analyze the effects of family as a system on individuals and society.

COMPETENCY 6.1.1 Analyze family as the basic unit of society.

COMPETENCY 6.1.2 Analyze the role of family in transmitting societal expectations.

COMPETENCY 6.1.4 Analyze the role of family in teaching culture and traditions across the life span.

CONTENT STANDARD 6.2 Evaluate the effects of diverse perspectives, needs and characteristics of individual and families.

COMPETENCY 6.2.5 Analyze the effects of globalization and increasing diversity on individuals, families and society.

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

CONTENT STANDARD 13.6 Demonstrate standards that guide behavior in interpersonal relationships.

COMPETENCY 13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.

COMPETENCY 13.6.2 Apply guidelines for assessing the nature of issues and situations.

COMPETENCY 13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.

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AREA OF STUDY 7.0: FAMILY AND COMMUNITY SERVICES

CONTENT STANDARD 7.4 Evaluate conditions affecting individuals and families with a variety of disadvantaging conditions.

COMPETENCY 7.4.1 Assess health, wellness, and safety issues of individual and families with a variety of disadvantaging conditions.

CONTENT STANDARD 7.5 Evaluate services for individuals and families with a variety of disadvantaging conditions.

COMPETENCY 7.5.2 Analyze ways in which individuals with disadvantaging conditions affect the family and family members.

COMPETENCY 7.5.4 Summarize the importance of friends, family and community relationships for an individual with a variety of disadvantaging conditions.

COMPETENCY 7.5.6 Demonstrate strategies that help participants make informed choices, access resources and support, follow through on responsibilities, and take appropriate risks.