

Positive Youth Development

Relationship Smarts PLUS SRA

Skill building: Develop soft and life skills through skill building activities within individual, family, peer and community settings.

Youth engagement and contribution: Allow youth engagement to take different shapes. This can include youth expression, youth involvement in community service and creating opportunities for youth decision-making at various levels of government. This can also include programs that provide structure for

Relationship Smarts PLUS-SRA empowers youth with skills needed to form and maintain healthy relationships, make wise sexual (and life) choices, and work toward their goals – skills that are transferable to family, peer, community, and work settings. The curriculum is designed to help students build confidence, and provide them with the tools they need to positively shape their future.

Lesson 1 – Who Am I and Where Am I Going?

- 1.3 - Being Yourself: Dealing with Pressure Situations

Lesson 2 – Maturity Issues and What I Value

Lesson 6 – Breaking Up and Dating Violence

Lesson 7 – Decide, Don't Slide!

- 7.4 - The Low-Risk Deciding Approach

Lesson 8 – Communication and Healthy Relationships

- 8.3 - Angry Brains and The Power of Time Outs
- 8.4 - The Speaker Listener Technique— When Talking Is Difficult

Lesson 9 – Communication Challenges and More Skills

- 9.1 - Complain and Raise Issues Effectively
- 9.3 - A Simple Problem-Solving Model

Lesson 11 – Pregnancy, STIs and HIV

- 11.4 - Pressure Situations and Assertiveness Skills
- 11.5 - My Personal Plan

Lesson 13 – Teens, Technology and Social Media

The activities in *Relationship Smarts PLUS SRA* are varied. They include role-plays, drawing, sculpting, games, and other activities that are designed to teach and reinforce the concepts with real-life scenarios that young people can relate to. The student workbook also provides opportunities for youth to take the reins in

<p>youth contribution or that support youth leadership.</p>	<p>identifying how the curriculum applies to their own individual lives. Open discussion between facilitator and youth is encouraged in all of the lessons.</p>
<p>Healthy relationships and bonding: Identify and link youth to positive adult role models, mentors, coaches, teachers, health care providers and community leaders. Ideally, youth have at least one caring and consistent adult in their lives. Healthy peer relationships are also particularly important to youth.</p>	<p>Parent-Teen Connection activities are provided for each lesson in the <i>Relationship Smarts PLUS SRA</i> curriculum. These activities are designed to provide conversation starters to nurture support and connection between each young person participating in the program and their parent and/or a trusted adult. Each activity conveys core concepts, provides talking points, and uses an easy activity to engage conversation between youth and adult.</p>
<p>Belonging and membership: Foster activities where youth feel included regardless of gender, ethnicity, sexual orientation, disabilities or other factors. Identify activities that provide positive sense of belonging (schools, sports, community service, faith-based youth group, etc.)</p>	<p>All youth, regardless of sexual orientation, gender, ethnicity, etc. have attractions, emotions and desires for healthy relationships. All youth benefit from sexual delay and sexual risk avoidance. All youth need skills and knowledge to navigate their relationships and make wise sexual choices. <i>Relationship Smarts PLUS SRA</i> is an LGBTQ-inclusive curriculum. Furthermore, the activities included in <i>Relationship Smarts PLUS SRA</i> have been designed to be inclusive. The scenarios, poetry, and stories have all been written by diverse youth. The images in the PowerPoint slides, as well as language in the lessons and scenarios, are inclusive in terms of sexual orientation.</p>
<p>Positive norms, expectations, and perceptions: Have clear and consistent norms and expectations about health, relationships, and forms of engagement that provide youth an increasing amount of responsibility and independence and allow youth to grow and take on new roles.</p>	<p><i>Relationship Smarts PLUS SRA</i> offers knowledge of what a healthy relationship is and isn't, as well as insights and skills for handling the early chemistry of attraction and choosing partners wisely. Teens learn the building blocks of healthy relationships and are encouraged to identify relationship qualities they find personally important. They are provided principles to guide them in early relationship development. Frameworks to assess relationships are employed to help teens in relationship decision-making.</p>

Lesson 2 – Maturity Issues and What I Value

- 2.3 - Clarifying Values
- 2.4 - What's Important to Me?

Lesson 3 – Attractions and Infatuation

- 3.2 - Relationship Pyramid
- 3.3 - The Chemistry of Attraction

Lesson 4 – Principles of Smart Relationships

- 4.2 - Seven Principles of Smart Relationships

Lesson 5 – Is It a Healthy Relationship?

- 5.1 - How Can You Tell?

Lesson 6 – Breaking Up and Dating Violence

- 6.2 - Early Warnings and Red Flags
- 6.3 - Types of Intimate Partner Violence and Warning Signs
- 6.6 - Draw the Line of Respect

Lesson 7 – Decide, Don't Slide!

- 7.3 - The Success Sequence

Lesson 8 – Communication and Healthy Relationships

- 8.2 - Patterns that Harm Relationships

Lesson 9 – Communication Challenges and More Skills

- 9.4 - Taking Care of Relationships

Lesson 10 – Sexual Decision-Making

- 10.2 - The Six Parts of Intimacy

Lesson 11 – Pregnancy, STIs and HIV

- 11.5 - My Personal Plan

Safe space: Create safe spaces that are tailored to the needs of youth – including physical infrastructure as well as emotional safety. Space can be defined in a variety of ways, including virtual. Many communities lack any space for youth to convene. Thus communities must be committed to providing youth with safe spaces to practice, engage, and learn creatively and collaboratively. An emotionally safe space is critical to learning.

The *Relationship Smarts PLUS SRA* curriculum training includes ground rules discussion for teachers to have with youth in order to set expectations for safe and open discussions. The *Relationship Smarts PLUS SRA* Student Workbook also provides a safe and private space where students can reflect and apply the concepts they are learning into their own lives. Finally, the Trusted Adult Connection activities help students to identify someone in their personal life with whom they can safely connect and discuss what they are learning.