

Relationship Smarts Plus 4.0 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: Who Am I and Where Am I Going?

AREA OF STUDY 12: HUMAN DEVELOPMENT

CONTENT STANDARD 12.2 Analyze conditions that influence human growth and development

Competency: 12.2.4 Analyze the effects of life events on individuals' physical, intellectual, social, moral, and emotional 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.

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

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

COMPETENCY 13.2.4 Analyze the effects of life span events and conditions on relationships.

COMPETENCY 13.2.5 Explain the effects of personal standards and behaviors 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.

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

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Lesson 2: Maturity Issues and What I Value

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.

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.

COMPETENCY 12.1.2 Analyze interrelationships among physical, emotional, social, and intellectual aspects of human growth and development.

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

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

COMPETENCY 13.2.1 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.

Lesson 3: Attractions and Infatuation

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.

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

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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 the issues and situations.

Lesson 4: Principles of Smart 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 13.1.3	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.
CONTENT STANDARD 13.2	Analyze personal needs and characteristics and their effects on interpersonal 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.
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: 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.
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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 13.2.2	Analyze the effect of personal needs on 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: Breaking Up and Dating Violence

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.
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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 13.4	Evaluate effective conflict prevention and management techniques
COMPETENCY 13.4.1	Analyze the origin and development of attitudes and behaviors regarding conflict.
COMPETENCY 13.4.4	Demonstrate nonviolent strategies that address conflict.

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COMPETENCY 13.4.5	Demonstrate effective responses to harassment.
COMPETENCY 13.4.6	Assess community resources that support conflict prevention and management.
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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 7: Decide, Don't Slide

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 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.
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 13.2.5	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.

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

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 13.1.6	Demonstrate stress management strategies for family, work, and community settings.
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, work and community settings.
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 13.4.1	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.
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.

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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 13.5.7 Demonstrate processes for cooperating, compromising and collaborating.

Lesson 10: Sexual Decision-Making

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 13.1.3 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.

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

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

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.

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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Lesson 11: Pregnancy, STIs and HIV

Lesson 12: Unplanned Pregnancy Through the Eyes of a Child

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.

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 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.

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.

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.

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

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Lesson 13: Teens, Technology and Social Media

AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

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

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

COMPETENCY 13.3.6 Analyze the effects of communication technology in family, work, and community settings.

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.

COMPETENCY 13.6.4 Demonstrate ethical behavior in family, workplace, and community settings.