

Connections: Dating & Emotions

National Sexuality Education Standards – *Second Edition 2020*

GRADES 9, 10, 11, 12

<https://advocatesforyouth.org/wp-content/uploads/2020/03/NSES-2020-web.pdf>

Lesson 1: What It's About

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 2: Am I Ready?

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 3: Ask, Accept, or Decline

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.CC.2 Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

Lesson 4: What's the Rush?

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

CHR.10.DM.1 Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important

CHR.10.GS.1 Develop a plan to get out of an unsafe or unhealthy relationship*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

SH.10.DM.1 Apply a decision-making model to choices about contraceptive use, including abstinence and condoms

SH.12.INF.2 Analyze factors that can influence condom use and other safer sex decisions (e.g., availability, affordability, perception of risk, pleasure)

Lesson 5: How Relationships Grow

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 6: What Should I Say?

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 7: Feeling Alone

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

CHR.10.DM.1 Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important

CHR.10.GS.1 Develop a plan to get out of an unsafe or unhealthy relationship*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

SH.10.DM.1 Apply a decision-making model to choices about contraceptive use, including abstinence and condoms

SH.12.INF.2 Analyze factors that can influence condom use and other safer sex decisions (e.g., availability, affordability, perception of risk, pleasure)

IV.10.CC.2 Describe the types of abuse (e.g., physical, emotional, psychological, financial, and sexual) and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence*

IV.10.AI.1 Demonstrate how to access credible sources of information and resources for survivors of interpersonal violence, including sexual violence

IV.10.AI.2 Identify credible resources related to sex trafficking and sexual violence prevention and intervention

IV.10.IC.1 Demonstrate ways to support a fellow student who is being sexually harassed or abused, or is perpetuating unhealthy or coercive behaviors

IV.12.INF.1 Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes and beliefs about interpersonal and sexual violence*

IV.12.ADV.1 Advocate for school and community policies that promote safety, respect, and equity for all people (e.g., race, ethnicity, socio-economic status, differing abilities, immigration status, family configuration)

Lesson 8: Problem Patterns

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 9: Making Choices

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- CHR.10.GS.1** Develop a plan to get out of an unsafe or unhealthy relationship*
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior
- SH.10.DM.1** Apply a decision-making model to choices about contraceptive use, including abstinence and condoms
- SH.12.INF.2** Analyze factors that can influence condom use and other safer sex decisions (e.g., availability, affordability, perception of risk, pleasure)

Lesson 10: What Abuse Looks Like

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.CC.2** Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent*
- CHR.10.CC.3** Explain the impact media, including sexually explicit media, can have on one's perceptions of, and expectations for, a healthy relationship
- CHR.10.INF.2** Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships
- CHR.10.INF.3** Analyze factors (e.g., body image, self-esteem, alcohol and other substances) that can affect the ability to give and receive sexual consent*
- CHR.10.IC.1** Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior*
- CHR.10.GS.1** Develop a plan to get out of an unsafe or unhealthy relationship*
- CHR.12.INF.1** Analyze how media portrayals of healthy and unhealthy relationships impact societal norms about romantic and/or sexual relationships and pleasure*
- CHR.12.INF.4** Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*
- CHR.12.DM.1** Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood

- PD.10.INF.1** Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence self-concept, body image, and self-esteem
- GI.10.CC.1** Differentiate between sex assigned at birth, gender identity, and gender expression
- GI.12.ADV.1** Advocate for school and community policies and programs that promote dignity and respect for people of all genders, gender expressions, and gender identities*
- SO.10.CC.1** Differentiate between sexual orientation, sexual behavior, and sexual identity
- SO.10.INF.1** Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about sexual orientation and sexual identity
- IV.10.CC.2** Describe the types of abuse (e.g., physical, emotional, psychological, financial, and sexual) and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence*
- IV.10.CC.3** Explain why a victim/survivor of interpersonal violence, including sexual violence, is never to blame for the actions of the perpetrator
- IV.10.AI.1** Demonstrate how to access credible sources of information and resources for survivors of interpersonal violence, including sexual violence

Lesson 11: It's Not Working

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 12: When It's Over

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood

CHR.10.INF.1 Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/or professional support

Lesson 13: Dealing With the Past

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

CHR.10.CC.3 Explain the impact media, including sexually explicit media, can have on one's perceptions of, and expectations for, a healthy relationship

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 14: Feeling Another's Feelings

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

SH.10.DM.1 Apply a decision-making model to choices about contraceptive use, including abstinence and condoms

Lesson 15: Love That Lasts

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Topic Key

CHR – Consent and Healthy Relationships

AP – Anatomy and Physiology

PD – Puberty and Adolescent Sexual Development
GI – Gender Identity and Expression
SO – Sexual Orientation and Identity
SH – Sexual Health
IV – Interpersonal Violence

National Health Education Standards and Indicators Key

CC – Core Concepts
INF – Analyzing Influences
AI – Accessing Information
IC – Interpersonal Communication
DM – Decision Making
GS – Goal-Setting
SM – Self-Management
ADV – Advocacy