

Relationship Smarts PLUS

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: Who Am I and Where am I Going?

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

Lesson 2: Maturity Issues and What I Value

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

Lesson 3: Attractions and Infatuation

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.DM.1** Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important
- CHR.12.INF.4** Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*

Lesson 4: Principles of Smart Relationships

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

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

Lesson 5: Is It a Healthy Relationship?

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

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

CHR.12.CC.1 Describe the characteristics of unhealthy relationships that media, including sexually explicit media, may perpetuate (e.g., inequality between partners, lack of communication and consent, strict gender stereotypes)

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

Lesson 6: Breaking Up and Dating Violence

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

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

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

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

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

IV.10.CC.1 Identify the state and federal laws related to intimate partner and sexual violence (e.g., sexual harassment, sexual abuse, sexual assault, domestic violence)

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.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

Lesson 7: Decide, Don't Slide!

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

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

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*

Lesson 8: Communication and Healthy Relationships

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

CHR.12.CC.1 Describe the characteristics of unhealthy relationships that media, including sexually explicit media, may perpetuate (e.g., inequality between partners, lack of communication and consent, strict gender stereotypes)

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

Lesson 9: Communication Challenges and More Skills

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

- CHR.10.IC.1** Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior*
- CHR.12.CC.1** Describe the characteristics of unhealthy relationships that media, including sexually explicit media, may perpetuate (e.g., inequality between partners, lack of communication and consent, strict gender stereotypes)
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- SH.10.IC.1** Demonstrate the ability to effectively communicate with a partner about abstaining from sexual behavior, using condoms and/or contraception, and preventing, getting testing, and seeking treatment for STDs (including HIV)*
- SH.12.IC.1** Analyze societal factors that might inhibit honest discussion between sexual and/or romantic partners about their sexual histories, including STDs and HIV status, and identify ways to begin such conversations

Lesson 10: Sexual Decision-Making

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- 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.DM.1** Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important
- 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
- 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*

Lesson 11: Pregnancy, STIs and HIV

- CHR.10.IC.1** Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior*
- SH.10.CC.1** Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception)

- SH.10.CC.2** Identify factors that impact the risk of unintended pregnancy and potential transmission of STDs, including HIV, from a variety of sexual behaviors, including vaginal, oral, and anal sex
- SH.10.CC.3** Describe common symptoms, or lack thereof, and treatments for STDs, including HIV
- SH.10.IC.1** Demonstrate the ability to effectively communicate with a partner about abstaining from sexual behavior, using condoms and/or contraception, and preventing, getting tested, and seeking treatment for STDs (including HIV)*
- SH.10.DM.1** Apply a decision-making model to choices about contraceptive use, including abstinence and condoms
- SH.12.SM.1** Assess individuals' responsibility to test for and inform partners about STDs (including HIV) status*

Lesson 12: Unplanned Pregnancy Through the Eyes of a Child

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- 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.DM.1** Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important
- CHR.12.INF.4** Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- SH.12.DM.1** Assess the skills needed to be an effective parent

Lesson 13: Teens, Technology and Social Media

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- 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.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.2** Analyze cultural and social factors (e.g., sexism, homophobia, transphobia, racism, ableism, classism) that can influence decisions regarding sexual behaviors
- CHR.12.SM.1** Evaluate strategies to use social media safely, legally, and respectfully
- 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

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