

## 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 testing, 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