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.
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.
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.
Relationship Smarts Plus 4.0 Standards

National Standards for Family and Consumer Sciences Education

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 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.

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.

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.

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.
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.

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.

CONTENT STANDARD 13.6 Demonstrate standards that guide behavior in interpersonal relationships.
## Relationship Smarts Plus 4.0 Standards

### National Standards for Family and Consumer Sciences Education

<table>
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<td>13.6.1</td>
<td>Apply critical thinking and ethical criteria to evaluate interpersonal relationships.</td>
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<td>13.6.2</td>
<td>Apply guidelines for assessing the nature of issues and situations.</td>
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<td>13.6.3</td>
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### Lesson 8: Communication and Healthy Relationships & Lesson 9: Communication Challenges & More Skills

### AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

<table>
<thead>
<tr>
<th>Content Standard</th>
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<td>Demonstrate stress management strategies for family, work, and community settings.</td>
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<td>13.3.1</td>
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<td>Demonstrate effective listening and feedback techniques.</td>
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<td>13.3.4</td>
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<td>13.3.7</td>
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<td>13.4</td>
<td>Evaluate effective conflict prevention and management techniques.</td>
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<tr>
<td>13.4.1</td>
<td>Analyze the origin and development of attitudes and behaviors regarding conflict.</td>
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<tr>
<td>13.4.2</td>
<td>Explain how similarities and differences among people affect conflict prevention and management.</td>
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<td>13.4.3</td>
<td>Apply the roles of decision making and problem solving in reducing and managing conflict.</td>
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<td>13.4.4</td>
<td>Demonstrate nonviolent strategies that address conflict.</td>
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<td>13.4.5</td>
<td>Demonstrate effective responses to harassment.</td>
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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.
# Relationship Smarts Plus 4.0 Standards

National Standards for Family and Consumer Sciences Education

## Lesson 11: Pregnancy, STIs and HIV

## Lesson 12: Unplanned Pregnancy Through the Eyes of a Child

### AREA OF STUDY 6.0: FAMILY

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### AREA OF STUDY 13.0: INTERPERSONAL RELATIONSHIPS

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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.