## Lesson 1: Who Am I and Where Am I Going?

### STANDARD 3: Youth Development and Leadership

<table>
<thead>
<tr>
<th>STANDARD 3.1</th>
<th>Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDICATOR 3.1.1</td>
<td>Youth are able to explore various roles and identities, promoting self-determination.</td>
</tr>
<tr>
<td>INDICATOR 3.1.4</td>
<td>Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.</td>
</tr>
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<td>INDICATOR 3.1.7</td>
<td>Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.</td>
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<thead>
<tr>
<th>STANDARD 3.2</th>
<th>Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.</th>
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<tbody>
<tr>
<td>INDICATOR 3.2.1</td>
<td>Youth develop ethical values and reasoning skills.</td>
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<tr>
<td>INDICATOR 3.2.2</td>
<td>Youth develop individual strengths</td>
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<td>INDICATOR 3.2.3</td>
<td>Youth demonstrate the ability to set goals and develop a plan</td>
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<td>Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.</td>
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<th>STANDARD 3.4</th>
<th>Youth demonstrate the ability to make informed decisions for themselves.</th>
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<td>INDICATOR 3.4.1</td>
<td>Youth practice self-management and responsible decision-making that reflects healthy choices.</td>
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## Lesson 2: Maturity Issues and What I Value

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### Lesson 3: Attractions and Infatuation

**STANDARD 3.1**  
Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.

**INDICATOR 3.1.4**  
Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.

### Lesson 4: Principles of Smart Relationships

**STANDARD 3.1**  
Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.

**INDICATOR 3.1.4**  
Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.

**STANDARD 3.2**  
Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.

**INDICATOR 3.2.1**  
Youth develop ethical values and reasoning skills.

### Lesson 5: Is It a Healthy Relationship?

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**STANDARD 3.2**  
Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.

**INDICATOR 3.2.2**  
Youth develop individual strengths.

**STANDARD 3.4**  
Youth demonstrate the ability to make informed decisions for themselves.

**INDICATOR 3.4.1**  
Youth practice self-management and responsible decision-making that reflects healthy choices.
## Positive Youth Development Standards (Grades 9-12)

### STANDARD 3.1
Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.

### INDICATOR 3.1.4
Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.

### STANDARD 3.2
Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.

### INDICATOR 3.2.1
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### STANDARD 3.4
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### INDICATOR 3.4.1
Youth practice self-management and responsible decision-making that reflects healthy choices.

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### Lesson 6: Breaking Up and Dating Violence

### STANDARD 3.1
Youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health.

### INDICATOR 3.1.4
Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.

### STANDARD 3.2
Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding.

### INDICATOR 3.2.1
Youth develop ethical values and reasoning skills.

### INDICATOR 3.2.4
Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.

### STANDARD 3.3
Youth have the knowledge and skills needed to practice leadership and participate in community life.

### INDICATOR 3.3.6
Youth identify resources in their community.

### STANDARD 3.4
Youth demonstrate the ability to make informed decisions for themselves.

### INDICATOR 3.4.1
Youth practice self-management and responsible decision-making that reflects healthy choices.
Lesson 7: Decide, Don’t Slide

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Lesson 8: Communication and Healthy Relationships &
Lesson 9: Communication Challenges & More Skills

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### Lesson 10: Sexual Decision-Making

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### Lesson 11: Pregnancy, STIs and HIV

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

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## Relationship Smarts Plus 4.0 Standards

### Positive Youth Development Standards (Grades 9-12)

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### Lesson 13: Teens, Technology and Social Media

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