

Relationship Smarts Plus SRA 4.0 Standards

Positive Youth Development Standards (Grades 9-12)

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

STANDARD 3: Youth Development and Leadership

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 3.1.1 Youth are able to explore various roles and identities, promoting self-determination.

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.

INDICATOR 3.1.7 Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

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 3.2.2 Youth develop individual strengths

INDICATOR 3.2.3 Youth demonstrate the ability to set goals and develop a plan

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

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 2: Maturity Issues and What I Value

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.

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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.

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 3.1	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.
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 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.

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Lesson 7: Decide, Don't Slide

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 3.1.3	Youth are provided accurate information about reproductive health and sexuality and have the opportunity to ask questions and discuss sexual attitudes.
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.
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 8: Communication and Healthy Relationships & Lesson 9: Communication Challenges & More Skills

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.

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Lesson 10: Sexual Decision-Making

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 3.1.3	Youth are provided accurate information about reproductive health and sexuality and have the opportunity to ask questions and discuss sexual attitudes.
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.
INDICATOR 3.1.7	Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.
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 3.2.2	Youth develop individual strengths.
INDICATOR 3.2.3	Youth demonstrate the ability to set goals and develop a plan.
INDICATOR 3.2.4	Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.
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 11: Pregnancy, STIs and HIV

Lesson 12: Unplanned Pregnancy Through the Eyes of a Child

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 3.2.3	Youth demonstrate the ability to set goals and develop a plan.
INDICATOR 3.2.4	Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.

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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 3.2.1	Youth develop ethical values and reasoning skills.
INDICATOR 3.2.3	Youth demonstrate the ability to set goals and develop a plan.
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 13: Teens, Technology and Social Media

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