

Relationship Smarts PLUS

Collaborative for Academic, Social, and Emotional Learning (CASEL) Core Competencies.
GRADES 6-12

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

Section	Self Awareness
1.1 & 1.2	Integrating personal and social identities.
1.1	Identifying personal, cultural, and linguistic assets.
1.3	Experiencing self-efficacy.
1.1 & 1.2	Having a growth mindset.
	Self-Management
1.1 & 1.2	Setting personal and collective goals.
1.2 & 1.3	Using planning and organizational skills.
1.2 & 1.3	Showing the courage to take initiative.
	Social Awareness
1.2 & 1.3	Understanding the influences of organizations and systems on behavior.
	Relationship Skills
1.1-1.3	Developing positive relationships.
1.3	Seeking or offering support and help when needed.
	Responsible Decision Making
1.2 & 1.3	Learning how to make a reasoned judgment after analyzing information, data, and facts.
1.2 & 1.3	Identifying solutions for personal and social problems.

Lesson 2: Maturity Issues and What I Value

Section	Self-Awareness
2.1-2.4	Linking feelings, values, and thoughts.
2.4	Experiencing self-efficacy
2.1 & 2.2	Having a growth mindset.
	Self-Management
2.4	Setting personal and collective goals.

Social Awareness

2.1 Understanding the influences of organizations and systems on behavior.

Relationship Skills

2.1-2.4 Developing positive relationships.

2.4 Seeking or offering support and help when needed.

Responsible Decision Making

2.2 Learning how to make a reasoned judgement after analyzing information, data, and facts

Lesson 3: Attractions and Infatuation

Section Self-Management

3.3 Managing one's emotions.

Relationship Skills

3.1-3.3 Developing positive relationships.

3.3 Seeking or offering support and help when needed.

Lesson 4: Principles of Smart Relationships

Section Self-Awareness

4.3 Experiencing self-efficacy.

Self-Management

4.3 Demonstrating personal and collective agency.

Relationship Skills

4.1-4.4 Developing positive relationships.

4.4 Seeking or offering support and help when needed.

Lesson 5: Is It a Healthy Relationship?

Section Self-Awareness

5.1 & 5.2 Experiencing self-efficacy.

5.2 Having a growth mindset.

Self-Management

5.2 Showing the courage to take initiative.

5.1 & 5.2 Demonstrating personal and collective agency.

Relationship Skills

5.1-5.4	Developing positive relationships.
5.4	Seeking or offering support and help when needed.
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Responsible Decision Making	
5.1	Learning how to make a reasoned judgement after analyzing information, data, and facts.
5.1-5.4	Reflecting on one's role to promote personal, family, and community well-being.

Lesson 6: Breaking Up and Dating Violence

Section	Self-Awareness
6.4 & 6.6	Experiencing self-efficacy.
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Self-Management	
6.1, 6.4 & 6.5	Showing the courage to take initiative.
6.1, 6.4 & 6.5	Demonstrating personal and collective agency.
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Relationship Skills	
6.4	Communicating effectively
6.1-6.4	Developing positive relationships.
6.2 & 6.4	Resisting negative social pressure
6.4	Seeking or offering support and help when needed.
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Responsible Decision Making	
6.1-6.4	Reflecting on one's role to promote personal, family, and community well-being
6.1-6.4	Evaluating personal, interpersonal, community, and institutional impact.

Lesson 7: Decide, Don't Slide!

Section	Self-Awareness
7.6	Experiencing self-efficacy.
7.1, 7.3 & 7.6	Having a growth mindset.
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Self-Management	
7.4 & 7.6	Exhibiting self-discipline and self-motivation.
7.6	Using planning and organizational skills.
7.6	Showing the courage to take initiative.
7.1, 7.4 & 7.6	Demonstrating personal and collective agency
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Social Awareness

- 7.5 Recognizing situational demands and opportunities.
 - 7.1 Understanding the influences of organizations and systems on behavior.
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Relationship Skills

- 7.1-7.6 Developing positive relationships
 - 7.6 Resisting negative social pressure.
 - 7.6 Seeking or offering support and help when needed.
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Responsible Decision Making

- 7.1 & 7.6 Learning how to make a reasoned judgement after analyzing information, data, and facts.
- 7.1-7.6 Reflecting on one's role to promote personal, family, and community well-being.
- 7.1-7.6 Evaluating personal, interpersonal, community, and institutional impact.

Lesson 8: Communication and Healthy Relationships

Section

Self-Awareness

- 8.3 Identifying one's emotions.
 - 8.3 & 8.4 Experiencing self-efficacy.
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Self-Management

- 8.3 & 8.4 Managing one's emotions.
 - 8.1-8.4 Identifying and using stress-management strategies.
 - 8.4 Showing the courage to take initiative.
 - 8.1-8.4 Demonstrating personal and collective agency.
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Social Awareness

- 8.4 Taking other's perspectives.
 - 8.4 Demonstrating empathy and compassion.
 - 8.4 Showing concern for the feelings of others
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Relationship Skills

- 8.1-8.4 Communicating effectively
- 8.1-8.4 Developing positive relationships
- 8.1-8.4 Resolving conflicts constructively

8.4 Seeking or offering support and help when needed.

Lesson 9: Communication Challenges and More Skills

Section	Self-Awareness
9.2	Identifying one's emotions.
9.1 & 9.2	Experiencing self-efficacy.
	Self-Management
9.1 & 9.2	Managing one's emotions.
9.1-9.5	Identifying and using stress-management strategies.
9.1 & 9.2	Showing the courage to take initiative.
9.1-9.5	Demonstrating personal and collective agency.
	Social Awareness
9.1	Taking other's perspectives.
9.1	Demonstrating empathy and compassion.
9.1	Showing concern for the feelings of others.
9.4	Understanding and expressing gratitude.
	Relationship Skills
9.1-9.5	Communicating effectively.
9.1-9.5	Developing positive relationships.
9.3	Practicing teamwork and collaborative problem-solving.
9.1-9.5	Resolving conflicts constructively
9.5	Seeking or offering support and help when needed.
	Responsible Decision Making
9.3	Identifying solutions for personal and social problems.

Lesson 10: Sexual Decision-Making

Section	Self-Awareness
10.5	Linking feelings, values, and thoughts.
10.5	Experiencing self-efficacy.
	Self-Management
10.5	Exhibiting self-discipline and self-motivation.
10.5	Setting personal and collective goals.
10.5	Using planning and organizational skills.

10.5	Demonstrating personal and collective agency.
Relationship Skills	
10.5	Communicating effectively.
10.1-10.5	Developing positive relationships.
10.4 & 10.5	Resisting negative social pressure.
10.5	Seeking or offering support and help when needed.
Responsible Decision Making	
10.5	Learning how to make a reasoned judgement after analyzing information, data, and facts.
10.1-10.5	Reflecting on one's role to promote personal, family, and community well-being.
10.1-10.5	Evaluating personal, interpersonal, community, and institutional impact.

Lesson 11: Pregnancy, STIs and HIV

Section	Self-Awareness
11.4 & 11.5	Experiencing self-efficacy.
Self-Management	
11.4 & 11.5	Exhibiting self-discipline and self-motivation.
11.5	Setting personal and collective goals.
11.4 & 11.5	Using planning and organizational skills.
11.4 & 11.5	Showing the courage to take initiative.
11.4 & 11.5	Demonstrating personal and collective agency.
Relationship Skills	
11.4 & 11.5	Communicating effectively.
11.1-11.5	Developing positive relationships.
11.3, 11.4 & 11.5	Resisting negative social pressure.
11.5	Seeking or offering support and help when needed.
Responsible Decision Making	
11.5	Learning how to make a reasoned judgement after analyzing information, data, and facts.
11.1-11.5	Reflecting on one's role to promote personal, family, and community well-being.

11.1-11.5 Evaluating personal, interpersonal, community, and institutional impact.

Lesson 12: Unplanned Pregnancy Through the Eyes of a Child

Section Social Awareness

12.1-12.5 Demonstrating empathy and compassion.

12.1-12.5 Showing concern for the feelings of others.

Relationship Skills

12.1-12.5 Developing positive relationships.

12.5 Seeking or offering support and help when needed.

Responsible Decision Making

12.4 Learning how to make a reasoned judgement after analyzing information, data, and facts.

12.1-12.5 Reflecting on one's role to promote personal, family, and community well-being.

12.1-12.5 Evaluating personal, interpersonal, community, and institutional impact.

Lesson 13: Teens, Technology and Social Media

Section Self-Awareness

13.5 & 13.6 Experiencing self-efficacy.

13.6 Having a growth mindset.

Self-Management

13.5 & 13.6 Setting personal and collective goals.

13.6 Using planning and organizational skills.

13.6 Showing the courage to take initiative.

13.5 & 13.6 Demonstrating personal and collective agency.

Social Awareness

13.3 & 13.4 Showing concern for the feelings of others.

Relationship Skills

13.1-13.6 Developing positive relationships.

13.1-13.5 Resisting negative social pressure.

13.6 Seeking or offering support and help when needed.

Responsible Decision Making

- 13.1-13.6 Learning how to make a reasoned judgement after analyzing information, data, and facts.
- 13.1-13.6 Identifying solutions for personal and social problems.
- 13.4 & 13.5 Anticipating and evaluating the consequences of one's actions.
- 13.1-13.6 Recognizing how critical thinking skills are useful both inside and outside of school.
- 13.1-13.6 Reflecting on one's role to promote personal, family, and community well-being.
- 13.1-13.6 Evaluating personal, interpersonal, community, and institutional impact.