The Dibble Institute
Relationship Skills for Teens and Young Adults

Love Notes 3.0
Life Management
GRADES 9, 10, 11, 12

CHILD DEVELOPMENT AND GUIDANCE CONTENT AREA STANDARDS	
ECDFS - A10.5: Summarize the decisions and responsibilities involved in parenting in various cultures.	
STANDARD	**LESSON**
A10.5.1 - Analyze factors to consider when determining readiness for parenting and identify parenting responsibilities.	13
A10.5.2 - Describe parenting skills that contribute to the optimum development of children through meeting their physical, emotional, social, and intellectual needs.	13
A10.5.3 - Analyze the major decisions, changes, and adjustments required of parents.	13
ECDFS - A10.7: Explain the importance of studying child growth and development from infancy through adolescence.	
A10.7.4 - List factors that contribute to the optimal development of children.	13
ECDFS - A10.15: Describe the adjustments needed to adapt to major life changes throughout the human life cycle.	
A10.15.3 - Explain how role models influence infants', children's, and adolescents' ability to cope.	1, 13
CONSUMER AND EDUCATION CONTENT AREA STANDARDS	
ECDFS - A10.10: Describe the process of making consumer decisions, including the comparison of goods and services.	
STANDARD	**LESSON**
A10.10.1 - Define values, goals, needs, and wants.	2, 3, 4, 11
A10.10.3 - Identify the key steps in decision-making models and apply the process to a variety of consumer situations.	8

STANDARD	LESSON
A10.10.4 - Describe factors that influence personal values, goals, and consumer choices (e.g. self-concept, family members, and peers; mass media; society; and cultural and economic backgrounds).	1, 2, 3

FAMILY AND HUMAN DEVELOPMENT CONTENT AREA STANDARDS	

ECDFS - A10.13: Recognize the function of the family as a basic unit of society and the contributions of the family unit to the development of individuals.

STANDARD	LESSON
A10.13.1 - Explain the function of the family in providing a nurturing environment for its members and its influence on self-esteem, values, and relationships.	2, 13
A10.13.3 - Analyze the differences in family structures and their effect on society.	13

ECDFS - A10.14: Analyze the factors that affect the development of individuals and how to build positive relationships.

STANDARD	LESSON
A10.14.1 - Describe the factors that contribute to the development of character, personality, and self-worth.	2, 3
A10.14.2 - Identify personal values and goals and their effect on decisions.	1, 2, 3, 4, 5, 8, 10, 11, 12
A10.14.3 - Analyze the characteristics and behaviors that contribute to the development of positive relationships.	1, 2, 5, 6, 7, 11
A10.14.4 - Describe how common values and goals promote positive lasting relationships.	5
A10.14.5 - Demonstrate how effective verbal and nonverbal communication skills build positive relationships, enhance self-esteem, and increase respect for others	9,
A10.14.6 - Describe communication strategies and resources that help individuals manage conflicts and crises in order to build successful relationships.	9, 10, 11
A10.14.9 - Describe the stages in the development of personal relationships.	11
A10.14.10 - Describe responsible and irresponsible behavior and their effect on relationships.	5, 7, 8, 9, 10, 11, 12
A10.14.11 - Analyze the influence of the media in shaping attitudes and behaviors.	5, 12,

A10.14.12 - Assess personal qualities and expectations that lead to the selection of a marriage partner.	3
A10.14.16 - Analyze the impact of parenthood on relationships.	13
ECDFS - A10.16: Apply strategies and resources for managing conflicts and crises.	
A10.16.1 - Assess personal attributes and available resources for coping with conflicts and crises.	7, 12
A10.16.2 - Apply strategies for coping with personal, social, and work-related conflicts and crises.	6, 7, 9, 10, 12
A10.16.3 - Explain the effects of positive and negative stress factors on psychological and physiological well-being.	6

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INDIVIDUAL AND FAMILY HEALTH CONTENT AREA STANDARDS

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ECDFS - A10.17: Summarize the importance of wellness and safety to individual and family health and well-being.	
STANDARD	**LESSON**
A10.17.8 - Evaluate the need for and use strategies to build self-esteem through the life cycle.	2
A10.17.16 - Use the decision-making process to make responsible health choices.	5, 6, 7, 8, 11, 12
A10.17.17 - Identify high-risk health behaviors and their effects on individuals and society.	11, 12
A10.17.18 - Explain types and symptoms of verbal, physical, and emotional abuse and their effects on physical and mental health.	5, 6, 7, 8
A10.17.19 - Compare appropriate and inappropriate ways to express emotions.	5, 6, 7, 9, 10
A10.17.20 - Describe various types and consequences of substance abuse.	11, 12
A10.17.22 - Define and recognize types of manipulative behavior as well as pressures exerted by peers and media and describe strategies for prevention and management.	5, 6, 11, 12

TRANSFERABLE AND EMPLOYABILITY SKILLS CONTENT AREA STANDARDS	
ECDFS - A2.0, FID - A2.0, HTR - A2.0: Acquire, and use accurately industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.	
STANDARD	**LESSON**
A2.0.1 - Explain how personal and interpersonal skills and group dynamics affect personal, family, and work life.	5
A2.0.2 - Exhibit positive attitudes such as self-confidence, honesty, perseverance, initiative, and self-discipline.	5
A2.0.5 - Assess and practice effective nonverbal, oral, and written communication skills appropriate for various relationships and situations.	9, 10, 12
A2.0.6 - Design and evaluate a plan to strengthen personal and interpersonal skills, including understanding the distinguishing qualities of effective leaders.	12
ECDFS - A10.19, FID - A10.14, HTR - A10.13: Explain the strategies that enable persons to manage and balance personal, family, and work responsibilities to enhance productivity and attain a quality of life.	
A10.19.5, A10.14.5, A10.13.5 - Apply and use the decision-making process to resolve situations with a potential for conflict and stress.	10, 11