

Relationship Smarts PLUS 4.0
National Standards for Family and Consumer Sciences Education
GRADES 9, 10, 11, 12

AREA OF STUDY 6.0 - FAMILY	
STANDARD 6.1: Analyze the effects of family as a system on individuals and society.	
COMPETENCY	LESSON
6.1.1 - Analyze family as the basic unit of society.	12
6.1.2 - Analyze the role of family in transmitting societal expectations.	2 & 12
6.1.5 - Analyze the role of family in developing independence, interdependence, commitment of family members.	1
STANDARD 6.2 - Evaluate the effects of diverse perspectives, needs and characteristics of individuals and families.	
6.2.5 - Analyze the effects of globalization and increasing diversity on individuals, families and society.	12
AREA OF STUDY 12.0 - HUMAN DEVELOPMENT	
STANDARD 12.1 - Analyze principles of human growth and development across the lifespan.	
COMPETENCY	LESSON
12.1.1 - Analyze physical, emotional, social, spiritual, and intellectual development.	2
12.1.2 - Analyze interrelationships among physical, emotional, social, and intellectual aspects of human growth and development.	2
STANDARD 12.2 - Analyze conditions that influence human growth and development.	
12.2.4 - Analyze the effects of life events on individuals' physical, intellectual, social, moral, and emotional development.	1
STANDARD 12.3 - Analyze strategies that promote growth and development across the lifespan.	
12.3.1 - Analyze the role of nurturance on human growth and development.	7 & 12
12.3.3 - Analyze the role of communication on human growth and development.	7

AREA OF STUDY 13.0 - INTERPERSONAL RELATIONSHIPS	
STANDARD 13.1 - Analyze functions and expectations of various types of relationships.	
COMPETENCY	LESSON
13.1.1 - Analyze processes for building and maintaining interpersonal relationships.	3, 4, 7, 10
13.1.3 - Compare physical, emotional, spiritual, and intellectual functioning in stable and unstable relationships.	4, 5, 10
13.1.4 - Analyze factors that contribute to health and unhealthy relationships.	3, 4, 5, 6, 7, 8, 9, 10
13.1.5 - Analyze processes for handling unhealthy relationships.	6 & 7
13.1.6 - Demonstrate stress management strategies for family, work, and community settings.	8 & 9
STANDARD 13.2 - Analyze personal needs and characteristics and their effects on interpersonal relationships.	
13.2.1 - Analyze the effects of personal characteristics on relationships.	2
13.2.2 - Analyze the effect of personal need on relationships.	2, 4, 5
13.2.3 - Analyze the effects of self-esteem and self-image on relationships.	2, 5, 6
13.2.4 - Analyze the effects of lifespan events and conditions on relationships.	1
13.2.5 - Explain the effects of personal standards and behaviors on relationships.	1, 4, 5, 6, 7
STANDARD 13.3 - Demonstrate communication skills that contribute to positive relationships.	
13.3.1 - Analyze communication styles and their effects on relationships.	8 & 9
13.3.2 - Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.	8, 9, 10
13.3.3 - Demonstrate effective listening and feedback techniques.	8 & 9
13.3.4 - Analyze strategies to overcome communication barriers in family, community and work settings.	8 & 9

13.3.5 - Apply ethical principles of communication in family, work and community settings.	13
13.3.6 - Assess community resources that support conflict prevention and management.	8, 9, 13
13.3.7 - Analyze the roles and functions of communication in family, work and community settings.	8 & 9
STANDARD 13.4 - Evaluate effective conflict prevention and management techniques.	
13.4.1 - Analyze the origin and development of attitudes and behaviors regarding conflict.	6, 8, 9
13.4.2 - Explain how similarities and differences among people affect conflict prevention and management.	8 & 9
13.4.3 - Apply the roles of decision making and problem solving in reducing and managing conflict.	8 & 9
13.4.4 - Demonstrate nonviolent strategies that address conflict.	6, 8, 9, 10
13.4.5 - Demonstrate effective responses to harassment.	6, 8, 9, 10
13.4.6 - Assess community resources that support conflict prevention and management.	6
STANDARD 13.5 - Demonstrate teamwork and leadership skills in the family, workplace, and community.	
13.5.1 - Create an environment that encourages and respects the ideas, perspectives and contributions of all group members.	8 & 9
13.5.7 - Demonstrate processes for cooperating, compromising and collaborating.	8 & 9
STANDARD 13.6 - Demonstrate standards that guide behaviors in interpersonal relationships.	
13.6.1 - Apply critical thinking and ethical criteria to evaluate interpersonal relationships.	1, 3, 4, 5, 6, 7, 10, 12, 13
13.6.2 - Apply guidelines for assessing the nature of issues and situations.	3, 4, 5, 6, 7, 10, 12, 13
13.6.3 - Apply critical thinking and ethical standards when making judgements and taking action.	1, 4, 5, 6, 7, 10, 12, 13

13.6.4 - Demonstrate ethical behavior in family, workplace, and community settings.	13
AREA OF STUDY 15.0 - PARENTING	
STANDARD 15.1 - Analyze roles and responsibilities of parenting.	
COMPETENCY	LESSON
15.1.2 - Analyze expectations and responsibilities of parenting.	12
15.1.3 - Analyze consequences of parenting practices to the individual, family and society.	12