The Dibble Institute
Relationship Skills for Teens and Young Adults

Connections: Relationships & Marriage
National Sexuality Education Standards - *Second Edition 2020*
GRADES 9, 10, 11, 12

CONSENT AND HEALTHY RELATIONSHIPS	
CORE CONCEPTS (CC)	
STANDARD	LESSON
10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships.	1, 2, 4, 5, 6, 7, 8, 9, 12, 13, 14, 15, 16
10.CC.2 Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent.	8
10.CC.3 Explain the impact media, including sexually explicit media, can have on one's perceptions of, and expectations for, a healthy relationship.	1, 4, 5
12.CC.1 Describe the characteristics of unhealthy relationships that media, including sexually explicit media, may perpetuate (e.g., inequality between partners, lack of communication and consent, strict gender stereotypes).	1 & 8
ANALYZING INFLUENCES (INF)	
10.INF.1 Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/or professional support.	8
10.INF.2 Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships.	1, 4, 5, 8
10.INF.3 Analyze factors (e.g., body image, self-esteem, alcohol and other substances) that can affect the ability to give and receive sexual consent.	1 & 8
12.INF.1 Analyze how media portrayals of healthy and unhealthy relationships impact societal norms about romantic and/or sexual relationships and pleasure.	1, 6, 8
12.INF.4 Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship.	8

INTERPERSONAL COMMUNICATION (IC)	
10.IC.1 Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior.	9
DECISION MAKING (DM)	
10.DM.1 Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important.	7 & 9
12.DM.1 Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship.	1 & 8
GOAL-SETTING (GS)	
10.GS.1 Develop a plan to get out of an unsafe or unhealthy relationship.	8
SELF-MANAGEMENT (SM)	
10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior.	2, 4, 5, 8, 9, 12, 13, 14, 15, 16

PUBERTY AND ADOLESCENT SEXUAL DEVELOPMENT	
CORE CONCEPTS (CC)	
STANDARD	**LESSON**
10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood.	2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20
ANALYZING INFLUENCES (INF)	
10.INF.1 Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence self-concept, body image, and self-esteem.	7

SEXUAL HEALTH	
DECISION MAKING (DM)	
STANDARD	**LESSON**
12.DM.1 Assess the skills needed to be an effective parent.	16

GOAL-SETTING (GS)	
10.GS.1 Develop a plan to eliminate or reduce risk for unintended pregnancy and/or STDs (including HIV) and identify ways to overcome potential barriers to prevention.	9
SELF-MANAGEMENT (SM)	
12.SM.1 Assess individuals' responsibility to test for and inform partners about STDs (including HIV) status.	9
INTERPERSONAL COMMUNICATION (IC)	
12.IC.1 Analyze societal factors that might inhibit honest discussion between sexual and/or romantic partners about their sexual histories, including STDs and HIV status, and identify ways to begin such conversations.	9
INTERPERSONAL VIOLENCE (IV)	
CORE CONCEPTS (CC)	
STANDARD	**LESSON**
10.CC.2 Describe the types of abuse (e.g., physical, emotional, psychological, financial, and sexual) and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence.	8
ANALYZING INFLUENCES (INF)	
12.INF.1 Analyze how peers, family, media, society, culture, and a person's intersecting identities can influence attitudes and beliefs about interpersonal and sexual violence.	1, 2, 6, 8
ACCESSING INFORMATION (AI)	
10.AI.1 Demonstrate how to access credible sources of information and resources for survivors of interpersonal violence, including sexual violence.	8
10.AI.2 Identify credible resources related to sex trafficking and sexual violence prevention and intervention.	8
INTERPERSONAL COMMUNICATION (IC)	
10.IC.1 Demonstrate ways to support a fellow student who is being sexually harassed or abused, or is perpetuating unhealthy or coercive behaviors.	8