

Connections: Relationships & Marriage

National Sexuality Education Standards – *Second Edition 2020*

GRADES 9, 10, 11, 12

<https://advocatesforyouth.org/wp-content/uploads/2020/03/NSES-2020-web.pdf>

Lesson 1: What It's Like to be Me

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.CC.3** Explain the impact media, including sexually explicit media, can have on one's perceptions of, and expectations for, a healthy relationship
- CHR.10.INF.2** Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships
- CHR.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*
- CHR.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)
- CHR.12.INF.1** Analyze how media portrayals of healthy and unhealthy relationships impact societal norms about romantic and/or sexual relationships and pleasure*
- CHR.12.DM.1** Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship
- IV.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*

Lesson 2: Understanding Myself Better

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

- IV.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*

Lesson 3: Your Plan for Life

- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 4: Behind the Scenes

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.CC.3** Explain the impact media, including sexually explicit media, can have on one's perceptions of, and expectations for, a healthy relationship
- CHR.10.INF.2** Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

Lesson 5: Status Check

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.CC.3** Explain the impact media, including sexually explicit media, can have on one's perceptions of, and expectations for, a healthy relationship
- CHR.10.INF.2** Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

Lesson 6: Expectations

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.12.INF.1 Analyze how media portrayals of healthy and unhealthy relationships impact societal norms about romantic and/or sexual relationships and pleasure*

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

IV.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*

Lesson 7: Attractions

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.DM.1 Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

PD.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

Lesson 8: Breaking Up

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

CHR.10.CC.2 Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent*

CHR.10.INF.1 Evaluate strategies to end an unhealthy relationship, including when situations may require adult and/or professional support

CHR.10.INF.2 Analyze the potentially positive and negative roles of technology and social media on one's sense of self and within relationships

CHR.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*

CHR.10.GS.1 Develop a plan to get out of an unsafe or unhealthy relationship*

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

CHR.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)

- CHR.12.INF.1** Analyze how media portrayals of healthy and unhealthy relationships impact societal norms about romantic and/or sexual relationships and pleasure*
- CHR.12.INF.4** Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship*
- CHR.12.DM.1** Apply a decision-making model to maintaining a healthy relationship and/or ending an unhealthy relationship
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- IV.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*
- IV.10.AI.1** Demonstrate how to access credible sources of information and resources for survivors of interpersonal violence, including sexual violence
- IV.10.AI.2** Identify credible resources related to sex trafficking and sexual violence prevention and intervention
- IV.10.IC.1** Demonstrate ways to support a fellow student who is being sexually harassed or abused, or is perpetuating unhealthy or coercive behaviors
- IV.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*

Lesson 9: Family Patterns

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- CHR.10.IC.1** Describe effective ways to communicate consent, personal boundaries, and desires as they relate to intimacy, pleasure, and sexual behavior*
- CHR.10.DM.1** Evaluate a variety of characteristics of romantic and/or sexual relationships and determine which ones are personally most important
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- SH.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

- SH.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
- SH.12.SM.1** Assess individuals' responsibility to test for and inform partners about STDs (including HIV) status*

Lesson 10: Let's Talk

- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 11: Handling Conflict

- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 12: Components

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

Lesson 13: Roadblocks

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood
- CHR.10.SM.1** Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

Lesson 14: Priorities

- CHR.10.CC.1** Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*
- PD.10.CC.1** Describe the cognitive, social, and emotional changes of adolescence and early adulthood

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

Lesson 15: Decisions

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

Lesson 16: Parenting

CHR.10.CC.1 Compare and contrast characteristics of healthy and unhealthy romantic and/or sexual relationships*

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

CHR.10.SM.1 Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior

SH.12.DM.1 Assess the skills needed to be an effective parent

Lesson 17: Finances

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 18: Crisis

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 19: Vacation

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Lesson 20: What I Learned

PD.10.CC.1 Describe the cognitive, social, and emotional changes of adolescence and early adulthood

Topic Key

CHR – Consent and Healthy Relationships

AP – Anatomy and Physiology

PD – Puberty and Adolescent Sexual Development

GI – Gender Identity and Expression

SO – Sexual Orientation and Identity

SH – Sexual Health

IV – Interpersonal Violence

National Health Education Standards and Indicators Key

CC – Core Concepts

INF – Analyzing Influences

AI – Accessing Information

IC – Interpersonal Communication

DM – Decision Making

GS – Goal-Setting

SM – Self-Management

ADV – Advocacy