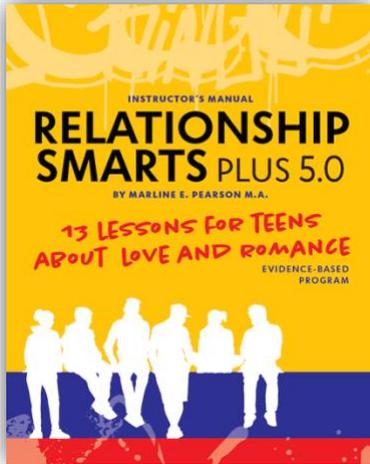


# Are You a PREP Grantee?

Meet five of the six adult preparation topics with

## *Relationship Smarts PLUS*



*Relationship Smarts PLUS* builds skills and knowledge necessary for healthy relationships. It fosters a future orientation with decision-making and planning frameworks to promote school, work, and personal success. It robustly addresses five (5) of the six subjects required in the PREP initiative for adulthood preparation. The intended audience is 8th to 12th grade. *Relationship Smarts PLUS* has been the subject of a five-year evaluation in state of Alabama among 5,000 diverse and moderate to low-income teens. Results indicate that teens that have participated in *Relationship Smarts PLUS* have reductions in depression, suicide, and dating maltreatment and are better able to delay sexual activity. *Relationship Smarts PLUS* is listed on the National Registry of Evidence-based Programs and Practices (SAMHSA).

*Relationship Smarts PLUS* begins with lessons on self-awareness, future orientation and planning. Topics include maturity, values identification, life mapping, goal setting and handling peer pressure. These lessons build self-esteem, confidence and encourage youth to assess themselves and set developmental goals.

Teens learn about the nature of romantic attractions and how to build healthy relationships. Topics such as attractions, infatuations, ingredients and building blocks for healthy relationships, how intimacy develops, and a realistic concept of love are addressed. Teens learn what's important to find out about a person; acquire a “deciding, not sliding” framework for relationship decisions and a clear assessment model for healthy relationships. *Relationship Smarts PLUS* also deals with break-ups and moving forward. There's a special focus on recognizing abusive behaviors, setting high standards, and on practicing skills to prevent and halt disrespectful behavior.

Importantly, teens learn and practice an essential package of research-based skills for communication, negotiation and conflict management important for all of kinds of relationships—in the workplace, at school, and in personal life. These skills build self-efficacy and confidence in all interpersonal relationships.

Teens are also motivated to make wiser sexual and relationship choices through clarifying their own values. They learn the benefits of following a sequence of finishing school, obtaining employment, and forming a healthy union before having a child and explore related issues of family formation. All content is presented in a teen friendly activity-based style that is meant to empower and build skills and confidence for success.

Finally, *Relationship Smarts PLUS* has an important Trusted Adult-Teen Connection component. Each and every lesson contains an engaging activity to convey core content and extend the discussion with parents and other caring adults on these important topics.

Listed below is a description of how and where *Relationship Smarts PLUS* addresses five (5) of the six topics required in the PREP funding. Topics overlap in some lessons.



<b>PREP Topics:</b>	<b><i>Relationship Smarts PLUS</i></b>
<p><b>Healthy Relationships</b>  *Positive Self-Esteem  *Relationship Dynamics  *Friendships  *Dating  *Romantic Involvement  *Marriage  *Family Interactions</p>	<p><b>Lesson 1: Who Am I &amp; Where Am I Going?</b> <i>Self-awareness—self esteem; goal-setting</i>  <b>Lesson 2: Maturity Issues &amp; What I Value</b> <i>clarification of values and self-efficacy in assertiveness</i>  <b>Lesson 3: Attractions &amp; Infatuation</b> <i>relationship dynamics and stages</i>  <b>Lesson 4: Principles of Smart Relationships</b> <i>guiding principles for friendships and romantic relationships</i>  <b>Lesson 5: Is It a Healthy Relationship?</b> <i>assessing relationships</i>  <b>Lesson 6: Breaking up and Dating Violence</b>  <b>Lesson 7: Decide, Don't Slide! Pathways to Success</b> <i>building blocks and decision making</i>  <b>Lesson 8: Communication and Healthy Relationships</b>  <b>Lesson 12: Unintended Pregnancy through the Eyes of a Child</b> <i>family formation, child and parent wellbeing</i>  <b>Lesson 1: Teens, Technology and Social Media</b> <i>romantic relationships and social media</i></p>
<p><b>Adolescent Development</b>  *Knowledge and Healthy attitudes &amp; values about adolescent growth &amp; development.</p>	<p><b>Lesson 1: Who Am I &amp; Where Am I Going?</b> <i>Life mapping</i>  <b>Lesson 2: Maturity Issues &amp; What I Value</b> <i>personal development milestones and goals</i>  <b>Lesson 8: Communication and Healthy Relationships</b> <i>Assessing family patterns and identifying goals</i></p>
<p><b>Parent-Child Communication</b></p>	<p><b>“Trusted Adult-Teen Connection”</b> Each and every lesson of Relationship Smarts PLUS has a Trusted Adult-Teen connection activity to engage discussion with caring adults. These innovative connection activities provide information and talking points for youths’ parent(s) or other trusted adult on each of the topics while also invites adults to add their own wisdom so that conversations and support on these very important topics continue outside of the program.</p>
<p><b>Educational and Career Success</b></p>	<p><b>Lesson 8: Communication and Healthy Relationships</b>  <b>Lesson 9: Communication Challenges and More Skills</b> <i>two lessons provide a package of research-based skills important for school, work, and personal life.</i>  <b>Lesson 13: Teens, Technology and Social Media</b> <i>social media literacy; a capstone “Plan for Success”</i></p>
<p><b>Healthy Life Skills</b>  *Goal Setting &amp; Decision-making  *Communication, Negotiation, Interpersonal Skills, Stress Management</p>	<p><b>Lesson 5: Is it a Healthy Relationship?</b> <i>Assess relationships</i>  <b>Lesson 6: Decide, Don't Slide! Pathways to Success</b> <i>guide for information gathering and decision-making</i>  <b>Lesson 8: Communication and Healthy Relationships</b>  <b>Lesson 9: Communication Challenges and More Skills</b> <i>two lessons provide package of essential skills for communication, negotiation, conflict management for all kinds of relationships</i>  <b>Lesson 10: Sexual Decision-Making</b> <i>values boundaries and timing decisions; self-efficacy in negotiation and assertiveness as well as in refusal and safe exit skills</i>  <b>Lesson 13: Teens, Technology And Social Media</b> <i>develop personal plan for success in school, career and personal life</i></p>