

Love Notes 4.0

Alignment with The National Standards for

Family and Consumer Sciences Education

Interpersonal Relationships

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Content Standards	Competencies
<p>13.1 Analyze functions and expectations of various types of relationships.</p>	<p>13.1.1 Analyze processes for building and maintaining interpersonal relationships. [Lessons 2-5; 8-10; 12]</p>
	<p>13.1.2 Predict the effects of various stages of the family life cycle on interpersonal relationships. [Lessons 1, 8, 13]</p>
	<p>13.1.3 Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships. [Lessons 1, 2, 4, 6]</p>
	<p>13.1.4 Analyze factors that contribute to healthy and unhealthy relationships. [All lessons]</p>
	<p>13.1.5 Analyze processes for handling unhealthy relationships. [Lessons 5-7]</p>
	<p>13.1.6 Demonstrate stress management strategies for family, work, and community settings. [Lessons 6, 7, 9]</p>
<p>13.2 Analyze personal needs and characteristics and their effects on interpersonal relationships.</p>	<p>13.2.1 Analyze the effects of personal characteristics on relationships. [Lessons 2, 5, 9, 10]</p>
	<p>13.2.2 Analyze the effect of personal need on relationships. [Lessons 1, 2, 11, 13]</p>
	<p>13.2.3 Analyze the effects of self-esteem and self-image on relationships. [Lesson 2]</p>
	<p>13.2.4 Analyze the effects of life span events and conditions on relationships. [Lessons 8, 13]</p>

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| | 13.2.5 | Explain the effects of personal standards and behaviors on interpersonal relationships.
[Lessons 2-5; 7-8; 11-12] | |
| 13.3 | Demonstrate communication skills that contribute to positive relationships. | 13.3.1 | Analyze communication styles and their effects on relationships.
[Lessons 9, 10] |
| | | 13.3.2 | Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.
[Lessons 9, 10] |
| | | 13.3.3 | Demonstrate effective listening and feedback techniques.
[Lessons 9-10; 12] |
| | | 13.3.4 | Analyze strategies to overcome communication barriers in family, community and work settings.
[Lessons 2, 9, 10] |
| | | 13.3.5 | Apply ethical principles of communication in family, community and work settings.
[Lessons 7, 9, 11, 12] |
| | | 13.3.6 | Analyze the effects of technology on communications in family, work, and community settings.
[Lessons 7; 9-12] |
| | | 13.3.7 | Analyze the roles and functions of communications in family, work, and community settings.
[Lessons 4, 5, 7; 9-12] |
| 13.4 | Evaluate effective conflict prevention and management techniques. | 13.4.1 | Analyze the origin and development of attitudes and behaviors regarding conflict.
[Lessons 2, 9] |

- 13.5.5** Demonstrate ways to organize and delegate responsibilities.
[Lessons 10, 13]
 - 13.5.6** Create strategies to integrate new members into the team.
 - 13.5.7** Demonstrate processes for cooperating, compromising, and collaborating.
[Lessons 3, 6, 8-10]

- 13.6** Demonstrate standards that guide behavior in interpersonal relationships.
 - 13.6.1** Apply critical thinking and ethical criteria to evaluate interpersonal relationships.
[Lessons 2; 6-9]
 - 13.6.2** Apply ethical guidelines when assessing interpersonal issues and situations.
[Lessons 6, 7, 12, 13]
 - 13.6.3** Apply critical thinking and ethical standards when making judgments and taking action.
[Lessons 6-8; 12, 13]
 - 13.6.4** Demonstrate ethical behavior in family, workplace, and community settings.
[Lessons 6, 7; 9-11; 13]
 - 13.6.5** Compare the relative merits of opposing points of view regarding current ethical issues.
[Lessons 6, 7, 9, 12, 13]