Relationship Smarts PLUS 5.0

Alignment with The National Standards for
Family and Consumer Sciences Education
Table of Contents

Introduction to Relationship Smarts PLUS ................... iii
Instructor Tips .......................................................... vi

Lesson 1: Who Am I and Where Am I Going? ...... 1
  • Possible Selves Tree
  • My Friends and My Future
  • Being Yourself: Dealing with Pressure Situations

Lesson 2: Maturity and What I Value ................. 19
  • Four Dimensions of Maturity
  • Maturity—Where Are You?
  • Clarifying Values
  • What’s Important to Me?

Lesson 3: Attractions and Infatuation .......... 35
  • Test Your Love Smarts
  • Relationship Pyramid
  • The Chemistry of Attraction

Lesson 4: Principles of Smart Relationships ..... 55
  • Smart or Not-So-Smart?
  • Seven Principles of Smart Relationships
  • Seven Questions to Ask
  • Three Sides of Love

Lesson 5: Is It a Healthy Relationship? .......... 73
  • How Can You Tell?
  • Unmet Needs and Unhealthy Relationships
  • Having Fun
  • Tips for Teens

Lesson 6: Breaking Up and Dating Violence ...... 89
  • Breaking Up
  • Early Warnings and Red Flags
  • Violence: Why it Happens, What Helps, Signs of Danger
  • Sexual Assault
  • Draw the Line of Respect
  • Sex Trafficking—Prevention

Lesson 7: Decide, Don’t Slide! Pathways to Success .................................................. 121
  • Sliding vs. Deciding and Personal Development
  • Sliding vs. Deciding and Relationships
  • A Low-Risk Deciding Approach
  • Making Decisions
  • Pathways and Sequences Towards Success

Lesson 8: Communication and Healthy Relationships .................................................. 151
  • Communication Patterns Learned in Family
  • Patterns that Harm Relationships
  • Angry Brains and the Power of Time Outs
  • The Speaker Listener Technique—When Talking is Difficult

Lesson 9: Communication Challenges and More Skills ........................................... 175
  • Complain and Raise Issues Effectively
  • Hidden Issues Under Arguments
  • A Problem-Solving Model
  • Taking Care of Relationships
  • A Brief Review

Lesson 10: Sexual Decision-Making ............ 195
  • Let’s Talk About Sex
  • What is Intimacy, Actually?
  • Am I Ready?
  • Risks of Sliding—Benefits of Deciding
  • Set Your Personal Line & Getting On the Same Page

Lesson 11: Pregnancy, STIs and HIV ............. 227
  • Test Your Sex Smarts
  • STIs and HIV Are for Real
  • Alcohol and Drugs—Increasing the Risks
  • My Personal Plan
  • Pressure Situations, Refusal Skills, & Exit Strategies

Lesson 12: Unintended Pregnancy Through the Eyes of a Child .................................. 257
  • Child Looking for a Family
  • What about Fathers?
  • Child Speak—Brighter Futures

Lesson 13: Teens, Technology, and Social Media ... 289
  • Constantly Connected—For Better and Worse
  • Relationships in the Digital World
  • Pornography—Informed Decision-Making
  • Cyberbullying
  • Designing a Personal Policy
  • Planning for Success

Appendix: Review and Assessment .................. 333
About the Author .................................................. 355
Acknowledgements ............................................ 356
Colored Activity Cards

Copyright 2022 Marline E. Pearson
<table>
<thead>
<tr>
<th>Content Standards</th>
<th>Competencies</th>
</tr>
</thead>
</table>
| 13.1 **Analyze functions and expectations of various types of relationships.** | 13.1.1 **Analyze processes for building and maintaining interpersonal relationships.**  
[All Lessons] |
|  | 13.1.2 **Predict the effects of various stages of the family life cycle on interpersonal relationships.**  
[Lessons 7, 8, 10, 12, 13] |
|  | 13.1.3 **Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships.**  
[Lessons 1; 3-13] |
|  | 13.1.4 **Analyze factors that contribute to healthy and unhealthy relationships.**  
[All Lessons] |
|  | 13.1.5 **Analyze processes for handling unhealthy relationships.**  
[Lessons 1; 4-9; 11, 13] |
|  | 13.1.6 **Demonstrate stress management strategies for family, work, and community settings.**  
[Lessons 1, 6, 8, 11] |
| 13.2 **Analyze personal needs and characteristics and their effects on interpersonal relationships.** | 13.2.1 **Analyze the effects of personal characteristics on relationships.**  
[Lessons 1, 2, 6, 8, 11, 13] |
|  | 13.2.2 **Analyze the effect of personal need on relationships.**  
[Lessons 1-3; 5, 9; 10-13] |
|  | 13.2.3 **Analyze the effects of self-esteem and self-image on relationships.**  
[Lessons 1, 2, 6, 10, 11, 13] |
|  | 13.2.4 **Analyze the effects of life span events and conditions on relationships.**  
[Lessons 6-8; 11-13] |
13.3 Demonstrate communication skills that contribute to positive relationships.

13.3.1 Analyze communication styles and their effects on relationships.
[Lessons 1; 3-10]

13.3.2 Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.
[Lessons 1; 5-10; 13]

13.3.3 Demonstrate effective listening and feedback techniques.
[Lessons 4-11]

13.3.4 Analyze strategies to overcome communication barriers in family, community and work settings.
[Lessons 1, 4-13]

13.3.5 Apply ethical principles of communication in family, community and work settings.
[Lessons 1, 4-13]

13.3.6 Analyze the effects of technology on communications in family, work, and community settings.
[Lessons 6, 13]

13.3.7 Analyze the roles and functions of communications in family, work, and community settings.
[Lessons 4; 6-9; 12, 13]

13.4 Evaluate effective conflict prevention and management techniques.

13.4.1 Analyze the origin and development of attitudes and behaviors regarding conflict.
[Lessons 6-9; 11]

13.4.2 Explain how similarities and differences among people affect conflict prevention and management.
13.4.3 Apply the roles of decision making and problem solving in reducing and managing conflict.  
[Lessons 1; 4-7; 9-11]

13.4.4 Demonstrate nonviolent strategies that address conflict.  
[Lessons 1; 5-9; 11]

13.4.5 Demonstrate effective responses to harassment.  
[Lessons 6, 11]

13.4.6 Assess community resources that support conflict prevention and management  
[Lesson 6]

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.  
[Lessons 5, 6, 9]

13.5.2 Demonstrate strategies to motivate, encourage, and build trust in group members.  
[Lessons 1; 5-7; 10]

13.5.3 Demonstrate strategies that utilize the strengths and minimize the limitations of team members.  
[Lessons 2, 8]

13.5.4 Demonstrate techniques that develop team and community spirit. [Not covered]

13.5.5 Demonstrate ways to organize and delegate responsibilities. [Not covered]

13.5.6 Create strategies to integrate new members into the team. [Not covered]

13.5.7 Demonstrate processes for cooperating, compromising, and collaborating.  
[Lesson 8]
13.6 Demonstrate standards that guide behavior in interpersonal relationships.

13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.
[Lessons 1; 3-13]

13.6.2 Apply ethical guidelines when assessing interpersonal issues and situations.
[Lessons 5-11; 13]

13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.
[Lessons 1; 4-11; 13]

13.6.4 Demonstrate ethical behavior in family, workplace, and community settings.
[Lessons 1; 3-9; 11, 13]

13.6.5 Compare the relative merits of opposing points of view regarding current ethical issues.
[Lessons 6-9]