

Relationship Smarts PLUS 5.0

**Alignment with The National Standards for
Family and Consumer Sciences Education**

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Content Standards

Competencies

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]

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| | 13.2.5 | Explain the effects of personal standards and behaviors on interpersonal relationships.
[Lessons 1, 2; 5-13] | |
| 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. |

[Lessons 1, 6, 8, 9, 11]

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]