

Unit 3: Understanding Self and Others

Module 1: Discovering Myself	Love Notes	Relationship Smarts PLUS
Influences of Environment – Character and Personal Skills on Personal Development	1, 2, 3, 4	1,2,3, 13
Module 2: Personal Growth and Development	1-13	1-13
Values, Goals, and Decision Making	2, 3, 4, 8, 12, 13	2,7,11,12
Module 3: Effective Communication	9, 10, 11	7, 8, 9
Listening Skills	9, 10, 11	8, 9
Genuine and Active Listening	9, 10, 11	8, 9
Conflict Resolution	6, 7, 8, 9, 10,12	6, 7, 8, 9, 10, 12
Module 4: Understanding Relationships	1-13	1-13
Personal Relations	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13	1, 2, 3, 4, 5, 6, 7,8, 9, 10, 11, 12, 13
Dating Relationships	1, 3, 4, 5, 6, 7, 8, 9, 11, 12,	3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13

Unit 4: Family Living and Parent Education

Module 1: Relationships & Family	Love Notes Lessons	Relationship Smarts PLUS Lessons
Family Structure	2, 13	1, 2, 12
Functions of the Family	1,2, 13	2, 12
Families Working Together	12, 13	1-13
Building Strong Families	12, 13	12
Module 2: Marriage and Family Life	13	12
Expectations in Marriage	3, 13	12
Components of a Successful Marriage	1-13	1-12
Module 3: Managing Personal Family and Work Life	13	12
Balancing Personal, Family and Work Life	13	12
Roles and Responsibilities	13	12
Priorities	3, 13	2,12
Using Resources and Technology to Manage Responsibilities	1-13, Appendix	1-13
Module 4: Family Challenges and Crisis	7-10	2,12
The Family Life Style	13	12
Adapting to Change	13	12