

## Relationship Smarts PLUS

Collaborative for Academic, Social, and Emotional Learning (CASEL) Core Competencies.  
GRADES 6-12

### Lesson 1: Who Am I and Where am I Going?

Section	Self Awareness
1.1 & 1.2	Integrating personal and social identities.
1.1	Identifying personal, cultural, and linguistic assets.
1.3	Experiencing self-efficacy.
1.1 & 1.2	Having a growth mindset.
	<b>Self-Management</b>
1.1 & 1.2	Setting personal and collective goals.
1.2 & 1.3	Using planning and organizational skills.
1.2 & 1.3	Showing the courage to take initiative.
	<b>Social Awareness</b>
1.2 & 1.3	Understanding the influences of organizations and systems on behavior.
	<b>Relationship Skills</b>
1.1-1.3	Developing positive relationships.
1.3	Seeking or offering support and help when needed.
	<b>Responsible Decision Making</b>
1.2 & 1.3	Learning how to make a reasoned judgment after analyzing information, data, and facts.
1.2 & 1.3	Identifying solutions for personal and social problems.

### Lesson 2: Maturity and What I Value

Section	Self-Awareness
2.1-2.4	Linking feelings, values, and thoughts.
2.4	Experiencing self-efficacy
2.1 & 2.2	Having a growth mindset.
	<b>Self-Management</b>
2.4	Setting personal and collective goals.

### **Social Awareness**

2.1 Understanding the influences of organizations and systems on behavior.

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### **Relationship Skills**

2.1-2.4 Developing positive relationships.

2.4 Seeking or offering support and help when needed.

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### **Responsible Decision Making**

2.2 Learning how to make a reasoned judgement after analyzing information, data, and facts

## **Lesson 3: Attractions and Infatuation**

### **Section Self-Management**

3.3 Managing one's emotions.

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### **Relationship Skills**

3.1-3.3 Developing positive relationships.

3.3 Seeking or offering support and help when needed.

## **Lesson 4: Principles of Smart Relationships**

### **Section Self-Awareness**

4.3 Experiencing self-efficacy.

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### **Self-Management**

4.3 Demonstrating personal and collective agency.

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### **Relationship Skills**

4.1-4.4 Developing positive relationships.

4.4 Seeking or offering support and help when needed.

## **Lesson 5: Is It a Healthy Relationship?**

### **Section Self-Awareness**

5.1 & 5.2 Experiencing self-efficacy.

5.2 Having a growth mindset.

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### **Self-Management**

5.2 Showing the courage to take initiative.

5.1 & 5.2 Demonstrating personal and collective agency.

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### **Relationship Skills**

5.1-5.4	Developing positive relationships.
5.4	Seeking or offering support and help when needed.
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<b>Responsible Decision Making</b>	
5.1	Learning how to make a reasoned judgement after analyzing information, data, and facts.
5.1-5.4	Reflecting on one's role to promote personal, family, and community well-being.

## Lesson 6: Breaking Up and Dating Violence

<b>Section</b>	<b>Self-Awareness</b>
6.4 & 6.6	Experiencing self-efficacy.
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<b>Self-Management</b>	
6.1, 6.4 & 6.5	Showing the courage to take initiative.
6.1, 6.4 & 6.5	Demonstrating personal and collective agency.
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<b>Relationship Skills</b>	
6.4	Communicating effectively
6.1-6.4	Developing positive relationships.
6.2 & 6.4	Resisting negative social pressure
6.4	Seeking or offering support and help when needed.
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<b>Responsible Decision Making</b>	
6.1-6.4	Reflecting on one's role to promote personal, family, and community well-being
6.1-6.4	Evaluating personal, interpersonal, community, and institutional impact.

## Lesson 7: Decide, Don't Slide! Pathways to Success

<b>Section</b>	<b>Self-Awareness</b>
7.6	Experiencing self-efficacy.
7.1, 7.3 & 7.6	Having a growth mindset.
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<b>Self-Management</b>	
7.4 & 7.6	Exhibiting self-discipline and self-motivation.
7.6	Using planning and organizational skills.
7.6	Showing the courage to take initiative.
7.1, 7.4 & 7.6	Demonstrating personal and collective agency
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### **Social Awareness**

- 7.5 Recognizing situational demands and opportunities.
- 7.1 Understanding the influences of organizations and systems on behavior.
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### **Relationship Skills**

- 7.1-7.6 Developing positive relationships
- 7.6 Resisting negative social pressure.
- 7.6 Seeking or offering support and help when needed.
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### **Responsible Decision Making**

- 7.1 & 7.6 Learning how to make a reasoned judgement after analyzing information, data, and facts.
- 7.1-7.6 Reflecting on one's role to promote personal, family, and community well-being.
- 7.1-7.6 Evaluating personal, interpersonal, community, and institutional impact.

## **Lesson 8: Communication and Healthy Relationships**

### **Section**

### **Self-Awareness**

- 8.3 Identifying one's emotions.
- 8.3 & 8.4 Experiencing self-efficacy.
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### **Self-Management**

- 8.3 & 8.4 Managing one's emotions.
- 8.1-8.4 Identifying and using stress-management strategies.
- 8.4 Showing the courage to take initiative.
- 8.1-8.4 Demonstrating personal and collective agency.
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### **Social Awareness**

- 8.4 Taking other's perspectives.
- 8.4 Demonstrating empathy and compassion.
- 8.4 Showing concern for the feelings of others
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### **Relationship Skills**

- 8.1-8.4 Communicating effectively
- 8.1-8.4 Developing positive relationships
- 8.1-8.4 Resolving conflicts constructively

8.4 Seeking or offering support and help when needed.

## Lesson 9: Communication Challenges and More Skills

Section	Self-Awareness
9.2	Identifying one's emotions.
9.1 & 9.2	Experiencing self-efficacy.
	<b>Self-Management</b>
9.1 & 9.2	Managing one's emotions.
9.1-9.5	Identifying and using stress-management strategies.
9.1 & 9.2	Showing the courage to take initiative.
9.1-9.5	Demonstrating personal and collective agency.
	<b>Social Awareness</b>
9.1	Taking other's perspectives.
9.1	Demonstrating empathy and compassion.
9.1	Showing concern for the feelings of others.
9.4	Understanding and expressing gratitude.
	<b>Relationship Skills</b>
9.1-9.5	Communicating effectively.
9.1-9.5	Developing positive relationships.
9.3	Practicing teamwork and collaborative problem-solving.
9.1-9.5	Resolving conflicts constructively
9.5	Seeking or offering support and help when needed.
	<b>Responsible Decision Making</b>
9.3	Identifying solutions for personal and social problems.

## Lesson 10: Sexual Decision-Making

Section	Self-Awareness
10.5	Linking feelings, values, and thoughts.
10.5	Experiencing self-efficacy.
	<b>Self-Management</b>
10.5	Exhibiting self-discipline and self-motivation.
10.5	Setting personal and collective goals.
10.5	Using planning and organizational skills.

10.5	Demonstrating personal and collective agency.
<b>Relationship Skills</b>	
10.5	Communicating effectively.
10.1-10.5	Developing positive relationships.
10.4 & 10.5	Resisting negative social pressure.
10.5	Seeking or offering support and help when needed.
<b>Responsible Decision Making</b>	
10.5	Learning how to make a reasoned judgement after analyzing information, data, and facts.
10.1-10.5	Reflecting on one's role to promote personal, family, and community well-being.
10.1-10.5	Evaluating personal, interpersonal, community, and institutional impact.

## Lesson 11: Pregnancy, STIs and HIV

Section	Self-Awareness
11.4 & 11.5	Experiencing self-efficacy.
<b>Self-Management</b>	
11.4 & 11.5	Exhibiting self-discipline and self-motivation.
11.5	Setting personal and collective goals.
11.4 & 11.5	Using planning and organizational skills.
11.4 & 11.5	Showing the courage to take initiative.
11.4 & 11.5	Demonstrating personal and collective agency.
<b>Relationship Skills</b>	
11.4 & 11.5	Communicating effectively.
11.1-11.5	Developing positive relationships.
11.3, 11.4 & 11.5	Resisting negative social pressure.
11.5	Seeking or offering support and help when needed.
<b>Responsible Decision Making</b>	
11.5	Learning how to make a reasoned judgement after analyzing information, data, and facts.
11.1-11.5	Reflecting on one's role to promote personal, family, and community well-being.

11.1-11.5 Evaluating personal, interpersonal, community, and institutional impact.

## Lesson 12: Unintended Pregnancy Through the Eyes of a Child

### Section Social Awareness

12.1-12.5 Demonstrating empathy and compassion.

12.1-12.5 Showing concern for the feelings of others.

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### Relationship Skills

12.1-12.5 Developing positive relationships.

12.5 Seeking or offering support and help when needed.

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### Responsible Decision Making

12.4 Learning how to make a reasoned judgement after analyzing information, data, and facts.

12.1-12.5 Reflecting on one's role to promote personal, family, and community well-being.

12.1-12.5 Evaluating personal, interpersonal, community, and institutional impact.

## Lesson 13: Teens, Technology and Social Media

### Section Self-Awareness

13.5 & 13.6 Experiencing self-efficacy.

13.6 Having a growth mindset.

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### Self-Management

13.5 & 13.6 Setting personal and collective goals.

13.6 Using planning and organizational skills.

13.6 Showing the courage to take initiative.

13.5 & 13.6 Demonstrating personal and collective agency.

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### Social Awareness

13.3 & 13.4 Showing concern for the feelings of others.

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### Relationship Skills

13.1-13.6 Developing positive relationships.

13.1-13.5 Resisting negative social pressure.

13.6 Seeking or offering support and help when needed.

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### Responsible Decision Making

- 13.1-13.6 Learning how to make a reasoned judgement after analyzing information, data, and facts.
- 13.1-13.6 Identifying solutions for personal and social problems.
- 13.4 & 13.5 Anticipating and evaluating the consequences of one's actions.
- 13.1-13.6 Recognizing how critical thinking skills are useful both inside and outside of school.
- 13.1-13.6 Reflecting on one's role to promote personal, family, and community well-being.
- 13.1-13.6 Evaluating personal, interpersonal, community, and institutional impact.