

## **Relationship Smarts PLUS**

### **California Consumer and Family Studies Competencies**

GRADES 7,8

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

<b>ECDFS – A10.10</b>	<b>Describe the process of making consumer decisions, including the comparison of goods and services</b>
A10.10.1	Identify personal values, goals, needs, and wants and explain how these relate to consumer decisions.
A.10.3	Identify factors that may influence personal values, goals, and consumer choices.
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<b>ECDFS – A10.14</b>	<b>Analyze the factors that affect the development of individuals and how to build positive relationships</b>
A10.14.1	Describe the ways in which self-concept, self-esteem, and character develop.
A10.14.2	Explain the role of self-concept in the development of one’s personality and relationships with others.
A10.14.3	Explain the role of personal values in making decisions and achieving goals related to self-development.
A10.14.4	Identify factors that influence positive attitudes and behaviors in personal relationships.
A10.14.5	Explain the benefits of positive friendships.

### **Lesson 2: Maturity and What I Value**

<b>ECDFS - A10.10</b>	<b>Describe the process of making consumer decisions, including the comparison of goods and services.</b>
A10.10.1	Identify personal values, goals, needs, and wants and explain how these relate to consumer decisions.
A10.10.3	Identify factors that may influence personal values, goals, and consumer choices.
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<b>ECDFS - A10.14</b>	<b>Analyze the factors that affect the development of individuals and how to build positive relationships</b>
A10.14.2	Explain the role of self-concept in the development of one’s personality and relationships with others.
A10.14.3	Explain the role of personal values in making decisions and achieving goals related to self-development.

<b>HTR - A2.0</b>	<b>Acquire, and use accurately, industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.</b>
A2.0.2	Explain the importance of positive attitudes such as self-confidence, honesty, respect, perseverance, initiative, and self-discipline.

### Lesson 3: Attractions and Infatuation

<b>ECDFS - A10.10</b>	<b>Describe the process of making consumer decisions, including the comparison of goods and services.</b>
A10.10.3	Identify factors that may influence personal values, goals, and consumer choices.
<b>ECDFS - A10.14</b>	<b>Analyze the factors that affect the development of individuals and how to build positive relationships</b>
A10.14.2	Explain the role of self-concept in the development of one's personality and relationships with others.
A10.14.4	Identify factors that influence positive attitudes and behaviors in personal relationships.
<b>HTR - A2.0</b>	<b>Acquire, and use accurately, industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.</b>
A2.0.1	Describe the ways in which the development of personal and interpersonal skills affects personal, family, and school life.

### Lesson 4: Principles of Smart Relationships

<b>ECDFS - A10.14</b>	<b>Analyze the factors that affect the development of individuals and how to build positive relationships</b>
A10.14.2	Explain the role of self-concept in the development of one's personality and relationships with others.
A10.14.4	Identify factors that influence positive attitudes and behaviors in personal relationships.
A10.14.5	Explain the benefits of positive friendships.

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

<b>ECDFS - A10.14</b>	<b>Analyze the factors that affect the development of individuals and how to build positive relationships</b>
A10.14.3	Explain the role of personal values in making decisions and achieving goals related to self-development
A10.14.4	Identify factors that influence positive attitudes and behaviors in personal relationships.

## Lesson 6: Breaking Up and Dating Violence

<b>ECDFS - A10.17</b>	<b>Summarize the importance of wellness and safety to individual and family health and well-being.</b>
A10.17.4	Discuss ways to manage emotional changes that promote physical and mental health.
A10.17.9	Identify high-risk health behaviors and their effects on individuals and society.
A10.17.10	Describe the signs and symptoms of verbal, physical, and emotional abuse and their effects on health and well-being.

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

<b>ECDFS - A10.10</b>	<b>Describe the process of making consumer decisions, including the comparison of goods and services.</b>
A10.10.1	Identify personal values, goals, needs, and wants and explain how these relate to consumer decisions.
A10.10.2	List the key steps in decision-making models and practice this process in consumer situations.
A10.10.3	Identify factors that may influence personal values, goals, and consumer choices.
<b>ECDFS - A10.13</b>	<b>Recognize the function of the family as a basic unit of society and the contributions of the family unit to the development of individuals.</b>
A10.13.1	Explain the meaning and importance of families.
<b>ECDFS - A10.14</b>	<b>Analyze the factors that affect the development of individuals and how to build positive relationships</b>
A10.14.3	Explain the role of personal values in making decisions and achieving goals related to self-development
A10.14.4	Identify factors that influence positive attitudes and behaviors in personal relationships.
<b>ECDFS - A10.16</b>	<b>Apply strategies and resources for managing conflicts and crises.</b>
A10.16.1	Describe the sources and effects of conflicts and crises in personal and family situations.
<b>ECDFS - A10.17</b>	<b>Summarize the importance of wellness and safety to individual and family health and well-being.</b>
A10.17.4	Discuss ways to manage emotional changes that promote physical and mental health.
A10.17.9	Identify high-risk health behaviors and their effects on individuals and society.

A10.17.10	Describe the signs and symptoms of verbal, physical, and emotional abuse and their effects on health and well-being.
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<b>HTR - A2.0</b>	<b>Acquire, and use accurately, industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.</b>
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A2.0.1	Describe the ways in which the development of personal and interpersonal skills affects personal, family, and school life.
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## Lesson 8: Communication and Healthy Relationships

<b>ECDFS - A10.13</b>	<b>Recognize the function of the family as a basic unit of society and the contributions of the family unit to the development of individuals.</b>
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A10.13.1	Explain the meaning and importance of families.
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A10.13.2	Describe the differences in family structures.
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<b>ECDFS - A10.14</b>	<b>Analyze the factors that affect the development of individuals and how to build positive relationships</b>
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A10.14.4	Identify factors that influence positive attitudes and behaviors in personal relationships.
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A10.14.6	Explain the importance of effective communication with others.
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<b>ECDFS - A10.16</b>	<b>Apply strategies and resources for managing conflicts and crises.</b>
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A10.16.1	Describe the sources and effects of conflicts and crises in personal and family situations.
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A10.16.2	Identify strategies for coping with personal and family conflicts and crises.
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<b>ECDFS - A10.17</b>	<b>Summarize the importance of wellness and safety to individual and family health and well-being.</b>
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A10.17.4	Discuss ways to manage emotional changes that promote physical and mental health.
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A10.17.10	Describe the signs and symptoms of verbal, physical, and emotional abuse and their effects on health and well-being.
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<b>HTR - A2.0</b>	<b>Acquire, and use accurately, industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.</b>
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A2.0.1	Describe the ways in which the development of personal and interpersonal skills affects personal, family, and school life.
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A2.0.2	Explain the importance of positive attitudes such as self-confidence, honesty, respect, perseverance, initiative, and self-discipline.
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## Lesson 9: Communication Challenges and More Skills

<b>ECDFS - A10.14</b>	<b>Analyze the factors that affect the development of individuals and how to build positive relationships</b>
A10.14.4	Identify factors that influence positive attitudes and behaviors in personal relationships.
A10.14.6	Explain the importance of effective communication with others.
<b>ECDFS - A10.17</b>	<b>Summarize the importance of wellness and safety to individual and family health and well-being.</b>
A10.17.4	Discuss ways to manage emotional changes that promote physical and mental health.
<b>HTR - A2.0</b>	<b>Acquire, and use accurately, industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.</b>
A2.0.1	Describe the ways in which the development of personal and interpersonal skills affects personal, family, and school life.
A2.0.2	Explain the importance of positive attitudes such as self-confidence, honesty, respect, perseverance, initiative, and self-discipline.

## Lesson 10: Sexual Decision-Making

No Correlations

## Lesson 11: Pregnancy, STIs and HIV

No Correlations

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

<b>ECDFS - A10.5</b>	<b>Summarize the decisions and responsibilities involved in parenting in various cultures.</b>
A10.5.1	Identify the parenting skills needed by those who care for children.
<b>ECDFS - A10.7</b>	<b>Explain the importance of studying child growth and development from infancy through adolescence.</b>
A10.7.3	Discuss the factors that are important to the optimum development of young children.
<b>ECDFS - A10.8</b>	<b>Explain positive guidance and discipline techniques that promote feelings of self-worth as they apply to the developmental stages of children.</b>
A10.8.1	Explain the differences among guidance, discipline, and punishment.
A10.8.3	Identify and use appropriate and positive child guidance and discipline techniques.

<b>ECDFS - A10.9</b>	<b>Demonstrate an understanding of the value and methods of providing infants, children, and adolescents with play and developmentally appropriate learning activities.</b>
A10.9.2	Discuss the caregiver's role in play and learning activities.
<b>ECDFS - A10.15</b>	<b>Describe the adjustments needed to adapt to major life changes throughout the human life cycle.</b>
A10.15.1	Describe family changes that may be experienced by children.
A10.15.2	Discuss how changes may affect children and suggest strategies to help them adapt.
<b>ECDFS - A10.17</b>	<b>Summarize the importance of wellness and safety to individual and family health and well-being.</b>
A10.17.1	Describe the components of a safe and healthy environment for children.

### Lesson 13: Teens, Technology and Social Media

<b>ECDFS - A10.14</b>	<b>Analyze the factors that affect the development of individuals and how to build positive relationships</b>
A10.14.4	Identify factors that influence positive attitudes and behaviors in personal relationships.
A10.14.6	Explain the importance of effective communication with others.
<b>ECDFS - A10.17</b>	<b>Summarize the importance of wellness and safety to individual and family health and well-being.</b>
A10.17.4	Discuss ways to manage emotional changes that promote physical and mental health.
<b>HTR - A2.0</b>	<b>Acquire, and use accurately, industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.</b>
A2.0.1	Describe the ways in which the development of personal and interpersonal skills affects personal, family, and school life.