



***Relationship Smarts PLUS 5.1***

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

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## *Colored Activity Cards*

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

		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]

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|---|---|
| <b>13.6 Demonstrate standards that guide behavior in interpersonal relationships.</b> | <b>13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.</b><br>[Lessons 1; 3-13]      |
|   | <b>13.6.2 Apply ethical guidelines when assessing interpersonal issues and situations.</b><br>[Lessons 5-11; 13]              |
|   | <b>13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.</b><br>[Lessons 1; 4-11; 13] |
|   | <b>13.6.4 Demonstrate ethical behavior in family, workplace, and community settings.</b><br>[Lessons 1; 3-9; 11, 13]          |
|   | <b>13.6.5 Compare the relative merits of opposing points of view regarding current ethical issues.</b><br>[Lessons 6-9]       |