

Love Notes 4.1

Alignment with The National Standards for

Family and Consumer Sciences Education

Interpersonal Relationships

Table of Contents

<i>Introduction to Love Notes</i>	iii
<i>Instructor Tips</i>	xi
<i>Love Notes Video and Resource Guide</i>	xv

LESSON 1: Relationships Today..... 1

- Relationships Today
- Defining a Vision
- Choosing Reds or Greens?
- Introduction to the Trusted Adult Connection Activities

LESSON 2: Knowing Yourself..... 23

- Good Relationships Start with You
- Understanding My Personality Style
- Examining Family Origin

LESSON 3: My Expectations—My Future..... 43

- What's Important?
- The Power of Expectations

LESSON 4: Attractions and Starting Relationships..57

- Relationship Pyramid
- The Chemistry of Attraction

LESSON 5: Principles of Smart Relationships..... 83

- Smart or Not-So-Smart?
- Seven Principles of Smart Relationships
- Seven Questions to Ask
- Three Sides of Love

LESSON 6: Is It a Healthy Relationship? 113

- How Can You Tell?
- Having Fun—It's Important!
- Breaking Up

LESSON 7: Dangerous Love 133

- Early Warnings and Red Flags
- Violence: Why it Happens, What Helps, Signs of Greatest Danger
- Sexual Assault and Consent
- Sex Trafficking Prevention
- Draw the Line of Respect

LESSON 8: Decide, Don't Slide! Pathways & Sequences Towards Success..... 167

- The High Costs of Sliding
- The Low-Risk Deciding Approach
- Making Decisions
- Pathways and Sequences Towards Success

LESSON 9: Communication and Healthy Relationships 201

- Communication Patterns Learned in Family
- Patterns that Harm Relationships
- Angry Brains and the Power of Time Outs
- The Speaker Listener Technique—When Talking is Difficult
- Relationships in the Digital Age

LESSON 10: Communication Challenges and More Skills 235

- Complain and Raise Issues Effectively
- Hidden Issues: What Pushes Your Button?
- A Problem-Solving Model
- A Brief Review
- Constantly Connected—For Better or Worse

LESSON 11: Let's Talk About Sex 271

- Let's Talk About Sex
- What is Intimacy, Actually?
- Am I Ready?
- Risks of Sliding into Sex—Benefits of Deciding
- Navigating Relationships in the Digital Age
- Are We on the Same Page?
- Drawing Intimacy Lines and Pacing

Lesson 12: Let's Plan for Choices 317

- Test Your Sex Smarts
- STIs and HIV Are for Real
- Planning for Choices
- A Discussion: Internet Porn
- Pressure Situations & Assertiveness Skills

LESSON 13: Through the Eyes of a Child 375

- Child Looking for a Family
- What About Fathers?
- Child Speak: Bright Futures
- Decisions About Living Together
- Planning for Success—Wrap-Up

APPENDIX..... 437

- Supplemental Activities: Designing a Personal Policy for the Digital Age; Cyberbullying
- Background & Research on Screen Time and Social Media
- Film Guide for *Antwone Fisher*
- Acknowledgements
- About the Author
- Colored Activity Cards

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. [Lessons 2-5; 8-10; 12]
	13.1.2 Predict the effects of various stages of the family life cycle on interpersonal relationships. [Lessons 1, 8, 13]
	13.1.3 Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships. [Lessons 1, 2, 4, 6]
	13.1.4 Analyze factors that contribute to healthy and unhealthy relationships. [All lessons]
	13.1.5 Analyze processes for handling unhealthy relationships. [Lessons 5-7]
	13.1.6 Demonstrate stress management strategies for family, work, and community settings. [Lessons 6, 7, 9]
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 2, 5, 9, 10]
	13.2.2 Analyze the effect of personal need on relationships. [Lessons 1, 2, 11, 13]
	13.2.3 Analyze the effects of self-esteem and self-image on relationships. [Lesson 2]
	13.2.4 Analyze the effects of life span events and conditions on relationships. [Lessons 8, 13]

	13.2.5	Explain the effects of personal standards and behaviors on interpersonal relationships. [Lessons 2-5; 7-8; 11-12]
13.3 Demonstrate communication skills that contribute to positive relationships.	13.3.1	Analyze communication styles and their effects on relationships. [Lessons 9, 10]
	13.3.2	Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication. [Lessons 9, 10]
	13.3.3	Demonstrate effective listening and feedback techniques. [Lessons 9-10; 12]
	13.3.4	Analyze strategies to overcome communication barriers in family, community and work settings. [Lessons 2, 9, 10]
	13.3.5	Apply ethical principles of communication in family, community and work settings. [Lessons 7, 9, 11, 12]
	13.3.6	Analyze the effects of technology on communications in family, work, and community settings. [Lessons 7; 9-12]
	13.3.7	Analyze the roles and functions of communications in family, work, and community settings. [Lessons 4, 5, 7; 9-12]
13.4 Evaluate effective conflict prevention and management techniques.	13.4.1	Analyze the origin and development of attitudes and behaviors regarding conflict. [Lessons 2, 9]

- | | |
|-------------|--|
| | <p>13.4.2 Explain how similarities and differences among people affect conflict prevention and management.
[Lessons 2, 3]</p> <p>13.4.3 Apply the roles of decision making and problem solving in reducing and managing conflict.
[Lessons 6-12]</p> <p>13.4.4 Demonstrate nonviolent strategies that address conflict.
[Lessons 7; 9-12]</p> <p>13.4.5 Demonstrate effective responses to harassment.
[Lessons 7,12]</p> <p>13.4.6 Assess community resources that support conflict prevention and management
[Lesson 7]</p> |
| 13.5 | <p>Demonstrate teamwork and leadership skills in the family, workplace, and community.</p> <p>13.5.1 Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.
[Lessons 5, 9]</p> <p>13.5.2 Demonstrate strategies to motivate, encourage, and build trust in group members.
[Lessons 2, 7, 9, 10, 12]</p> <p>13.5.3 Demonstrate strategies that utilize the strengths and minimize the limitations of team members.
[Lesson 2]</p> <p>13.5.4 Demonstrate techniques that develop team and community spirit.
[Lessons 7, 9, 10, 13]</p> |

- | | |
|---|---|
| | <p>13.5.5 Demonstrate ways to organize and delegate responsibilities.
[Lessons 10, 13]</p> <p>13.5.6 Create strategies to integrate new members into the team.</p> <p>13.5.7 Demonstrate processes for cooperating, compromising, and collaborating.
[Lessons 3, 6, 8-10]</p> |
| 13.6 Demonstrate standards that guide behavior in interpersonal relationships. | <p>13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.
[Lessons 2; 6-9]</p> <p>13.6.2 Apply ethical guidelines when assessing interpersonal issues and situations.
[Lessons 6, 7, 12, 13]</p> <p>13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.
[Lessons 6-8; 12, 13]</p> <p>13.6.4 Demonstrate ethical behavior in family, workplace, and community settings.
[Lessons 6, 7; 9-11; 13]</p> <p>13.6.5 Compare the relative merits of opposing points of view regarding current ethical issues.
[Lessons 6, 7, 9, 12, 13]</p> |