

**Relationship Smarts PLUS**  
**California Consumer and Family Studies Competencies**  
GRADES 7,8

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

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| <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**

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| <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.      |

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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> |
| 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

**ECDFS - A10.10**      **Describe the process of making consumer decisions, including the comparison of goods and services.**

A10.10.3      Identify factors that may influence personal values, goals, and consumer choices.

**ECDFS - A10.14**      **Analyze the factors that affect the development of individuals and how to build positive relationships**

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.

**HTR - A2.0**      **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.**

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

**ECDFS - A10.14**      **Analyze the factors that affect the development of individuals and how to build positive relationships**

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?

**ECDFS - A10.14**      **Analyze the factors that affect the development of individuals and how to build positive relationships**

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

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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>               |
| 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

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| <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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**HTR - A2.0** **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.**

A2.0.1 Describe the ways in which the development of personal and interpersonal skills affects personal, family, and school life.

## Lesson 8: Communication and Healthy Relationships

**ECDFS - A10.13** **Recognize the function of the family as a basic unit of society and the contributions of the family unit to the development of individuals.**

A10.13.1 Explain the meaning and importance of families.

A10.13.2 Describe the differences in family structures.

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**ECDFS - A10.14** **Analyze the factors that affect the development of individuals and how to build positive relationships**

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.

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**ECDFS - A10.16** **Apply strategies and resources for managing conflicts and crises.**

A10.16.1 Describe the sources and effects of conflicts and crises in personal and family situations.

A10.16.2 Identify strategies for coping with personal and family conflicts and crises.

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**ECDFS - A10.17** **Summarize the importance of wellness and safety to individual and family health and well-being.**

A10.17.4 Discuss ways to manage emotional changes that promote physical and mental health.

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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**HTR - A2.0** **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.**

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 9: Communication Challenges and More Skills

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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>  |
| A10.14.4              | 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

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| <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.   |

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| <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

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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>  |
| A10.14.4              | 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.   |