Relationship Smarts PLUS
California Consumer and Family Studies Competencies
GRADES 9,10,11,12

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

ECDFS – A10.14	**Analyze the factors that affect the development of individuals and how to build positive relationships.**
A10.14.1	Describe the factors that contribute to the development of character, personality, and self-worth.
ECDFS – A10.17	**Summarize the importance of wellness and safety to individual and family health and well-being.**
A10.17.22	Define and recognize types of manipulative behavior as well as pressures exerted by peers and media and describe strategies for prevention and management.
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.**
A2.0.2	Exhibit positive attitudes such as self-confidence, honesty, perseverance, initiative, and self-discipline.

Lesson 2: Maturity and What I Value

ECDFS - A10.10	**Describe the process of making consumer decisions, including the comparison of goods and services.**
A10.10.1	Define values, goals, needs, and wants.
A10.10.4	Describe factors that influence personal values, goals, and consumer choices (e.g. self-concept, family members, and peers; mass media; society; and cultural and economic backgrounds).
ECDFS - A10.14	**Analyze the factors that affect the development of individuals and how to build positive relationships**
A10.14.1	Describe the factors that contribute to the development of character, personality, and self-worth.
A10.14.2	Identify personal values and goals and their effect on decisions.

Lesson 3: Attractions and Infatuation

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

A10.14.3	Analyze the characteristics and behaviors that contribute to the development of positive relationships.
A10.14.4	Describe how common values and goals promote positive lasting relationships.
A10.14.9	Describe the stages in the development of personal relationships.

Lesson 4: Principles of Smart Relationships

| **ECDFS – A10.10** | **Describe the process of making consumer decisions, including the comparison of goods and services.** |
| A10.10.1 | Define values, goals, needs, and wants. |

ECDFS - A10.14	**Analyze the factors that affect the development of individuals and how to build positive relationships**
A10.14.2	Identify personal values and goals and their effect on decisions.
A10.14.3	Analyze the characteristics and behaviors that contribute to the development of positive relationships.
A10.14.4	Describe how common values and goals promote positive lasting relationships.
A10.14.7	Identify the purposes and qualities of friendships.
A10.14.9	Describe the stages in the development of personal relationships.

Lesson 5: Is It a Healthy Relationship?

| **ECDFS - A10.10** | **Describe the process of making consumer decisions, including the comparison of goods and services.** |
| A10.10.1 | Define values, goals, needs, and wants. |

ECDFS – A10.14	**Analyze the factors that affect the development of individuals and how to build positive relationships.**
A10.14.2	Identify personal values and goals and their effect on decisions.
A10.14.3	Analyze the characteristics and behaviors that contribute to the development of positive relationships.
A10.14.4	Describe how common values and goals promote positive lasting relationships.
A10.14.10	Describe responsible and irresponsible behaviors and their effect on relationships.
A10.14.11	Analyze the influence of the media in shaping attitudes and behaviors.

| **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	Explain how personal and interpersonal skills and group dynamics affect personal, family, and work life.
A2.0.2	Exhibit positive attitudes such as self-confidence, honesty, perseverance, initiative, and self-discipline.

Lesson 6: Breaking Up and Dating Violence

ECDFS - A10.16	**Apply strategies and resources for managing conflicts and crises.**
A10.16.1	Assess personal attributes and available resources for coping with conflicts and crises.
A10.16.2	Apply strategies for coping with personal, social, and work-related conflicts and crises.
A10.16.3	Explain the effects of positive and negative stress factors on psychological and physiological well-being.
ECDFS – A10.17	**Summarize the importance of wellness and safety to individual and family health and well-being.**
A10.17.16	Use the decision-making process to make responsible health choices.
A10.17.18	Explain types and symptoms of verbal, physical, and emotional abuse and their effects on physical and mental health.
A10.17.19	Compare appropriate and inappropriate ways to express emotion.
A10.17.22	Define and recognize types of manipulative behavior as well as pressures exerted by peers and media and describe strategies for prevention and management.
A10.17.27	Compare and evaluate sources of information regarding health and well-being.
A10.17.28	Identify and evaluate services and organizations that provide for emergency and health care needs.
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.**
A2.0.5	Assess and practice effective nonverbal, oral, and written communication skills appropriate for various relationships and situations.
HTR – A10.13	**Explain the strategies that enable persons to manage and balance personal, family, and work responsibilities to enhance productivity and attain a quality of life.**
A10.13.5	Apply and use the decision-making process to resolve situations with a potential for conflict and stress.

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

ECDFS - A10.10	Describe the process of making consumer decisions, including the comparison of goods and services.
A10.10.1	Define values, goals, needs, and wants.
A10.10.4	Describe factors that influence personal values, goals, and consumer choices (e.g. self-concept, family members, and peers; mass media; society; and cultural and economic backgrounds).
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 function of the family in providing a nurturing environment for its members and its influence on self-esteem, values, and relationships.
ECDFS - A10.14	Analyze the factors that affect the development of individuals and how to build positive relationships
A10.14.1	Describe the factors that contribute to the development of character, personality, and self-worth.
A10.14.2	Identify personal values and goals and their effect on decisions.
A10.14.3	Analyze the characteristics and behaviors that contribute to the development of positive relationships.
A10.14.10	Describe the responsible and irresponsible behaviors and their effect on relationships.
A10.14.14	Analyze the meaning and responsibilities of commitment to one person in marriage.
ECDFS - A10.17	Summarize the importance of wellness and safety to individual and family health and well-being.
A10.17.16	Use the decision-making process to make responsible health choices.
A10.17.18	Explain types and symptoms of verbal, physical, and emotional abuse and their effects on physical and mental health.
A10.17.19	Compare appropriate and inappropriate ways to express emotions.

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 function of the family in providing a nurturing environment for its members and its influence on self-esteem, values, and relationships.

ECDFS - A10.14	**Analyze the factors that affect the development of individuals and how to build positive relationships**
A10.14.3	Analyze the characteristics and behaviors that contribute to the development of positive relationships.
A10.14.5	Demonstrate how effective verbal and nonverbal communication skills build positive relationships, enhance self-esteem, and increase respect for others.
A10.14.6	Describe communication strategies and resources that help individuals manage conflicts and crises in order to build successful relationships.
A10.14.10	Describe responsible irresponsible behaviors and their effect on relationships.
ECDFS - A10.16	**Apply strategies and resources for managing conflicts and crises.**
A10.16.2	Apply strategies for coping with personal, social, and work-related conflicts and crises.
ECDFS - A10.17	**Summarize the importance of wellness and safety to individual and family health and well-being.**
A10.17.18	Explain types and symptoms of verbal, physical, and emotional abuse and their effects on physical and mental health.
A10.17.19	Compare appropriate and inappropriate ways to express emotions.
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	Explain how personal and interpersonal skills and group dynamics affect personal, family, and work life.
A2.0.5	Assess and practice effective nonverbal, oral, and written communication skills appropriate for various relationships and situations.

Lesson 9: Communication Challenges and More Skills

ECDFS - A10.14	**Analyze the factors that affect the development of individuals and how to build positive relationships**
A10.14.5	Demonstrate how effective verbal and nonverbal communication skills build positive relationships, enhance self-esteem, and increase respect for others.
A10.14.6	Describe communication strategies and resources that help individuals manage conflicts and crises in order to build successful relationships.

A10.14.10	Describe responsible and irresponsible behaviors and their effect on relationships.
ECDFS – A10.16	**Apply strategies and resources for managing conflicts and crises.**
A10.16.2	Apply strategies for coping with personal, social, and work-related conflicts and crises.
ECDFS - A10.17	**Summarize the importance of wellness and safety to individual and family health and well-being.**
A10.17.19	Compare appropriate and inappropriate ways to express emotions.
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	Explain how personal and interpersonal skills and group dynamics affect personal, family, and work life.
A2.0.5	Assess and practice effective nonverbal, oral, and written communication skills appropriate for various relationships and situations.

Lesson 10: Sexual Decision-Making

ECDFS - A10.10	**Describe the process of making consumer decisions, including the comparison of goods and services.**
A10.10.1	Define values, goals, needs, and wants.
ECDFS – A10.14	**Analyze the factors that affect the development of individuals and how to build positive relationships.**
A10.14.2	Identify personal values and goals and their effect on decisions.
A10.14.6	Describe communication strategies and resources that help individuals manage conflicts and crises in order to build successful relationships.
A10.14.9	Describe the stages in the development of personal relationships
A10.14.10	Describe responsible and irresponsible behaviors and their effect on relationships.
ECDFS – A10.16	**Apply strategies and resources for managing conflicts and crises.**
A10.16.2	Apply strategies for coping with personal, social, and work-related conflicts and crises.
ECDFS – A10.17	**Summarize the importance of wellness and safety to individual and family health and well-being.**
A10.17.16	Use the decision-making process to make responsible health choices.
A10.17.17	Identify high-risk health behaviors and their effects on individuals and society.

A10.17.20	Describe various types and consequences of substance abuse.
HTR – A10.13	**Explain the strategies that enable persons to manage and balance personal, family, and work responsibilities to enhance productivity and attain a quality of life.**
A10.13.5	Apply and use the decision-making process to resolve situations with a potential for conflict and stress.

Lesson 11: Pregnancy, STIs and HIV

ECDFS - A10.10	**Describe the process of making consumer decisions, including the comparison of goods and services.**
A10.10.1	Define values, goals, needs, and wants.
ECDFS – A10.14	**Analyze the factors that affect the development of individuals and how to build positive relationships.**
A10.14.2	Identify personal values and goals and their effect on decisions.
A10.14.6	Describe communication strategies and resources that help individuals manage conflicts and crises in order to build successful relationships.
A10.14.10	Describe responsible and irresponsible behaviors and their effect on relationships.
CDFS – A10.17	**Summarize the importance of wellness and safety to individual and family health and well-being.**
A10.17.16	Use the decision-making process to make responsible health choices.
A10.17.17	Identify high-risk health behaviors and their effects on individuals and society.
A10.17.20	Describe various types and consequences of substance abuse.
A10.17.22	Define and recognize types of manipulative behavior as well as pressures exerted by peers and media and describe strategies for prevention and management.
HTR – A10.13	**Explain the strategies that enable persons to manage and balance personal, family, and work responsibilities to enhance productivity and attain a quality of life.**
A10.13.5	Apply and use the decision-making process to resolve situations with a potential for conflict and stress.

Lesson 12: Unintended Pregnancy Through the Eyes of a Child

ECDFS - A10.5	**Summarize the decisions and responsibilities involved in parenting in various cultures.**

A10.5.1	Analyze factors to consider when determining readiness for parenting and identify parenting responsibilities.
A10.5.2	Describe parenting skills that contribute to the optimum development of children through meeting their physical, emotional, social, and intellectual needs.
A10.5.3	Analyze the major decisions, changes, and adjustments required of parents.
A10.5.4	Describe and evaluate the responsibilities, styles, and strategies of parenting.
ECDFS – A10.6	**Describe and identify the stages of pregnancy, from conception through birth and the implications of environment and heredity on the health and well-being of a child.**
A10.6.2	Analyze the effects of prospective parents' nutrition, health, medical care, heredity, environment and lifestyle on prenatal development.
ECDFS - A10.7	**Explain the importance of studying child growth and development from infancy through adolescence.**
A10.7.3	Analyze the effects of heredity and environment on the physical, social, emotional, and intellectual development of children.
A10.7.4	List factors that contribute to the optimal development of children.
ECDFS - A10.8	**Explain positive guidance and discipline techniques that promote feelings of self-worth as they apply to the developmental stages of children.**
A10.8.1	Describe and compare various approaches to child guidance and their effect on self-worth.
A10.8.4	Analyze the relationship of guidance and communication techniques to the development of self-worth and discipline.
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 function of the family in providing a nurturing environment for its members and its influence on self-esteem, values, and relationships.
A10.13.3	Analyze the differences in family structures and their effect on society.
ECDFS – A10.14	**Analyze the factors that affect the development of individuals and how to build positive relationships.**
A10.14.16	Analyze the impact of parenthood on relationships.

ECDFS - A10.15	Describe the adjustments needed to adapt to major life changes throughout the human life cycle.
A10.15.3	Explain how role models influence infants', children's, and adolescents' ability to cope.

Lesson 13: Teens, Technology and Social Media

ECDFS – A10.10	Describe the process of making consumer decisions, including the comparison of goods and services.
A10.10.4	Describe factors that influence personal values, goals, and consumer choices (e.g. self-concept, family members, and peers; mass media; society; and cultural and economic backgrounds).

ECDFS – A10.14	Analyze the factors that affect the development of individuals and how to build positive relationships.
A10.14.1	Describe the factors that contribute to the development of character, personality, and self-worth.
A10.14.11	Analyze the influence of the media in shaping attitudes and behaviors.

ECDFS - A10.15	Describe the adjustments needed to adapt to major life changes throughout the human life cycle.
A10.15.4	Explain how changes in technology impact children and adolescents and describe methods for managing its appropriate use.

HTR – A10.13	Explain the strategies that enable persons to manage and balance personal, family, and work responsibilities to enhance productivity and attain a quality of life.
A10.13.4	Explain ways in which technology affects personal, family, and work life and evaluate its use in managing and balancing responsibilities.