

Health Relationships Scales 2018-2019

10th-12th Grade Des Moines Public Schools

Course Description: Students will study various relationships through the course of the life cycle. Students will learn how to improve relationships as well as explore resources for adjusting to change and crisis. Students will analyze skills needed to establish positive relationships with others and make healthy relationship choices.

Topic	2	3	4
<p>Relationship with Self and Others NFCS Standards: <u>13.2.1:</u> Analyze the effects of personal characteristics on relationships. <u>NFCS13.2.5:</u> Explain the effects of personal standards and behaviors on interpersonal relationships. <u>NFCS13.3.1:</u> Analyze communication styles and their effects on relationships. <u>NFCS13.6.1:</u> Apply critical thinking and ethical criteria to evaluate interpersonal relationships. <u>NFCS13.3.1:</u> Analyze communication styles and their effects on relationships.</p>	<p><u>Students will be able to define the following terms:</u></p> <ul style="list-style-type: none"> • Verbal communication, nonverbal communication, stress, stressor, coping mechanisms (skill), compromise, conflict, conflict resolution <p><u>Students will:</u></p> <ul style="list-style-type: none"> • Identify types of values. • List and describe styles of communication. • Determine positive stress management strategies for specific stressors. • Identify different conflict resolution techniques. • Identify and describe positive and negative workplace behaviors. 	<p><u>Students will:</u></p> <ul style="list-style-type: none"> • Evaluate influences on personal values. • Differentiate between communication styles and their impact on relationships. • Predict how stress effects relationships. • Apply decision making and problem solving techniques to reduce and manage conflict. • Evaluate workplace behaviors to maintain positive workplace environment. 	<p><u>In addition to score 3.0 performance, the student demonstrates in-depth inferences and applications that go beyond the learning goal.</u></p> <ul style="list-style-type: none"> • Analyze yourself in regards to values, stress, communication, conflict and your relationship with yourself and others. Develop an action plan. • Describe and illustrate the effect of culture on values, stress, communication, and conflict.
<p>Committed Relationships and Sexual Health NFCS Standard: <u>13.3.1:</u> Analyze communication styles and their effects on relationships. NSES PR.12.CC.1: Analyze the influences that may have an impact on deciding whether or when to engage in sexual behaviors.</p>	<p><u>Students will be able to define the following terms:</u></p> <ul style="list-style-type: none"> • Personal boundaries, Consent, hormonal birth control, barrier birth control, behavioral birth control, viral STD's, bacterial STD's, cohabitation, engagement, separation, divorce, grief 	<p><u>Students will:</u></p> <ul style="list-style-type: none"> • Develop an argument for delaying or engaging in sexual activities. • Recommend ways to avoid unintended pregnancies or STDs • Develop personal boundaries to evaluate the 	<p><u>In addition to score 3.0 performance, the student demonstrates in-depth inferences and applications that go beyond the learning goal.</u></p> <ul style="list-style-type: none"> • Develop a strategy to teach sexual consent to peers. • How would you determine which birth control method

<p><u>NSES PR.12.INF.1:</u> Compare and contrast the advantages and disadvantages of abstinence and other contraceptive methods.</p> <p><u>NSES SH.12.CC.1:</u> Evaluate the effectiveness of abstinence, condoms and other safe sex methods in preventing the spread of STD's.</p> <p><u>NFCS 13.1:</u> Analyze the functions and expectations of various types of relationships.</p> <p><u>NFCS 13.1.2:</u> Predict the effects of various stages of the family life cycle on interpersonal relationships.</p> <p><u>NFCS 13.2.4:</u> Analyze the effects of life span events and conditions on relationships.</p>	<p><u>Students will:</u></p> <ul style="list-style-type: none"> • Identify positive and negative influences in the decision to engage in sexual activity. • Explain how birth control works to prevent pregnancy • Describe common symptoms and treatments of STD's • Describe characteristics of healthy and unhealthy committed relationships • Compare and contrast reasons to commit to a partner (cohabitation or marriage) • Identify risk factors of divorce • Differentiate between the stages of grief. 	<p>health of a dating relationship</p> <ul style="list-style-type: none"> • Demonstrate effective strategies to end an unhealthy relationship. • Critique committed relationships and propose solutions that promote healthy change. • Predict the effects of crisis, such as divorce or death, on a committed relationship. 	<p>would work best in a given scenario?</p> <ul style="list-style-type: none"> • Develop a plan to reduce the risk for STD's for teens. • Examine different committed relationships and their risk of divorce
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