

# Relationship Smarts PLUS – 6<sup>th</sup>-8<sup>th</sup> Grade

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

- Possible Selves Tree
- My Friend and My Future
- Being Yourself: Dealing With Pressure Situations

## **Lesson 2: Maturity Issues and What I Value**

- The Four Dimensions of Maturity
- Maturity—Where Are You?
- Clarifying Values
- What’s Important to Me?

## **Lesson 3: Attractions and Infatuation**

- Test your Love Smarts
- Relationship Pyramid
- The Chemistry of Attraction

## **Lesson 4: Principles of Smart Relationships**

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

## **Lesson 5: Is It a Healthy Relationship?**

- How Can You Tell?
- Unmet Needs and Unhealthy Relationships
- Having Fun
- Tips for Teens

## **Lesson 6: Breaking Up and Dating Violence**

- Breaking Up
- Early Warnings and Red Flags
- Types of Intimate Partner Violence and Warning Signs
- Sexual Assault
- Harm to Children
- Draw the Line of Respect

## **Lesson 7: Decide, Don’t Slide!**

- Healthy Selves—Healthy Relationships
- The High-Risk Sliding Approach
- The Success Sequence
- The Low-Risk Deciding Approach
- Brief Review
- Decide, Don’t Slide!

## **Lesson 8: Communication and Healthy Relationships**

- Communication Patterns Learned in Family
- Patterns that Harm Relationships
- Angry Brains and the Power of Time Outs
- The Speaker Listener Technique

## **Lesson 9: Communication Challenges and More Skills**

- Complain and Raise Issues Effectively
- Hidden Issues Under Arguments
- A Simple Problem-Solving Model
- Taking Care of Relationships
- A Brief Review

## **Lesson 10: Sexual-Decision Making**

- Sex and Sliding
- The Six Parts of Intimacy
- Understanding Sexual Regrets
- Risky Situations for Sex
- Know Your Personal Line

## **Lesson 11: Pregnancy, STDs and HIV**

- Test Your Knowledge about Sex, Pregnancy, and STDs/HIV
- STDs and HIV Are for Real
- Alcohol and Drugs—Increasing the Risks
- Pressure Situations and Assertiveness Skills
- My Personal Plan

## **Lesson 12: Unplanned Pregnancy through the Eyes of a Child**

- What a Child Wants
- What About Fathers?
- What the Music Says
- Child Speak—Brighter Futures
- The Success Sequence

## **Lesson 13: Teens, Technology and Social Media**

- What’s Real?
- Constantly Connected—For Better or Worse
- Romantic Relationships and Social Media
- Sexting, Cyberbullying, and Porn—Reality and Risks
- Personal Policies on Social Media
- Planning for Success

*Colored Activity Cards*

**Special note:** Each lesson contains a *Parent-Teen Connection* Activity