

Healthy Relationships

EARLY
ELEMENTARY

LATE
ELEMENTARY

MIDDLE
SCHOOL

HIGH SCHOOL

A. FAMILY

Members of a family can be the most important sources of love, support and guidance to promote personal health and well-being and create healthy communities.
References: [39, 65, 71-81]

STUDENTS WILL BE ABLE TO:

- 2.A.1. Identify factors that contribute to the success and legacy of the family, such as empathy, kindness, honesty, respect, trust, overcoming adversity, patience and forgiveness.
- 2.A.2. Explain how healthy families typically share values, provide love and emotional support, set boundaries and limits, and help members achieve their full potential.
- 2.A.3. Identify parents, family members and trusted adults with whom to discuss the life cycle, (i.e., birth, growing, aging, and death).
- 2.A.4. Explain the importance of relationships with parents, family members and trusted adults for guidance and support in discussing sexual topics.
- 2.A.5. Describe ways in which media, social media, and technology can both strengthen and threaten family relationships.
- 2.A.6. Discuss how those from difficult family backgrounds can make healthy decisions and achieve healthy marriages and families of their own in the future.
- 2.A.7. Report on research regarding family structure and how it contributes to optimal health and well-being of children, adults and communities.
- 2.A.8. Compile research on the negative effects of adverse childhood experiences (ACEs), such as emotional and physical abuse, and how they can be overcome.

B. FRIENDSHIPS

Healthy friendships play an important role in human development and healthy decision-making.
References: [82-89]

STUDENTS WILL BE ABLE TO:

- 2.B.1. List characteristics of healthy friendships, including empathy, sharing, kindness, honesty, respect, trust, cooperation, patience and forgiveness.
- 2.B.2. Identify benefits of healthy friendships and social supports for physical, intellectual, emotional, social and spiritual well-being, including encouragement to make healthy choices and achieve one's full potential.
- 2.B.3. Demonstrate effective communication skills that will help make and sustain healthy friendships, including listening and using respectful language for sharing emotions and opinions.
- 2.B.4. Explain why good friends don't encourage unhealthy choices, exploit each other, socially isolate, gossip, name call, bully or stigmatize.
- 2.B.5. Define and discuss positive strategies to address bullying, resolve conflict and provide positive peer support.
- 2.B.6. Describe how character strengths practiced in friendships, such as honesty and respect, contribute to healthy dating relationships and healthy marriages in the future.

Healthy Relationships

EARLY
ELEMENTARY

LATE
ELEMENTARY

MIDDLE
SCHOOL

HIGH SCHOOL

C. DATING

Healthy and safe dating/romantic relationships, delayed until older adolescence, benefit from maturity, guidance and support.
References: [90-94]

STUDENTS WILL BE ABLE TO:

- 2.C.1. Explain why healthy friendships are the best foundation for romantic relationships.
- 2.C.2. Compare and contrast characteristics of healthy romantic relationships (respect, consideration, kindness, encouragement, giving) with those of unhealthy relationships (disrespect, selfishness, exploitation, control, dishonesty).
- 2.C.3. Analyze factors to be considered in preparing for dating and marriage, including setting personal boundaries, respecting family guidelines, sharing values, exploring compatibilities and marriage partner selection strategies.
- 2.C.4. Discuss different reasons for dating and how it can positively or negatively influence short- and long-term life goals.
- 2.C.5. Compare and contrast advantages and disadvantages of one-on-one dating and group dating.
- 2.C.6. Outline healthy strategies for dating such as setting boundaries, dating in groups of trusted friends, delaying individual dating until older adolescence, and dating someone of similar age.
- 2.C.7. Compare and contrast love and infatuation (lasting commitment to the well-being of another person vs. emotional attraction that is usually fleeting, intense and often irrational).
- 2.C.8. List examples of verbally and nonverbally expressing affection in healthy, nonsexual ways.
- 2.C.9. List specific personal boundaries for healthy, nonsexual physical contact, and strategies for communicating them early in dating relationships to help prevent sexual activity and dating violence.
- 2.C.10. Identify characteristics of unhealthy relationships which can lead to dating violence, coercion and abuse, and describe strategies for seeking help and support.
- 2.C.11. Explore safe and respectful ways to end an unhealthy or unwanted romantic relationship.
- 2.C.12. Cite examples of how social media and cultural influences impact dating.
- 2.C.13. Present research showing that delayed dating is related to delayed onset of sexual activity.

D. MARRIAGE

Healthy, strong marriages contribute to healthy families and communities.
References: [95-110]

STUDENTS WILL BE ABLE TO:

- 2.D.1. Define a healthy marriage as the mutually-committed, monogamous union of a couple, intended to be lifelong, that is granted rights and responsibilities by law.
- 2.D.2. Name qualities of a healthy marriage, such as mutual commitment, fidelity, respect, trust, compatibility, giving, service, effective communication, ability to resolve conflict, and sharing of values and goals.