

Relationship Smarts

12 lessons taught in Year 8 and Year 9

Training requirement: 1½ days

This element provides information that enables teenagers to navigate the world of teen relationships. The lessons build self awareness and explore maturity, values identification, goal setting and peer pressure before moving into romantic relationships.

Students learn about the building blocks for developing healthy relationships. They will consider attractions, infatuation and the ingredients of sound relationships. Key principles for smart relationships include how real intimacy develops and a realistic concept of love. Attention is paid to how to really get to know someone, how to gauge the health and safety of a relationship and how to avoid risky consequences through decision making. The lessons also cover how to deal with break-up and broken-hearts. There is attention to disrespectful and abusive relationships and skills are developed to prevent these.

The basis of the lessons is for students to be motivated to make wise decisions about relationships and understand how to develop healthy relationships.

Good to Know

This element of the curriculum has been positioned for Healthy Minds to sit alongside and complement the Sex Ed Sorted element. The joining allows students to consider and learn the physiological aspects of bodily changes and sexual relationship alongside the structures and foundations of healthy relationships.

Relationship Smarts was developed by Marline Pearson and is published by The Dibble Institute, California. The programme has been evaluated over 10 years with significant positive outcomes.

For detailed evaluation information go to <http://www.dibbleinstitute.org/love-u2-relationship-smarts-evaluations/>

Lesson One

Who Am I, Where Am I Going?

Lesson Two

Maturity Issues and What I Value

Lesson Three

Attractions and Infatuation

Lesson Four

Principles of Smart Relationships

Lesson Five

Is it a Healthy Relationship?

Lesson Six

Decide, Don't Slide

Lesson Seven

Dating Violence and Breaking Up

Lesson Eight

Communication and Healthy Relationships

Lesson Nine

Communication Challenges and More Skills

Lesson Ten

Sexual Decision Making, Exit Strategies and Refusal Skills

Lesson Eleven

Unplanned Pregnancy Through The Eyes Of a Child

Lesson Twelve

Capstone: Review and Planning for Success