



Healthy Relationships Curriculum

A Guide into Adulthood

This highly adaptable program teaches challenging life skills to school students and older individuals with various special needs.

For more information and to view sample videos, please visit:
HealthyRelationshipsCurriculum.org

What is the Healthy Relationships Curriculum?

A comprehensive lesson guide

developed by special education teachers, therapists and psychologists

A resource to address challenging topics

for students with developmental disabilities, life-skills, emotional support, autism support and more

A 38 lesson & 65+ video program

that provides students with life, social and health education they need to move into adulthood

What topics can be covered for each grade level?



ELEMENTARY SCHOOL AGE

Hygiene

Privacy

Friends

Acquaintances

Bullies

Simple Communication Styles



MIDDLE SCHOOL AGE

Puberty/Health

Social Media

Small Talk

Personal Boundaries

Consequences to Breaking Social Norms

Building Significant Friendships

+ Elementary School Topics



HIGH SCHOOL AGE & BEYOND

Job Readiness & Life After High School

Developing Personal Relationships & Dating

Understanding Their Bodies

Complex Communication Styles

Navigating the World Around Them

+ Elementary & Middle School Topics

NEW TO THE CURRICULUM IN 2020!

- Scope and sequence plan for every participant age group
- Visual response cards covering a variety of topics, test answers and emotions for non-verbal and/or non-vocal participants
- Detailed tips and suggestions for each lesson based upon on-going facilitator feedback we've received
- In-depth lessons on the importance of both general and physical consent

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Advantages of the Healthy Relationships Curriculum

- » 65+ Videos
- » Data Collection
- » On-Going
- » Visual
- » Resource Library
- » Consistent Instruction
- » Proactive vs. Reactive



What Others Are Saying

“

This curriculum helps my students understand the difference between friends, acquaintances and bullies. It will also give me a formal way to teach both hygiene and sexual education.

“

I was pulling random material from books and the internet. This gives me a 'one stop shop' for a complete curriculum.

“

Each lesson in the curriculum builds on one another and can be referred to at a later time. This will help students that require repetition to learn new skills.

Contact Us!

Learn more about how you can use the *Healthy Relationships Curriculum* in your special education classrooms.

✉ info@healthyrelationshipscurriculum.org

☎ 412-342-2302

➡ healthyrelationshipscurriculum.org

For more information and to view sample videos, please visit us at:

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What are the benefits to this curriculum?



STUDENTS & INDIVIDUALS

- » Empowers me to understand what is going on around me
- » Strengthens my relationships with my family members
- » Provides answers to my questions
- » Educates me on what is safe and unsafe in different situations
- » Teaches me about knowing and respecting personal boundaries for myself and others
- » Prepares me for personal and professional growth as I move into the next phase of life

SCHOOLS & ORGANIZATIONS

- » Meets numerous state academic standards and health requirements
- » A flexible, year-long program that can be adapted to meet all individual needs
- » Easily incorporated into any individualized education and treatment plan
- » Detailed lesson tips and suggestions based upon on-going facilitator feedback
- » Scope and sequence plan for every participant age group within special education classes
- » Visual response cards to aid communication with non-verbal participants



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