

Healthy Relationships Curriculum



Teaching Crucial Life Skills

The Healthy Relationships Curriculum was developed for schools, districts, and organizations that teaches challenging life and social skills to school students and older individuals with various needs. This extensive curriculum is designed from beginning to end to help educate, inform, prepare, and maintain healthy relationships with oneself and others, and find value in doing so to transition successfully into adulthood. This unique program can be implemented in all possible learning scenarios, in-person, hybrid, or virtual with great success!

This resource was created through a partnership with a group of special education teachers, counselors, school psychologists, and doctors to meet the needs of individuals in the areas of hygiene, health education, social media, and relationship developments through evidence-informed techniques.

Some Benefits for Individuals:

- Strengthens relationships with family members
- Provides real-life answers to questions
- Empowers young adults to better understand the world around them
- A unique way to learn social and life skills in a way they understand
- Enables students to become productive members of society

Some Benefits for Schools and Organizations:

- A flexible, year-long program that can be adapted to meet all individual needs
- Meet numerous state standards that can be incorporated into IEPs and treatment plans
- Detailed lessons and visuals to provide a proactive approach vs. reactive teaching
- Scope and sequence plan for every participant age group with various needs
- Built-in tools to quickly and easily measure learning outcomes and collect data

Contact us!

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Because of the Healthy Relationships Curriculum's digital platform, we have been able to keep our students connected and learning through the different learning approaches.

**Jerry G, Supervisor of Special Education,
IU#5**



This curriculum is wonderful and so very helpful in things that are not taught in any other curriculum.

**Kelly C, Life Skills High School Teacher,
Centennial School District**



It was definitely the most worthwhile training/PD I've ever been to and I'm super excited to start teaching these important lessons with the structure and support your program offers.

**Mary B, Special Education Teacher,
Welsh Valley Middle School**



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What's Included

Curriculum Manual: 39 lessons with more than **100** videos covering:

- Washing/Bathing
- Dental Care
- Bathroom Etiquette
- Privacy
- Puberty
- Health Education
- Friends/Acquaintances
- Bullying
- Social Media
- Communication Skills
- Consent
- Relationship Development
- Affection & Dating



Outcome Tools capture and record outcome measurements that can be shared with parents, caregivers and administrators to show real time, individual progress.

Evidence-Based Practices used throughout to promote retention among visual learners.

Over 100 Videos bring many role plays and demonstrations to life for use inside and outside the classroom setting.

Home Supplements are included with each lesson to help promote retention, growth and encourages staff interaction outside of the group.

Role Plays and Demonstrations are designed to aid in teaching the material in a concrete manner.

Ready-to-Use Lessons utilize a step-by-step approach with a list of materials needed, purposes and objectives of each lesson, and quick references to related subjects to be used in-person or remotely.

“Check for Understanding” Quizzes are included at the end of each lesson to measure retention before moving forward to the next topic.

Available Comprehensive Training builds teachers and group leaders’ confidence with individual lessons, as well as an understanding of how the lessons build on one another to function as a whole.

myHRC Online Portal is an interactive website to assist instructors in delivering the curriculum, connecting with other users and professionals, and communicating with students and their families.

We are excited to offer the Healthy Relationships Curriculum to districts and organizations.

If you are interested in finding out how this program could benefit the students and individuals you serve, please contact Jen Falkowski or Rob Anderson at

info@healthyrelationshipscurriculum.org

or

412-342-2302

www.HealthyRelationshipsCurriculum.org