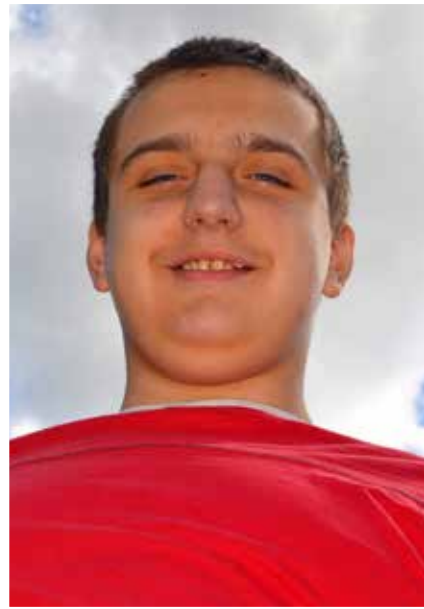


Healthy Relationships Curriculum



A Guide into Adulthood

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

What is the *Healthy Relationships Curriculum*?

A comprehensive lesson guide

with activities 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 39 lesson & 180+ (and growing) 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 and Beyond

Job Readiness & Life After High School
Developing Personal Relationships & Dating
Understanding Their Bodies
Complex Communication Styles
Understanding Social Rules
+ Elementary & Middle School Topics

New to the Curriculum

- Additional videos with Spanish-speaking actors covering the same topics spoken in English
- Online progress monitoring which consistently measures and assesses real-time individual progress and compares progress overtime with printable reports
- Create and revise online documents that are easy to save and share with individuals, families and caregivers
- Expansion of the online video library
- Scenario cards for each lesson according to grade/cognitive abilities (elementary, middle and high school levels)
- Games and activities to supplement select lessons

Table of Contents

Support Materials	29
<i>Curriculum Overview</i>	
<i>Curriculum Outline</i>	
<i>Curriculum Materials List</i>	
<i>Skill Evaluation: Module 1</i>	
<i>Skill Evaluation: Module 3</i>	
<i>Skill Acquisition and Retention Log</i>	
Introductory Lessons	74
Module 1: Caring for Myself	91
Support Materials	92
<i>Materials List</i>	
<i>Participant Tracking/Progress Monitoring Form</i>	
<i>Pre/Post-test</i>	
Lesson 1: Washing	109
<i>Facilitator Preparation</i>	
<i>Lesson Plan</i>	
▶ Video: Handwashing Demonstration (Available in Spanish)	
<i>Check for Understanding: Why and When to Wash Questions</i>	
<i>Home Supplement</i>	
<i>Hand Washing Checklist</i>	
<i>Hair Washing Instructions</i>	
Lesson 2: Bathing and Showering	122
<i>Facilitator Preparation</i>	
<i>Role Play: In the Shower</i>	
<i>Lesson Plan</i>	
▶ Videos: Showering Demonstrations (Available in Spanish) and Shaving Demonstration (Available in Spanish)	
<i>Check for Understanding: Shower/Bath Activity</i>	
<i>Home Supplement</i>	
<i>Shower/Tub Checklist</i>	
Lesson 3: Dental Care	141
<i>Facilitator Preparation</i>	
<i>Lesson Plan</i>	
▶ Videos: Brushing and Flossing Demonstrations (Available in Spanish)	
<i>Check for Understanding: Dental Activity</i>	

Home Supplement
Dental Checklist
Teeth Brushing Instructions

Lesson 4: Toileting and Bathroom Etiquette 157


Facilitator Preparation
Role Play: Going to the Bathroom
Role Play: Bathroom Etiquette
Lesson Plan

 **Videos:** Bathroom Etiquette Role Play and Going to the Bathroom Role Play (Available in Spanish)

Check for Understanding: Toileting Questions
Home Supplement

Lesson 5: Bedroom/Sleeping Area Organization 168

Facilitator Preparation
Role Play: Bedroom/Sleeping Area Organization
Lesson Plan

 **Videos:** Cleaning My Bedroom Demonstration (Available in Spanish) and Bedroom Organization Role Plays

Check for Understanding: Cleanliness and Neatness Questions
Home Supplement
"Am I Presentable?" Checklist

Lesson 6: Privacy 180

Facilitator Preparation
Lesson Plan

 **Videos:** Dressing in Private Demonstration (Available in Spanish), Bad Habits Demonstration, Asking for Someone's Password Role Play (Available in Spanish) and Sharing Private Information Role Play

Check for Understanding: Privacy Questions
Home Supplement

Module 2: Understanding My Body 189

Support Materials 190

Materials List
Pre/Post-test

Lesson 1: Human Development 203

Facilitator Preparation
Lesson Plan
Check for Understanding: Human Development Questions
Home Supplement

Lesson 2: Puberty 210

Facilitator Preparation
Lesson Plan

Check for Understanding: Puberty Questions
Home Supplement

Lesson 3: Male Genitalia **218**

Facilitator Preparation
Male Genitalia: Terms and Definitions
Lesson Plan
Check for Understanding: Male Genitalia Questions
Home Supplement
Male Genitalia Illustration

Lesson 4: Female Genitalia **229**

Facilitator Preparation
Female Genitalia: Terms and Definitions
Lesson Plan

 **Video: Disposal of Sanitary Napkins Demonstration (Available in Spanish)**

Check for Understanding: Female Genitalia Questions
Home Supplement
Interior Female Genitalia Illustration
Exterior Female Genitalia Illustration
Feminine Product Disposal Guidelines

Lesson 5: Sex **242**

Facilitator Preparation
Sexually Transmitted Infections: An Overview
Common STIs: Terms and Definitions
Lesson Plan

 **Video: Physical Contact Demonstration (Available in Spanish)**

Check for Understanding: Sex Questions
Home Supplement





Lesson 6: Pregnancy and Childbirth **262**

Facilitator Preparation
Pregnancy and Childbirth: An Overview
Lesson Plan
Check for Understanding: Pregnancy and Childbirth Questions
Home Supplement
Pregnancy Illustration

Module 3: Relationship Development **270**

Support Materials **272**

Materials List
Participant Tracking/Progress Monitoring Form
Pre/Post-test

Lesson 1: People I Encounter	303
<i>Facilitator Preparation</i>	
<i>Lesson Plan</i>	
<i>Check for Understanding: People I Encounter Form</i>	
<i>Home Supplement</i>	
Lesson 2: Different Types of Relationships	310
<i>Facilitator Preparation</i>	
<i>Lesson Plan</i>	
<i>Check for Understanding: Different Types of Relationships Questions</i>	
<i>Home Supplement</i>	
<i>Traffic Light Illustration</i>	
Lesson 3: What is a Friend?	317
<i>Facilitator Preparation</i>	
<i>Role Play: Friends</i>	
<i>Lesson Plan</i>	
 Video: Friends Role Play	
<i>Check for Understanding: Friendship Questions</i>	
<i>Home Supplement</i>	
Lesson 4: What is an Acquaintance?	325
<i>Facilitator Preparation</i>	
<i>Role Play: Acquaintances</i>	
<i>Lesson Plan</i>	
 Video: Acquaintances Role Play	
<i>Check for Understanding: Acquaintance Questions</i>	
<i>Home Supplement</i>	
Lesson 5: What is a Bully?	332
<i>Facilitator Preparation</i>	
<i>Role Play: Bullies</i>	
<i>Lesson Plan</i>	
 Videos: Bullies Role Play, Being Set Up to Do Something Role Play and Peer Pressure Role Play	
<i>Check for Understanding: Bully Questions</i>	
<i>Home Supplement</i>	
Lesson 6: Making Friends and Ready for Dating	339
<i>Facilitator Preparation</i>	
<i>The 44 Questions</i>	
<i>Lesson Plan</i>	
 Videos: Friendship vs. Dating Role Play and Uncomfortable Interaction Role Play	
<i>Check for Understanding: Friends and Dating Questions</i>	
<i>Home Supplement</i>	
Lesson 7: Understanding Social Media	348

Facilitator Preparation

Lesson Plan

▶ **Videos:** Social Media Role Play, Scamming Dangers Role Play and Dating Websites and Apps Role Play

Check for Understanding: Social Media Questions

Home Supplement

Lesson 8: How to Use Social Media Safely

354

Facilitator Preparation

Practice Outing: FBI Presentation

FBI/Law Enforcement/Justice Invitation Letter

Parent Invitation Letter

Lesson Plan

▶ **Videos:** Social Media Role Play, Scamming Dangers Role Play and Dating Websites and Apps Role Play

Check for Understanding: Social Media Safety Questions

Home Supplement

Social Media Safety Guidelines

Lesson 9: Small Talk, Part 1

367

Facilitator Preparation

Role Play: Making Small Talk

Lesson Plan

▶ **Videos:** Making Small Talk Role Play, Conversations with Co-Workers Role Play and Conversations with Other Participants Role Play

Check for Understanding: Small Talk Questions

Home Supplement

Small Talk Topic Suggestions

Lesson 10: Small Talk, Part 2

376

Facilitator Preparation

Role Play: More Small Talk

Lesson Plan

▶ **Videos:** More Small Talk Role Play, Customer Service Role Play and Interacting with Authority Role Play

Check for Understanding: Small Talk Topics List

Home Supplement

Sample Small Talk Topics List

Lesson 11: Private Talk

384

Facilitator Preparation

Role Play: Private Talk

Practice Outing: Where and When to use Private Talk

Lesson Plan

▶ **Videos:** Private Talk Role Play and Where and When to use Private Talk Role Play

Check for Understanding: Private Talk Questions

Lesson 12: Secrets 394

Facilitator Preparation

Role Play: Secrets

Lesson Plan

 **Videos:** Secrets Role Play and Asking for Someone's Password Role Play

Check for Understanding: Secrets Questions

Home Supplement

Lesson 13: Personal Space 403

Facilitator Preparation

Role Play: Personal Space

Lesson Plan

 **Video:** Personal Space Role Play

Check for Understanding: Personal Space Questions

Home Supplement

Lesson 14: Voice Volume 412

Facilitator Preparation

Role Play: Voice Volume

Practice Outing: Personal Space and Voice Volume

Lesson Plan

 **Video:** Voice Volume Role Play

Check for Understanding: Volume Meter

Home Supplement

Volume Meter Illustration

Lesson 15: Review of Friend, Acquaintance and Bully 421

Facilitator Preparation

Practice Outing: Friend, Acquaintance and Bully

 **Videos:** Friends Role Play, Acquaintances Role Play, Bullies Role Play and Practice Outing Role Play

Check for Understanding: People I Encounter Form Review

Home Supplement

Lesson 16: Breaking Social Boundaries and Likely Consequences, Part 1 427

Facilitator Preparation

Role Play: Breaking Social Boundaries 1

Lesson Plan

 **Videos:** Bad Habits Demonstration (Available in Spanish), Better Ways Demonstration, Breaking Social Boundaries Part 1 Role Play, Interacting with Co-Workers Role Play and Asking for Someone's Password Role Play (Available in Spanish)

Check for Understanding: Social Boundaries Questions 1

Home Supplement

Lesson 17: Breaking Social Boundaries and Likely Consequences, Part 2 437

Facilitator Preparation

Role Play: Breaking Social Boundaries 2

Practice Outing: Maintaining Proper Social Boundaries

Lesson Plan

 **Video: Breaking Social Boundaries Part 2 Role Play**

Check for Understanding: Social Boundaries Questions 2

Home Supplement

Lesson 18: Types of Physical Affection 446

Facilitator Preparation

Role Play: Affection Between Friends

Physical Affection Form

Lesson Plan

 **Video: Affection Between Friends Role Play**

Check for Understanding: Physical Affection Questions

Home Supplement

Lesson 19: General Consent 454

Facilitator Preparation

Lesson Plan

 **Video: General Consent Scenarios Role Play**

Check for Understanding: General Consent Questions

Home Supplement

Lesson 20: Consent for Physical Affection 463

Facilitator Preparation

Lesson Plan

 **Video: Consent for Physical Affection Scenarios Role Play**

Check for Understanding: General Consent Questions

Home Supplement

Lesson 21: Romantic Affection 474

Facilitator Preparation

Role Play: Romantic Affection

Lesson Plan

 **Video: Romantic Affection Role Play**

Check for Understanding: Romantic Affection Questions

Home Supplement

Lesson 22: What is a Date? 483

Facilitator Preparation

Role Play: Asking for a Date

Lesson Plan

 **Video: Asking for a Date Role Play and Introducing the Phases to Dating Role Play**

Check for Understanding: Dating Questions

Home Supplement

How to Ask for a Date Scenarios

Lesson 23: How to Prepare for a Date

494

Facilitator Preparation

Lesson Plan

▶ **Video:** Dressing for Dates Role Play and Dating Online Role Play

Check for Understanding: How to Prepare for a Date Questions

Home Supplement

Lesson 24: What to Do on a Date

505

Facilitator Preparation

Role Play: Dinner Date Conversation

Lesson Plan

▶ **Videos:** Dating Scenarios Role Play, Dinner Date Conversations Role Play, Making Small Talk on a Date Role Play and Dating Scenarios Conversation Starters Role Play

Check for Understanding: Dating Activities Questions

Home Supplement

Dating Scenarios

▶ **General Role Play Videos:** Drugs and Alcohol, How Poor Hygiene May Affect Your Life, Journey Through the Stages of a Relationship, Making Others Uncomfortable and Being Persuaded by Others

For additional information, to view sample videos
& start your free trial, please learn more at
HealthyRelationshipsCurriculum.org

Advantages of the *Healthy Relationships Curriculum*

- Extensive Video Library
- Online Progress Monitoring & Data Collection
- On-Going
- Visual & Adaptable Activities
- Resource Library
- Consistent Instruction
- Proactive vs. Reactive
- Parent/Caregiver Involvement
- Online Skill Comprehension Opportunities



What Facilitators are Saying

“

I have got to say HRC has made our ability to teach lessons so much better! The students love the video role plays and have really shown growth/learning, especially with how to respond to bullies and self-care. I can see why using this over a span of multiple years is important.

Alicia A.
School Psychologist
Naperville North High School, IL

“

We should be thanking YOU! This curriculum is wonderful and so very helpful in things that are not taught in any other curriculum. I recommend the program to every middle school and high school teacher I talk to.

Kelly G.
High School Sp. Ed. Teacher
Centennial School District, PA

“

The program is very user friendly and covers a wide variety of topics that could benefit a wide range of the student population. It has definitely made having some “difficult” or awkward conversations easier to have, and you can see the students learning.

Stephanie C.
High School Sp. Ed. Teacher
Santa Rosa City Schools, CA

Contact Us!

Learn more about how you can use the *Healthy Relationships Curriculum* in your school or organization.

 info@healthyrelationshipscurriculum.org

 412-342-2302

 healthyrelationshipscurriculum.org

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
- Demonstrates online safety for me, allowing me to understand and practice interacting with others on social media in ways that protect me
- Allows me to learn however I learn best: using videos, role plays, discussions, making lists, playing games or even doing some activities several times until I understand them

Schools & Organizations

- Meets numerous state academic standards and health requirements
- A flexible, year-long program that can be adapted to meet all individual needs
- Digital participant tracking tools and reports to demonstrate and measure how IEP or treatment goals are being met
- 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 and assessments to aid communication with non-verbal participants

Contact Us

- ✉ info@healthyrelationshipscurriculum.org
- ☎ 412-342-2302
- ➔ healthyrelationshipscurriculum.org