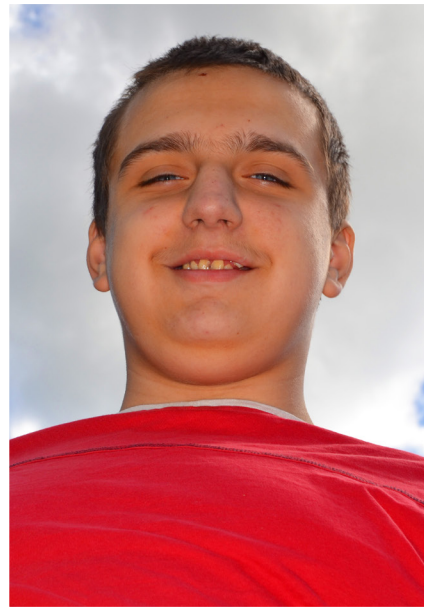


Healthy Relationships Curriculum



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

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▶ **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

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- ➡ healthyrelationshipscurriculum.org