

Colorado CTE Course – Scope and Sequence

Course Name	Interpersonal Relationships		Course Details	65 Class Periods- 45 Minutes Each	
			Course = 0.50 Carnegie Unit Credit		
Course Description	The purpose of the course is to acquire academic knowledge and understanding for healthy, respectful, and caring relationships across the life span. Emphasis is placed on family and friend dynamics, effective communication, and healthy interpersonal relationships.				
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.				
SCED Identification #		Schedule calculation based on 60 calendar days of a 90-day semester. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.			
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills . The technical standards for Family and Consumer Sciences are found on the National Administrators for Family and Consumer Sciences website at http://www.nasafacs.org/national-standards-and-competencies.html					
Instructional Unit Topic	Suggested Length of Instruction	CTE or Academic Standard Alignment	Competency / Performance Indicator	Outcome / Measurement	CTSO Integration
Unit 1: Interpersonal Relationships		13.1 - Analyze functions and expectations of various types of relationships	<p>13.1.1 - Analyze processes for building and maintaining interpersonal relationships.</p> <p>13.1.2 - Predict the effects of various stages of the family life cycle on interpersonal relationships.</p> <p>13.1.3 - Compare physical, emotional, spiritual and intellectual</p>	<p>Reflective writing-Guest speaker-TESSA</p> <p>Reflective writing-Guest Speaker-Marriage Counselor</p> <p>Types of Relationships Web</p> <p>Friendship Quizzes</p> <p>Friendship stories and questions</p> <p>Speed Friending</p> <p>Family Structures Popup</p> <p>Family Life Cycle Rotations</p> <p>American Families Statistics</p> <p>My Family Album Project</p> <p>Mate Selection Interviews and Mate Selection Theories</p> <p>Dating Stations</p> <p>My Future Mate Handbook</p> <p>Love Ladder</p> <p>Engagement Info</p> <p>Married at First Sight show and questions</p>	Interpersonal communication

			<p>functioning in stable and unstable relationships.</p> <p>13.1.4 - Analyze factors that contribute to healthy and unhealthy relationships.</p> <p>13.1.5 - Analyze processes for handling unhealthy relationships.</p> <p>13.6 - Demonstrate stress management strategies for family, work, and community settings.</p>	<p>Role Expectations Wedding Costing Project My Big Fat Greek Wedding</p>	
<p>Unit 2: Intrapersonal Relationships</p>		<p>13.2 - Analyze personal needs and characteristics and their effects on interpersonal relationships.</p>	<p>13.2.1 - Analyze the effects of personal characteristics on relationships.</p> <p>13.2.2 - Analyze the effect of personal need on relationships</p> <p>13.2.3 - Analyze the effects of self-esteem and self-image on relationships.</p> <p>13.2.4 - Analyze the effects of life span events and conditions on relationships.</p>	<p>Personality/self Assessments Love language assessment How Strong is my Self-Concept? Self Concept Circle Values Appraisal Scale Values Auction Goal-Setting activities Decision-making activities 7 habits of Highly Effective Teens Personal Mission Statement</p>	<p>-Professional Presentation -Interpersonal communication</p>

			13.2.5 - Explain the effects of personal standards and behaviors on interpersonal relationships.		
Unit 3: Communication		13.3 - Demonstrate communication skills that contribute to positive relationships.	<p>13.3.1 - Analyze communication styles and their effects on relationships</p> <p>13.3.2 - Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.</p> <p>13.3.3 - Demonstrate effective listening and feedback techniques.</p> <p>13.3.4 - Analyze strategies to overcome communication barriers in family, community and work settings.</p> <p>13.3.5 - Apply ethical principles of communication in family, community and work settings</p> <p>13.3.6 - Analyze the effects of technology on communications in</p>	<p>Communication Notes</p> <p>Verbal vs. non-verbal communication</p> <p>Effective communication = communication do's and don'ts</p> <p>"I" messages</p> <p>Effective Communication</p> <p>Drawing activities</p>	

			<p>family, work, and community settings</p> <p>13.3.7 - Analyze the roles and functions of communications in family, work, and community settings</p>		
<p>Unit 4: Conflict Prevention & Management</p>		<p>13.4 - Evaluate effective conflict prevention and management techniques</p>	<p>13.4.1 - Analyze the origin and development of attitudes and behaviors regarding conflict</p> <p>13.4.2 - Explain how similarities and differences among people affect conflict prevention and management</p> <p>13.4.3 - Apply the roles of decision making and problem solving in reducing and managing conflict</p> <p>13.4.4 - Demonstrate nonviolent strategies that address conflict.</p> <p>13.4.5 - Demonstrate effective responses to harassment</p>	<p>Conflict Management Styles and scenarios Decision Making Scenarios Apology Languages Love Languages 4 Horsemen/John Gottman Project Marriage WebQuest</p>	<p>Professional Presentation Interpersonal communication</p>

			13.4.6 - Assess community resources that support conflict prevention and management		
Unit 5: Collaboration & Teamwork		13.5 - Demonstrate teamwork and leadership skills in the family, workplace, and community.	<p>13.5.1 Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.</p> <p>13.5.2 Demonstrate strategies to motivate, encourage, and build trust in group members.</p> <p>13.5.3 Demonstrate strategies that utilize the strengths and minimize the limitations of team members.</p> <p>13.5.4 Demonstrate techniques that develop team and community spirit.</p> <p>13.5.5 Demonstrate ways to organize and delegate responsibilities.</p> <p>13.5.6 Create strategies to integrate new members into the</p>	<p>Class Syllabus</p> <p>Social Contract</p> <p>Team Building Activities</p> <p>Theme Song Project</p> <p>Genius Hour Project</p>	

			<p>team.</p> <p>13.5.7 Demonstrate processes for cooperating, compromising, and collaborating.</p>		
<p>Unit 6: Issues Impacting Relationships</p>		<p>13.6 Demonstrate standards that guide behavior in interpersonal relationships.</p>	<p>13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships.</p> <p>13.6.2 Apply guidelines for assessing the nature of issues and situations.</p> <p>13.6.3 Apply critical thinking and ethical standards when making judgments and taking action.</p> <p>13.6.4 Demonstrate ethical behavior in family, workplace, and community settings.</p> <p>13.6.5 Compare the relative merits of opposing points of view regarding current ethical issues.</p>	<p>Teen Dating Violence Warning Signs of Teen Abuse The Abuse Cycle The Help Movie and Questions Genius Hour Project</p>	

