

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 LEADFCS NATIONAL STANDARDS					
Instructional Unit Topic	Suggested Length of Instruction	CTE or Academic Standard Alignment	Competency / Performance Indicator	Outcome / Measurement	CTSO Integration
Unit 1: Interpersonal Relationships		LFCS13.1 - Analyze functions and expectations of various types of relationships	LFCS13.1.1 - Analyze processes for building and maintaining interpersonal relationships. LFCS13.1.2 - Predict the effects of various stages of the family life cycle on interpersonal relationships. LFCS13.1.3 - Compare physical, emotional, spiritual and intellectual	Reflective writing-Guest speaker-TESSA Reflective writing-Guest Speaker-Marriage Counselor Types of Relationships Web Friendship Quizzes Friendship stories and questions Speed Friending Family Structures Popup Family Life Cycle Rotations American Families Statistics My Family Album Project Mate Selection Interviews and Mate Selection Theories Dating Stations My Future Mate Handbook Love Ladder Engagement Info Married at First Sight show and questions	Interpersonal communication

			functioning in stable and unstable relationships. LFCS13.1.4 - Analyze factors that contribute to healthy and unhealthy relationships. LFCS13.1.5 - Analyze processes for handling unhealthy relationships. LFCS13.6 - Demonstrate stress management strategies for family, work, and community settings.	Role Expectations Wedding Costing Project My Big Fat Greek Wedding	
Unit 2: Intrapersonal Relationships		LFCS13.2 - Analyze personal needs and characteristics and their effects on interpersonal relationships.	LFCS13.2.1 - Analyze the effects of personal characteristics on relationships. LFCS13.2.2 - Analyze the effect of personal need on relationships LFCS13.2.3 - Analyze the effects of self-esteem and self-image on relationships. LFCS13.2.4 - Analyze the effects of life span events and conditions on	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	-Professional Presentation -Interpersonal communication

		relationships.		
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			LFCS13.2.5 - Explain the effects of personal standards and behaviors on interpersonal relationships.		
Unit 3: Communication		LFCS13.3 - Demonstrate communication skills that contribute to positive relationships.	LFCS13.3.1 - Analyze communication styles and their effects on relationships LFCS13.3.2 - Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication. LFCS13.3.3 - Demonstrate effective listening and feedback techniques. LFCS13.3.4 - Analyze strategies to overcome communication barriers in family, community and work settings. LFCS13.3.5 - Apply ethical principles of communication in family, community and work settings LFCS13.3.6 - Analyze the effects of technology on communications in	Communication Notes Verbal vs. non-verbal communication Effective communication = communication do's and don'ts "I" messages Effective Communication Drawing activities	

			family, work, and community settings LFCS13.3.7 - Analyze the roles and functions of communications in family, work, and community settings		
Unit 4: Conflict Prevention & Management		LFCS13.4 - Evaluate effective conflict prevention and management techniques	LFCS13.4.1 - Analyze the origin and development of attitudes and behaviors regarding conflict LFCS13.4.2 - Explain how similarities and differences among people affect conflict prevention and management LFCS13.4.3 - Apply the roles of decision making and problem solving in reducing and managing conflict LFCS13.4.4 - Demonstrate nonviolent strategies that address conflict. LFCS13.4.5 - Demonstrate effective responses to harassment	Conflict Management Styles and scenarios Decision Making Scenarios Apology Languages Love Languages 4 Horsemen/John Gottman Project Marriage WebQuest	Professional Presentation Interpersonal communication

			LFCS13.4.6 - Assess community resources that support conflict prevention and management		
Unit 5: Collaboration & Teamwork		LFCS13.5 - Demonstrate teamwork and leadership skills in the family, workplace, and community.	LFCS13.5.1 Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members. LFCS13.5.2 Demonstrate strategies to motivate, encourage, and build trust in group members. LFCS13.5.3 Demonstrate strategies that utilize the strengths and minimize the limitations of team members. LFCS13.5.4 Demonstrate techniques that develop team and community spirit. LFCS13.5.5 Demonstrate ways to organize and delegate responsibilities. LFCS13.5.6 Create strategies to integrate new members into the	Class Syllabus Social Contract Team Building Activities Theme Song Project Genius Hour Project	

			team. LFCS13.5.7 Demonstrate processes for cooperating, compromising, and collaborating.		
Unit 6: Issues Impacting Relationships		LFCS13.6 Demonstrate standards that guide behavior in interpersonal relationships.	LFCS13.6.1 Apply critical thinking and ethical criteria to evaluate interpersonal relationships. LFCS13.6.2 Apply guidelines for assessing the nature of issues and situations. LFCS13.6.3 Apply critical thinking and ethical standards when making judgments and taking action. LFCS13.6.4 Demonstrate ethical behavior in family, workplace, and community settings. LFCS13.6.5 Compare the relative merits of opposing points of view regarding current ethical issues.	Teen Dating Violence Warning Signs of Teen Abuse The Abuse Cycle The Help Movie and Questions Genius Hour Project	

Academic Standards Alignment

Colorado CTE courses are required to integrate academic and essential skills into course content. The following academic standards have been identified as aligned to this course and should be integrated throughout instruction.

[CO CTE Academic Standards Resources](#) (Rubrics, integration strategies, etc.)

[CDE Colorado Academic Standards Online](#) (Online standards lookup tool)

Reading, Writing, & Communicating

Standard 1: Oral Expression and Listening

- **Prepared Graduate 1:** Collaborate effectively as group members or leaders who listen actively and respectfully; pose thoughtful questions, acknowledge the ideas of others; and contribute ideas to further the group's attainment of an objective.
- **Prepared Graduate 2:** Deliver effective oral presentations for varied audiences and varied purposes.

Standard 2: Reading for All Purposes

- **Prepared Graduate 4:** Read a wide range of informational texts to build knowledge and to better understand the human experience.
- **Prepared Graduate 5:** Understand how language functions in different contexts, command a variety of word-learning strategies to assist comprehension, and make effective choices for meaning or style when writing and speaking.

Standard 3: Writing and Composition

- **Prepared Graduate 9:** Demonstrate mastery of their own writing process with clear, coherent, and error-free polished products.

Standard 4: Research Inquiry and Design

- **Prepared Graduate 10:** Gather information from a variety of sources; analyze and evaluate its quality and relevance; and use it ethically to answer complex questions.

Note: Mathematics and Science standards will be added in the future. Visit the [Colorado Academic Standards](#) page for the most current version.