

Healthy Relationships Curriculum

Unit One: Healthy vs. Unhealthy Relationships

- Participants will identify five key ingredients for a healthy relationship
- Participants will be able to differentiate between healthy, unhealthy, and abusive relationships

Key Concepts:

- C.H.A.R.M. leads to healthy relationships based on equality and respect
- Power and control dynamics results in unhealthy and/or abusive relationships

***CA Health Education Content Standards:** 1.3G, 4.1G, 4.3G, 5.2G, 8.1G, 8.3G, 1.2S, 1.9S, 5.4S, 7.5S, 1.1M, 1.2M, 1.3M, 1.9M, 5.1M, 5.2M

Unit Two: Consent & Boundaries

- Participants will be able to recognize and formulate affirmative consent.
- Participants will practice navigating and responding respectfully to rejection

Key Concepts:

- Consent is freely given, reversible, informed, enthusiastic, and specific
- How to obtain consent: ask, wait for answer, respect decision
- Consent & boundaries are about communication and respect

***CA Health Education Content Standards:** 1.9G, 2.4G, 4.1G, 4.2G, 4.3G, 5.2G, 5.3G, 5.5G, 8.1G, 8.3G, 4.1S, 4.2S, 5.1S, 7.2S, 7.5S, 1.2M, 1.3M, 4.2M, 5.1M, 7.6M

Unit Three: Understanding Social Norms

- Participants will identify appraise social norms in their own community
- Participants will identify 3 sources where social norms are learned

Key Concepts:

- Social norms influence us and our relationships to people
- Sources of social norms: family, culture, media, community, society, laws, etc.
- How to reflect on and challenge unhealthy social norms

***CA Health Education Content Standards:** 1.9G, 1.10G, 2.2G, 2.3G, 2.4G, 2.5G, 5.3G, 5.5G, 8.1G, 8.3G, 1.2S, 1.8S, 1.9S, 2.1S, 3.1S, 5.2S, 5.4S, 7.5S, 8.1S, 1.3M, 1.4M, 1.5M, 4.2M, 7.4M, 8.2M

Unit Four: Bystander Intervention

- Participants will identify recognize the importance of safe bystander intervention
- Participants will formulate strategies for safe intervention approaches

Key Concepts:

- The 4 D's of Intervention
- Culturally humble approaches developed by the community for the community

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