

# Marriage and Family Curriculum Sequence

The following is the suggested sequence for the Marriage and Relationships curriculum. If this sequence is followed, every few lessons there will be a lesson on communication and conflict resolution within an intimate relationship. Please be aware that subjects involving intimate partner violence and other mature situations are included in the curriculum. Facilitators should prepare accordingly. Some lessons reference other sessions in the “SEL Spotlight” section and where noted were designed as follow up lessons to another “SEL Spotlight” lesson.

## High School Level Lessons

### Personal Attitudes and Beliefs in a Relationship

Focus on considering an individual’s values when considering an intimate partner relationship.

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### Courtesy in Relationships

How courtesy helps promote a healthy relationship.

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### Expectations in a Relationship

How to help couples set boundaries and expectations within their relationship.

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### Healthy Intimacy in a Relationship

How an intimate relationship fits into a person’s larger social network

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### First Comes Love, part 1

Video and lesson involving dating, includes mature content.

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### **First Comes Love, part 2**

Video and lesson involving dating and pressures on boys to have sex, content includes discussion of intimate partner violence.

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### **First Comes Love, part 3 and accompanying lesson A**

Video and lesson involving dating focused on a teen couple, content includes discussion of an abusive relationship.

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### **First Comes Love, part 3 and accompanying lesson B**

A follow up to the previous lesson using the same video focused on a teen couple, content includes discussion of an abusive relationship.

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### **First Comes Love, part 4**

Video and lesson involving dating and sexual relationships, content includes discussion of healthy and unhealthy relationships.

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### **Active Listening in a Relationship**

Explores the skill of active listening in a relationship. It is recommended that students have participated in "SEL Spotlight-Communication: Active Listener 2 of 4" before participating in this lesson, if not facilitator may need to add additional context.

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### **Someone You Know, part 1**

Video and lesson introducing issues of intimate partner violence.

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### **Someone You Know, part 2**

Video and lesson focused on a controlling and abusive relationship.

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### **Someone You Know, part 3**

Video and lesson about dating violence and the aftermath of intimate partner violence.

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### **Someone You Know, part 4**

Video and lesson about dating violence and rape, including interview with a rape survivor.

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### **Someone You Know, part 5**

Video and lesson focusing on the role of men in preventing intimate partner violence.

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### **Using “I” Statements**

A skill to help intimate partners resolve conflicts in a relationship.

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### **Conflict Resolution in a Relationship**

Video and lesson on developing conflict resolution skills within an intimate relationship.

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### **Good Questions in a Relationship**

How to ask good questions to help resolve conflicts in an intimate relationship. It is helpful if students have participated in “SEL Spotlight-Good Questions, parts 1 and 2” at some point before conducting this lesson. If not, facilitator may need to provide some additional context for students as part of this lesson.

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### **Lost and Found, part 2\***

The video and accompanying lesson focus on issues surrounding divorce and the effects of divorce on children.

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### **Lost and Found, part 3\***

The video and accompanying lesson focus on issues involving the death of a parent and the effect of grief on children.

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\*Please note that only parts 2 and 3 in the Lost and Found series have accompanying lessons that are part of the Marriage and Relationship curriculum.

## **Entering Adulthood**

Video and lesson focused on how intimate relationships may change as an adolescent makes the transition into adulthood.

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## **Choosing a Marriage Partner**

Video and lesson on considerations that should be made as an adult considers marriage or long-term intimate relationships.

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## **Marriage in Different Cultures**

What to consider when entering a long-term relationship or marriage with someone from a different cultural background.

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## **Listening in a Relationship**

Practice in listening skills focused on intimate relationships.

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## **Body Language and Tone in a Marriage**

Lesson focused on importance of body language and voice tone regarding communication in an intimate relationship. Designed for students who have previously participated in "SEL Spotlight-Body Language and Tone". If students have not participated in that session, facilitator may need to add additional context for lesson.

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## **Healthy Communication in a Relationship**

Lesson focused on developing additional communication skills within an intimate relationship.

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## Middle School Lessons

These two lessons focus on family dynamics and were designed for middle school level students and they are included in middle school Spotlight on SEL webpage.

### Listening and Me, part 2

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### When I Feel...I...Need, part 3

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