

Unit 3: Healthy Relationships

Massachusetts Learning Standards

Healthy Relationships [5.3.HR]

- Identify characteristics of healthy and unhealthy relationships with a variety of individuals (i.e., family, peers, trusted adults, teachers). [HE; SE]
- Define and demonstrate ways to determine and respect the boundaries of self and others. [HPE; SE]
- Demonstrate strategies for addressing one's own feelings and the feelings and perspectives of others in order to support positive relationships. [HPE; SE]
- Differentiate between conflict and bullying, and articulate the importance of the difference to avoid escalating conflicts into bullying or violence. [HE; SE]
- Identify and respond to bullying situations in a variety of settings. [HPE; SE]
- Identify and practice non-violent communication skills. [HPE; SE]
- Identify and practice conflict prevention, management and resolution strategies. [HPE; SE]
- Describe how personal experiences, peers, family, media, society, community, and culture influence ways people interact in relationships and social situations. [HPE; SE]
- Describe the differences between assigned sex at birth and gender identity and explain how one's outward appearance and behavior does not define one's gender identity or sexual orientation. [HE; SE]
- Describe a range of ways people may express their gender and that some people's gender identity (how they think about themselves) matches others' expectations about what their bodies look like on the outside and others do not. [HPE; SE]
- Describe ways that stereotypes, perceived stereotypes, prejudice, discrimination, inequality and injustice can impact relationships, and demonstrate strategies to address these factors. [HPE; SE]