

# Healthy Relationships - Course Syllabus

Mrs. Carter

Welcome to Healthy Relationships. This 1 trimester course is designed to help students learn more about themselves, discover how personality differences affect relationships, practice communication skills and apply what they've learned to specific relationship settings. The curriculum is enriched through the support of a variety of guest speakers. This course will have assignments that meet the following CRLS: 1) Personal Management, 2) Problem Solving, 4) Teamwork and parts of 3) Communication. I will be happy to sign the CRLS form at the end of the course for those students who have successfully displayed the appropriate knowledge and skills.

## **Unit 1: Personal Preparation**

- \* understanding yourself
- \* character development
- \* the decision-making process
- \* developing resiliency & stress management
- \* time management & organization
- \* goal setting
- \* personal health & disease prevention
- \* manners
- \* boundaries

## **Unit 2: Skills and Communication**

- \* identifying family patterns
- \* 4 negative patterns to avoid
- \* I-statements
- \* active listening
- \* speaker-listener technique
- \* conflict resolution
- \* apologies & forgiveness

## **Unit 3: Relationships and Relationship Issues**

- \* identifying expectations
- \* creating family structure
- \* parents/siblings
- \* friends/classmates/teachers
- \* dating
- \* sexuality
- \* avoiding harmful relationships
- \* components of love
- \* marriage preparation & mate selection
- \* responsibilities (household duties, budgeting, etc.)
- \* parenting & children
- \* responding to relationship problems/family crisis (if time and interest)

# Mrs. Carter: Health Classroom Information

**Grades** - Grades are based on the number of points earned (from tests, tasks, quizzes, assignments, class activities, projects and participation points) out of the total possible. Grade reports will be printed periodically - please check them. Grades will be issued on the following basis:  
A = 90 - 100%    B = 80 - 89%    C = 70 - 79%    D = 60 - 69%    F = below 60%

## Assignments/Homework

- \* I will post an assignment sheet for each unit. **Please use/refer to it**, especially regarding absences. You may also check my teacher page on the district's web site.
- \* **Don't throw your papers away.** Compare them against the grade printouts for accuracy and see me **promptly** if you have questions/problems.
- \* **Label** your work. (name, date, class period and assignment title)
- \* Assignments are due at the **beginning** of the class period. Late work is worth  $\frac{1}{2}$  **credit** and will not be accepted after the next new unit has been completed.
- \* If you are tardy, please come in **quietly** and do not disrupt the class. You will **not** be allowed to make up warm-up activities if you arrive after they have been completed, or are well in progress.
- \* See me and/or refer to the assignment sheet **before** pre-arranged absences, including sports, clubs, field trips and other school activities.
- \* It is the **student's responsibility** to make up missed work. Check the assignment sheet and the absentee folder.
- \* Take pride in yourself and do **quality** work.

## Tests and Quizzes

- \* Plan to take them on the **assigned day**, even if you were absent the day before. Refer to the assignment sheet. (Exceptions may be granted in the case of prolonged absence due to illness, etc.)
- \* A missed test or quiz must be taken within **one week** of the original date or a "0" will result.
- \* If a test/quiz is missed because of an **unexcused absence** it will be worth a maximum of 80% of the original point value.
- \* No retakes on tests & quizzes. Be prepared. Plan to do quality work the first time.
- \* Study and review. **Do not cheat.** Your character and integrity matter more than your grade. Cheating will result in a "0" score, a call home and an office referral.

**Participation Points** - Your behavior impacts the effectiveness of the class and the tone of the room, so make good choices. Participation points will be earned based on how well you follow and comply with the expectations outlined in the "**Warrior Code.**" All school rules and consequences, as outlined in the student handbook, apply in this class. In addition, I have highlighted/summarized some key behaviors. These have been incorporated into the following "Warrior Code." **Warriors are:**

**Respectful** - Be polite, considerate and demonstrate good manners. Eliminate distractions (inappropriate dress, interruptions/disruptions, profanity, food, electronics, etc.).

Note - i pods may be used only when announced and at my discretion; they are for personal use only and should be used quietly; no video materials are allowed

**Responsible** - Come to class and come on time. Come to class prepared to learn. Bring all necessary materials. (You will need paper, pencils and erasers, a notebook/binder, your textbook and a calculator every day.) Plan to stay in class the entire period. (Use the restroom on the way here and bring a water bottle if you tend to get thirsty.) If you must leave the classroom, do so only with my permission and a hall pass. Own your own behavior and your choices.

**Cooperative** - Listen for and follow directions. Participate; be attentive and engaged in class activities. Be prepared to work with and listen to others. Bring a positive attitude.

**Persevering** - Plan to work hard. Ask for help if you need it, but don't give up.

**Safe** - Behave in ways that honor the physical and emotion/social safety of yourself and others.

Parent/Guardian Signature \_\_\_\_\_