Nebraska CTE

Interpersonal Relationships (090116)

Analyze personal needs and characteristics and their effects on interpersonal relationships. HSE.HS.24.1	**a** Examine the effects of personal characteristics and life events on relationships. HSE.HS.24.1.A
	b Describe the effects of self-esteem and self-image on relationships. HSE.HS.24.1.B
	c Describe the effects of lifespan events and conditions on relationships. HSE.HS.24.1.C
	d Explain the effects of personal values and behaviors on interpersonal relationships. HSE.HS.24.1.D
Analyze the effects of family as a system on individuals and society. HSE.HS.24.2	**a** Describe the function of the family as the basic unit of society. HSE.HS.24.2.A
	b Examine the role of family in teaching culture and traditions across the lifespan. HSE.HS.24.2.B
	c Summarize the family's role in developing independence, interdependence, and commitment of family members. HSE.HS.24.2.C
	d Describe the effects of various stages of the family life cycle on interpersonal relationships. HSE.HS.24.2.D
Evaluate the functions and expectations of various types of interpersonal relationships. HSE.HS.24.3	**a** Categorize the various types of interpersonal relationships. HSE.HS.24.3.A
	b Identify the characteristics of healthy and unhealthy relationships. HSE.HS.24.3.B
	c Describe processes for building, maintaining, and ending interpersonal relationships. HSE.HS.24.3.C
	d Identify physical, intellectual, emotional, and social characteristics of healthy and unhealthy relationships and behaviors including limits, boundaries, and refusal skills. HSE.HS.24.3.D
	e Analyze processes for handling unhealthy relationships. HSE.HS.24.3.E
	f Relate personal values, rights, and responsibilities in relationships to overall ealth and decision making. HSE.HS.24.3.F

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Evaluate communication skills that contribute to healthy relationships. HSE.HS.24.4	**a** Compare communication styles and their effects on relationships. HSE.HS.24.4.A
	b Analyze verbal and nonverbal behaviors and attitudes that contribute to effective communication. HSE.HS.24.4.B
	c Demonstrate effective listening and feedback techniques. HSE.HS.24.4.C
	d Analyze strategies to overcome communication barriers in family, community, and work settings. HSE.HS.24.4.D
	e Apply ethical principles of communication in family, community, and work settings. HSE.HS.24.4.E
	f Assess the effects of communication via technology in family, work, and community settings. HSE.HS.24.4.F
Outline principles that guide behavior in interpersonal relationships. HSE.HS.24.5	**a** Explain the principles of decision making and problem solving in reducing and managing conflict in interpersonal relationships. HSE.HS.24.5.A
	b Identify nonviolent strategies that address conflict and model positive leadership. (e.g., self awareness, self-regulation, motivation, empathy and social skills). HSE.HS.24.5.B
	c Identify stress management strategies for family, work, and community settings. HSE.HS.24.5.C