**TEXAS CTE LESSON PLAN**

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| **Lesson Identification and TEKS Addressed** | |
| **Cluster** | Human Services |
| **Course** | Interpersonal Studies |
| **Lesson/Unit Title** | Building Healthy Lifelong Relationships |
| **TEKS Student Expectations** | **130.275. (c) Knowledge and Skills**  (7) The student determines factors related to marital success.  (A) The student is expected to discuss functions and roles of dating  (B) The student is expected to analyze components of a successful marriage  (C) The student is expected to examine communication skills and behaviors that strengthen marriage |
| **Basic Direct Teach Lesson** | |
| **Instructional Objectives** | **Students will:**   * Identify the purpose and types of dating * Recognize the components needed to have a successful lifelong relationship * Understand how to communicate successfully as well as understand realistic expectations of being in a lasting relationship |
| **Rationale** | Dating helps you discover yourself and learn about other people in a variety of settings. Dating helps us choose a partner that may lead to marriage. Being in a healthy lifelong relationship in and of itself requires several components to be successful. In this lesson, we will identify those components. |
| **Duration of Lesson** | Five 45-minute class periods |
| **Word Wall** | **Divorce:** The action or instance of legally dissolving a marriage  **Group Dating:** When a number of people go out together and participate in some kind of group activity such as bowling, watching a movie or hanging out at the mall  **Pair Dating:** Casual dating that allows people to date more than one person at a time  **Relationship:** The relation connecting or binding people  **Steady Dating:** When two people agree to date exclusively  **Marriage:** The state of being united to a person as husband or wife in a consensual and contractual relationship recognized by law  **Trust:** Assured reliance on the character, ability, strength or truth of someone or something |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for PowerPoint presentation * Presenter/remote   **Materials:**   * Brochures of community venues (for dating purposes)   + Amusement parks   + Museums   + Parks   + Restaurants   + Shopping malls   + Theaters * Marriage certificate * Movie stub * Popcorn box * Wedding magazine * Wedding supplies and materials * Five labeled file folders with each of the separate Healthy Relationships Station Activities and additional handouts that accompany each station. See Healthy Relationships Station Activities—Teacher Instructions.   **Supplies:**   * Good Communication Station will need the following items. The exact number of items will vary depending on the number of students you will have in that station at one time:   + Bread (2 slices per person)   + Jar of jelly   + Jar of peanut butter   + Paper plates   + Plastic knives   + Strips of fabric to be used as blindfolds * Realistic Expectations Station   + Books of different fairy tales * Trust Station   + Strips of fabric to be used as blindfolds * Copies of handouts   **PowerPoint:**   * Building Healthy Lifelong Relationships   **YouTube:**   * 5-Year-Old Needs a Job Before Getting Married<http://youtu.be/0rbMHLDY1pA> * What is Love? Do marriage vows seem to mean as much today as they used to? If you’ve heard anything about the increase in divorce rates, you may wonder. Bill & Glad are ignoring the trends. More than ever the vows they made 50 years ago are being tested. In sickness and in health, in good times and in bad, the promise they are keeping is a true example of what love is.<http://youtu.be/GH5n9lVZcM4>   **Graphic Organizer:**   * Purpose and Types of Dating Notes * Purpose and Types of Dating Notes (Key) * Notes: Building Healthy Lifelong Relationships * Notes: Building Healthy Lifelong Relationships (Key)   **Handouts:**   * Marriage Statistics * People Who Got Married, and Divorced in the Past 12 Months by State: 2009 * Scavenger Hunt: Marriage and Divorce * Scavenger Hunt: Marriage and Divorce (Key) * Building Relationships Station Activities   + Realistic Expectations   + Sense of Humor   + Appreciation   + Trust   + Good Communication * Building Relationships Station Activities Teacher Instructions |
| **Anticipatory Set** | **Prior to lesson:**  Teacher note: Become familiar with Healthy Relationships Station Activities—Teacher Instructions. You will have stations set up in the class for student participation. Assemble all the folders and necessary supplies and handouts for each station.  **Before class begins:**  Display as many of the lesson-related supplies as you have available on a table in front of the room.  Begin the class with the following questions and have students share their responses. On the board, write the following questions for the students to answer in their daily journals or on separate sheets of paper.   * What comes to mind when you hear the word date? * Why do people date? * What is your idea of a date? * Does dating always lead to marriage? Why or why not? * How old should you be when you start dating? * What is your ideal age for marriage? * What does marriage mean to you? * What constitutes a healthy relationship? * What does a healthy relationship look like? * What does a healthy relationship sound like? * What does a healthy relationship feel like?   Allow for a questions and answers discussion. |
| **Direct Instruction with Special Education Modifications/**  **Accommodations** | Review lesson objectives, terms, and definitions.  Introduce PowerPoint - Building Healthy Lifelong Relationships. Discuss slides 1 – 12 on dating.  Distribute graphic organizer Purpose and Types of Dating Notes so the students may take notes.  Continue discussing PowerPoint - Building Healthy Lifelong Relationships. Discuss slides 14 – 19.  Distribute graphic organizer Notes: Building Healthy Lifelong Relationships so the students may take notes.  Distribute handouts People Who Got Married, and Divorced in the Past 12 Months by State: 2009, Marriage Statistics and Scavenger Hunt: Marriage and Divorce. In partners, students will explore the statistics and information on marriage and divorce. They will conduct a scavenger hunt for information that can be found in the documents or go directly to the websites to view the information. The first group to find all the information and complete the handout, will receive a reward from the teacher. Teacher will determine the reward for completing the handout.  YouTube videos included in the PowerPoint:   * 5-Year-Old Needs a Job Before Getting Married<http://youtu.be/0rbMHLDY1pA> * What is Love? Do marriage vows seem to mean as much today as they used to? If you’ve heard anything about the increase in divorce rates, you may wonder. Bill & Glad are ignoring the trends. More than ever the vows they made 50 years ago are being tested. In sickness and in health, in good times and in bad, the promise they are keeping is a true example of what love is.<http://youtu.be/GH5n9lVZcM4>   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * working in peer groups to complete graphic organizer * checking for understanding frequently * allowing extended time to complete handout |
| **Guided Practice with Special Education Modifications/**  **Accommodations** | Review Building Relationships Station Activities-Teacher Instructions regarding the station activity.  Place students into groups of 3-5, depending on the size of your class. This will help to ensure that not too many students congregate at any one station while leaving the other stations empty.  Explain that there are five stations set up throughout the room and each station has its own activity. In their groups, students are to move throughout the stations and complete the requirements for each. Instruct the students that they will be turning in all of the individual station activities as they leave each day. Provide a due date within two to three class periods.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * providing peer assistance in stations * shortened number of stations required |
| **Independent Practice/Laboratory Experience with Special Education Modifications/**  **Accommodations** | Students will work independently or with their group members to complete each of the Building Relationships Station Activities. At the end of each class period, have each student give a status report on their progress through the stations.  Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:   * assisting students as they work through each of the stations * providing praise and encouragement |
| **Lesson Closure** | Review lesson objectives, terms, and definitions.  During station activities have each student show you his or her progress through each of the stations. |
| **Summative/End of Lesson Assessment with Special Education Modifications/**  **Accommodations** | Student completion of the Building Relationships Station Activities.  Reflection: Using the information gathered in the Building Relationships Station Activities, team members are required to write a reflection on their role in this group project and a brief analysis of how this project will assist them with the roles and responsibilities of being in a relationship in the future. The reflection and rubric will be submitted for assessment.  Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:   * Grading according to the amount of work completed * Providing constant praise and encouragement * Grouping students with other peers who can assist them with the stations |
| **References/Resources** | **Images:**   * Microsoft Clip Art: Used with permission from Microsoft.   **Textbooks:**   * Harter, Ph.D., M., & Ryder, V. (2004). *Contemporary living*. (9th ed.). Tinley Park, Illinois: The Goodheart-Willcox Company. Inc. * Johnson, L. (2010). *Strengthening family & self*. (6th ed.). Tinley Park, Illinois: The Goodheart-Willcox Company. Inc.   **Websites:**   * Statistic Brain Marriage Statistics<http://www.statisticbrain.com/marriage-statistics/>   **YouTube:**   * 5-Year-Old Needs a Job Before Getting Married<http://youtu.be/0rbMHLDY1pA> * What is Love? Do marriage vows seem to mean as much today as they used to? If you’ve heard anything about the increase in divorce rates, you may wonder. Bill & Glad are ignoring the trends. More than ever the vows they made 50 years ago are being tested. In sickness and in health, in good times and in bad, the promise they are keeping is a true example of what love is.<http://youtu.be/GH5n9lVZcM4> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Word wall * Journal entries * Provide visuals * Allow extra processing time |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | Current Events: Assign students to read about relationships. Information can be found in newspaper articles, magazines, journals, and online print.  Suggestions:   * Have students read 10 First Date Tips<http://health.howstuffworks.com/relationships/dating/10-first-date-tips10.htm> * Then use the “read, write, pair, share” strategy. First students read independently, then write their thoughts on what they read and finally discuss with a partner what they read and their thoughts. * Have students form their own questions about what they think are important components of a successful marriage before they begin the station activity. * Psychology Today 7 Keys to a Healthy and Happy Relationship<http://www.psychologytoday.com/blog/here-there-and-everywhere/201201/7-keys-healthy-and-happy-relationship> |
| **Quotes** | Don’t marry the person you think you can live with; marry only the individual you think you can’t live without.  **-James C. Dobson**  Better to have love and lost than never to have loved at all. **-Alfred Lloyd Tennyson**  Love is of all passions the strongest, for it attacks simultaneously the head, the heart, and the senses. **-Lao Tzu**  Love is an emotion experienced by the many and enjoyed by the few. **-George Jean Nathan**  When someone loves you, the way they say your name is different. You know that your name is safe in their mouth. **-Jess C. Scott, The Intern** |
| **Writing Strategies** | **Journal Entries:**   * My ideal date would \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * How does the media affect our ideas of a successful relationship? * What components build a successful relationship? * Which of the components needed for a successful relationship would be the most challenging to you? * Having a successful relationship is important to me because \_\_\_\_\_\_\_\_\_\_\_\_\_.   **Writing Strategy:**   * Rewrite a fairy tale in the Realistic Expectations Station Activity. |
| **Communication 90 Second Speech Topics** | * The most important component of a successful relationship to me is\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because\_\_\_\_\_\_\_\_\_\_\_\_\_. * A good relationship requires \_\_\_\_\_\_\_\_\_\_\_\_\_\_. * The most important component in a relationship is the ability to \_\_\_\_\_\_\_\_\_\_\_\_\_. * My relationships lack \_\_\_\_\_\_\_\_\_\_\_\_\_\_to be successful because \_\_\_\_\_\_\_\_\_\_\_. |
| **Other Essential Lesson Components** | |
| **Enrichment activity** | * Have students create a booklet titled “50 Places to Go on a Date.” * Students can read their fairy tales aloud to the class. * Students can make their fairy tale into an actual book including pictures using StoryBird. StoryBird is a visual storytelling community and a global hub of readers, writers, and artists of all ages. The sign-up is free for this visual website. View a tutorial on using StoryBird.com at:<http://youtu.be/T00YjRBIcIw> * Have students create a PowerPoint presentation that discusses all of the information found in the Building Relationships Station Activities. They can include additional information concerning relationships.   Interpersonal Studies Writing Prompt:  Think about the components of a successful marriage. Imagine you have a friend who   wants to get married at a young age. Write an essay explaining to your friend the   components of a successful marriage. (9th and 10th grade expository writing) |
| **Family/Community Connection** | Have students create brochures that discuss the components of a successful relationship and distribute them around the school and community.   * Discuss concerns about engagement and marriage. Students can write questions and discuss them as a group. Discuss what “Finding Mr. / Mrs. Right” means. * Have students develop a checklist of important issues to discuss during the engagement period and rate them as very important, important, somewhat important, or not important at all. Then have them give a justification for each rating. * Conduct Internet research using key words such as “engagement” or “wedding customs” to compile information on these topics. Compare and contrast various cultures. * Research the marriage laws in the state of Texas regarding parental consent for marriage under age 18. * Have students interview parents and family members about their engagement periods which led to marriage. Develop questions to ask during the interview. |
| **CTSO connection** | Family, Career, and Community Leaders of America (FCCLA)  <http://texasfccla.org>  **Star Events:**   * Interpersonal Communications—an individual or team event, recognizes participants who use Family and Consumer Sciences and/or related occupational skills and apply communication techniques to develop a project designed to strengthen communication in a chosen category: community, employment, relationships, family, peer groups or school groups. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to the lesson. For additional information on service learning, see:<http://www.nylc.org/>  Possible ideas:   * Volunteer at a nursing home and interview the elderly about tips, advice and secrets to a happy relationship or marriage. * Plan a dance for the elderly to include a king and queen. Play music which was popular when they were younger and decorate the room to represent a festive mood. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)