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Independent Living Skills (ILS) 0015 Interpersonal Relationships Level 1 (0 Units)

Prerequisite: Acceptance into the Transition to Independent Living Program

Total Hours: 16 hours lecture

Catalog Description: This course is designed to provide the moral, social, and legal aspects of sexuality. This comprehensive sex education class is designed to fully inform students about their sexuality. The course explores self-esteem, abstinence and dating through discussion and role play.

Type of Class/Course: Non Credit

Texts: None

Additional Required Materials:

James Stanfield *Date Smart* video collection on abstinence, the art of saying no, and avoiding trouble when dating.

Course Objectives:

By the end of the course, a successful student will be able to

1. identify the definition of self-esteem,
2. identify self-empowering vocabulary such as: empowerment, self-determination, and self-image,
3. demonstrate strategies to increase one's self-esteem,
4. demonstrate the knowledge of appropriate public displays of affection,
5. show understanding about appropriate versus inappropriate flirting,
6. demonstrate boundaries within a relationship through role playing,
7. independently plan a dating excursion, including planning for financial dating obligations,
8. verbally express the purpose of dating,
9. identify and articulate the meaning of abstinence,
10. identify the purpose of dating,
11. identify the stages of dating,
12. identify the art of saying no from the James Stanfield video collection, and
13. identify strategies to avoid getting into trouble on a date from the James Stanfield video collection.

Course Scope, Content, and Learning Outcomes:

Unit I Self Discovery

Learning Outcomes	Assessment
Understand and use	
1. Define self-esteem and its role, identify self-empowering vocabulary	In class exercises, homework, exams
2. Identify ten things you like about yourself	In class exercises, homework, exams
3. Understanding how one can enhance his or her self-esteem	In class exercises, homework, exams
4. Examine self-determination and its significance	In class exercises, homework, exams
5. Complete the “Ad” project in which students will identify their positive attributes	In class exercises, homework, exams

Unit II Interpersonal Relationships

6. Explore why individuals date	In class exercises, homework, exams
7. Discover dating vocabulary	In class exercises, homework, exams
8. Examine dating personal choices	In class exercises, homework, exams
9. Explore appropriate versus inappropriate flirting	In class exercises, homework, exams
10. Explore relationship and dating boundaries	In class exercises, homework, exams
11. Examine non-verbal language	In class exercises, homework, exams
12. Identify the meaning of abstinence	In class exercises, homework, exams

Unit III Dating

13. Learn the stages of dating	In class exercises, homework, exams
14. Watch date smart video, <i>How to Practice Abstinence</i>	In class exercises, homework, exams
15. Watch the date smart video, <i>How to Protect Your Boundaries</i>	In class exercises, homework, exams
16. Watch the date smart video, <i>How Girls Can Get into Trouble</i>	In class exercises, homework, exams
17. Watch the date smart video, <i>How Boys Can Get into Trouble</i>	In class exercises, homework, exams
18. Watch the date smart video, <i>Understanding the Opposite Sex</i>	In class exercises, homework, exams
19. Complete the dating project assignment	In class exercises, homework, exams

Learning Activities Required Outside of Class:

The students will spend a minimum of 2 hours per week outside of their regular class time doing the following:

1. Studying
2. Completing homework exercises

Methods of Instruction:

1. Assigned exercises from textbook/workbook
2. Lecture
3. Group work/role playing
4. Discussion
5. Individual conference

Methods of Evaluation:

1. Class participation
2. Written homework
3. Quizzes
4. Oral evaluations/role playing
5. Exams
6. Midterm and final