

Prepared by: L. Schryver
Reviewed by: J. Ross
Reviewed by: S. Popejoy
Reviewed by: P. Bench
Date reviewed: February 23, 2009
Board approved: March 12, 2009

Independent Living Skills (ILS) 0017 Interpersonal Relationships Level 3 (0 Units)

Prerequisite: Successful completion in Independent Living Skills 0016

Prerequisite knowledge and skills: Before entering the course, the student should be able to

1. identify male and female sexual body parts,
2. understand basic hygiene and personal care of the male and female body,
3. discuss moral values and how they affect sexual choices,
4. explain the changes that male and female bodies undergo from birth to death,
5. explain the difference between private and public environments,
6. identify sexual behaviors that are appropriate or inappropriate in public,
7. explain how conception takes place and how babies are born,
8. identify the physiological changes that take place before, during, and after sexual intercourse,
9. explain the act of sexual intercourse,
10. identify sexual practices that may harm males or females,
11. identify current methods of birth control,
12. explain the purpose and necessity of using condoms,
13. demonstrate how to apply a condom,
14. explain that abstinence is the only birth control that is 100% guaranteed to prevent pregnancy,
15. explain basic issues of abortion,
16. identify sexually-transmitted diseases and how one contracts an STD,
17. explain the term "safe sex,"
18. recognize sexual abuse,
19. identify strategies to prevent sexual abuse,
20. explain how to get help if sexually abused,
21. explain legal ramifications of committing sexual abuse,
22. explain what must happen if one partner says no at any time, and
23. explain the legal ramifications of an adult engaging in sex with a minor.

Total Hours: 16 hours lecture

Catalog Description: This course covers inter-relationships with other people, including family, friends, and coworkers. The focus of the class is on building a successful marriage and other personal relationships. The class avoids intellectual jargon in favor of easy-to-follow concepts from which anyone can benefit.



Type of Class/Course: Non Credit

Texts: None

Additional Required Materials:

Marriage Builders: Talk with Dr. Harley,

Men are from Mars, Women are from Venus. Host Gray, John. WGBH Boston, 2000. VHS.

The board game *Men are from Mars, Women are from Venus*

Course Objectives:

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

1. understand gender roles—nature vs. nurture: differences,
2. explore gender differences,
3. explain love bank and love units,
4. identify important emotional needs—personal pyramid of emotional needs,
5. analyze love busters using “Married . . . With Children”,
6. understand the parable of the net and the policy of joint agreement,
7. explain the giver and the taker,
8. identify the 4 rules for a successful marriage,
9. understand how affairs begin,
10. understand how affairs should end,
11. identify how to restore relationship after an affair
12. identify the four rules on relationship restoration,
13. discuss raising children,
14. explore financial planning: the importance of budgeting and control in relationships, and
15. recognize issues of control and independence.

Course Scope, Content, and Learning Outcomes:

Unit I Introduction to Interpersonal Relationships

Learning Outcomes	Assessment
Understand and use:	
A. Gender differences	In class exercises, homework, exams
B. Emotional needs	In class exercises, homework, exams
C. Giving and taking	In class exercises, homework, exams
D. Love bank	In class exercises, homework, exams
E. Love busters	In class exercises, homework, exams

Unit II Strategies for Good Relationships

F. Giving and taking	In class exercises, homework, exams
G. Having children	In class exercises, homework, exams
H. Parent relationships	In class exercises, homework, exams
I. Forgiving	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. Role-play
2. Lecture
3. Group work
4. Discussion
5. Individual conference

Methods of Evaluation:

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