

# 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 health and decision making. [HSE.HS.24.3.F](#)

**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