

# Counseling and Mental Health Services (2015): Grades 9, 10, 11, 12, Higher Education

Adopted 2015

**Demonstrate respectful and caring relationships in the family, workplace and community.** RELA.01

**01. Analyze functions and expectations of various types of relationships.** RELA.01.01

- a. Analyze processes for building and maintaining interpersonal relationships. RELA.01.01.A
- b. Predict the effects of various stages of the family life cycle on interpersonal relationships. RELA.01.01.B
- c. Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships. RELA.01.01.C
- d. Analyze factors that contribute to healthy and unhealthy relationships. RELA.01.01.D
- e. Analyze processes for handling unhealthy relationships. RELA.01.01.E
- f. Demonstrate stress management strategies for family, work, and community settings. RELA.01.01.F

---

**02. Analyze personal needs and characteristics and their effects on interpersonal relationships.** RELA.01.02

- a. Analyze the effects of personal characteristics on relationships. RELA.01.02.A
- b. Analyze the effect of personal need on relationships. RELA.01.02.B
- c. Analyze the effects of self-esteem and self-image on relationships. RELA.01.02.C
- d. Analyze the effects of life span events and conditions on relationships. RELA.01.02.D
- e. Explain the effects of personal standards and behaviors on interpersonal relationships. RELA.01.02.E

---

**03. Demonstrate communication skills that contribute to positive relationships.** RELA.01.03

- a. Analyze communication styles and their effects on relationships. RELA.01.03.A
- b. Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication. RELA.01.03.B
- c. Demonstrate effective listening and feedback techniques. RELA.01.03.C
- d. Analyze strategies to overcome communication barriers in family, community and work settings. RELA.01.03.D
- e. Analyze the effects of communication technology in family, work, and community settings. RELA.01.03.E
- f. Analyze the roles and functions of communication in family, work, and community settings. RELA.01.03.F

---

**04. Evaluate effective conflict prevention and management techniques** RELA.01.04

- a. Explain how similarities and differences among people affect conflict prevention and management. RELA.01.04.A
- b. Apply the roles of decision making and problem solving in reducing and managing conflict. RELA.01.04.B
- c. Demonstrate nonviolent strategies that address conflict. RELA.01.04.C
- d. Demonstrate effective responses to harassment. RELA.01.04.D
- e. Assess community resources that support conflict prevention and management. RELA.01.04.E

---

**05. Demonstrate teamwork and leadership skills in the family, workplace, and community** RELA.01.05

- a. Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members. RELA.01.05.A
- b. Demonstrate strategies that utilize the strengths and minimize the limitations of team members. RELA.01.05.B
- c. Demonstrate processes for cooperating, compromising, and collaborating. RELA.01.05.C

---

**06. Demonstrate standards that guide behavior in interpersonal relationships.** RELA.01.06

- a. Apply critical thinking and ethical criteria to evaluate interpersonal relationships. RELA.01.06.A
- b. Apply guidelines for assessing the nature of issues and situation. RELA.01.06.B
- c. Apply critical thinking and ethical standards when making judgments and taking action. RELA.01.06.C
- d. Demonstrate ethical behavior in family, workplace and community settings. RELA.01.06.D
- e. Compare the relative merits of opposing points of view regarding current ethical issues. RELA.01.06.E

---

**07. Analyze the effects of family as a system on individuals and society.** RELA.01.07

- a. Analyze family as the basic unit of society. RELA.01.07.A
- b. Analyze the role of family in transmitting societal expectations. RELA.01.07.B
- c. Analyze the role of family in teaching culture and traditions across the life span. RELA.01.07.C
- d. Analyze the role of family in developing independence, interdependence, and commitment of family members. RELA.01.07.D

---

**08. Evaluate the effects of diverse perspectives, needs and characteristics of individuals and families.** RELA.01.08

- a. Demonstrate awareness of multiple diversities and their effects on individuals, families, and society. RELA.01.08.A
- b. Analyze the effects of social and cultural diversity on individual and families. RELA.01.08.B
- c. Demonstrate respect for diversity with sensitivity to anti-bias, gender, equity, age, culture, and ethnicity. RELA.01.08.C

---

**Synthesize knowledge, skills and practices required for careers in family & community services.** RELA.02

**01. Evaluate conditions affecting individuals and families with a variety of disadvantaging conditions.** RELA.02.01

- a. Assess health, wellness, and safety issues of individual and families with a variety of disadvantaging conditions. RELA.02.01.A
  - b. Analyze management and living environment issues of individuals and families with a variety of disadvantaging conditions. RELA.02.01.B
  - c. Discriminate between situations that require personal prevention or intervention and those situations that require professional assistance. RELA.02.01.C
  - d. Analyze situations which require crisis intervention. RELA.02.01.D
  - e. Summarize the appropriate support needed to address selected human services issues. RELA.02.01.E
-

**Integrate multiple life roles and responsibilities in family, work and community settings.** RELA.03

- 01. Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community and global).** RELA.03.01
- a. Analyze the effects of social, economic, and technological change on work and family dynamics. RELA.03.01.A
  - b. Analyze ways that individual career goals can affect the family's capacity to meet goals for all family members. RELA.03.01.B
  - c. Analyze potential effects of career path decisions on balancing work and family. RELA.03.01.C
  - d. Define goals for life-long learning and leisure opportunities for all family members. RELA.03.01.D
  - e. Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual. RELA.03.01.E
- 

**Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals and families.** RELA.04

- 01. Analyze roles and responsibilities of parenting.** RELA.04.01
- a. Analyze parenting roles across the life span. RELA.04.01.A
  - b. Analyze expectations and responsibilities of parenting. RELA.04.01.B
  - c. Analyze consequences of parenting practices to the individual, family, and society. RELA.04.01.C
  - d. Analyze societal conditions that influence parenting across the life span. RELA.04.01.D
  - e. Explain cultural differences in roles and responsibilities of parenting. RELA.04.01.E
- 

**Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces and communities.** RELA.05

- 01. Evaluate reasoning for self and others** RELA.05.01
- a. Analyze different kinds of reasoning (e.g., scientific, practical, interpersonal). RELA.05.01.A
  - b. Distinguish between adequate and inadequate reasoning. RELA.05.01.B
  - c. Establish criteria for adequate reasoning. RELA.05.01.C
  - d. Contrast consequences of adequate and inadequate reasoning for self, others, culture/society, and global environment. RELA.05.01.D
-

**Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces and communities.** RELA.06

**01. Analyze recurring and evolving family, workplace and community concerns.** RELA.06.01

- a. Classify different types of concerns (e.g., theoretic, technical, practical) and possible methods for addressing them. RELA.06.01.A
  - b. Describe recurring and evolving concerns facing individuals, families, workplaces, and communities. RELA.06.01.B
  - c. Describe conditions and circumstances that create or sustain recurring and evolving concerns. RELA.06.01.C
  - d. Describe levels of concerns: individual, family, workplace, community, cultural/societal, global/environmental. RELA.06.01.D
- 

**02. Analyze practical reasoning components.** RELA.06.02

- a. Differentiate types of knowledge needed for reasoned action: value-ends, goals, contextual factors, possible actions, and consequences. RELA.06.02.A
- b. Analyze short-term and long-term consequences on self, family, culture/society, and global environment. RELA.06.02.B
- c. Analyze assumptions that underlie beliefs and actions. RELA.06.02.C
- d. Distinguish adequate and/or reliable information from inadequate and/or unreliable information. RELA.06.02.D
- e. Analyze role exchange, universal consequences, the role of ethics, and other tests for making responsible judgments. RELA.06.02.E
- f. Distinguish adequate from inadequate reasons. RELA.06.02.F

---

**03. Implement practical reasoning for responsible action in families, workplaces and communities.** RELA.06.03

- a. Synthesize information from a variety of sources that are judged to be reliable. RELA.06.03.A
- b. Describe a particular recurring and evolving individual, family, workplace, or community concern. RELA.06.03.B
- c. Select goals/valued ends to resolve a particular concern. RELA.06.03.C
- d. Establish standards for choosing responsible action to address a particular concern. RELA.06.03.D
- e. Evaluate the conditions of a particular concern, e.g. historical, social-psychological, socioeconomic, political, cultural, global/environmental. RELA.06.03.E
- f. Use adequate and reliable information to critique possible actions. RELA.06.03.F
- g. Evaluate potential short- and long-term consequences of possible actions on self, others, culture/society, and global environment. RELA.06.03.G
- h. Justify possible reasons and actions based on valued ends and information that is judged to be adequate and reliable. RELA.06.03.H
- i. Implement and monitor a plan of action based on established standards and valued ends. RELA.06.03.I

---

**04. Demonstrate scientific inquiry and reasoning to gain factual knowledge and test theories on which to base judgments for action.** RELA.06.04

- a. Delineate scope, concepts, and scientific terminology for a particular inquiry. RELA.06.04.A
- b. Judge validity and reliability of information, sources, opinions, and evidence. RELA.06.04.B