

# Relationship Skills Handout 8: Action Planning

## Directions:

Individually or in a team, plan steps to support students’ development of one or more relationship skills sub-competencies*.*

## Sub-Competency 1

**Establishing and maintaining healthy relationships**, which includes the ability to recognize the characteristics of positive versus negative relationships, as well as practicing strategies to build and maintain different types of positive relationships.

### Action Planning

How does this sub-competency currently look and sound in your classroom(s)? What are student strengths and areas for improvement?

Considering what you’ve learned, what is one method of supporting the development of this sub-competency that could be successful in your classroom, and that you would like to actively implement?

Your chosen method reflects which of the following strategies? (We encourage using all of them but starting off with just one.)

* Direct instruction regarding the sub-competency.
* Integration of the sub-competency with academic content.
* General teaching practice that supports the sub-competency.

What resources and support will you need to do this well?

What will the method look and sound like if successful? What data can you collect to monitor its effectiveness?

## Sub-Competency 2

**Utilizing positive communication and social skills to interact effectively with others**, which includes modeling respectful interpersonal interactions in-person and online, using active listening skills, and demonstrating effective communication skills for a range of social situations and audiences.

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## Sub-Competency 3

**Identifying ways to resist inappropriate social pressure**, which includes setting appropriate boundaries, identifying and responding to negative social pressure in healthy ways, and demonstrating the ability to be true to personal values when interacting with others.

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## Sub-Competency 4

**Demonstrating the ability to prevent and resolve interpersonal conflicts in constructive ways**, which includes using conflict resolution strategies and recognizing the factors that create conflict in the first place.

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## Sub-Competency 5

**Identifying who, when, where, or how to seek help for oneself or others when needed**, which includes recognizing situations in which seeking help is appropriate, identifying trusted adults or community resources, and using self-advocacy strategies to obtain the resources and help needed.

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