Healthy Relationships Curriculum Catholic

VIDEOS to assist teaching complex lessons and concepts

Hands on Lessons:

This highly adaptable program teaches challenging life skills to school students with various needs. This resource is designed to be utilized district-wide from elementary grade levels to high school & beyond and easily enhances any of your existing programs!

Online Progress Monitoring to Evaluate Individual Needs

Following in part the guidance of Saint Pope John Paul II's Theology of the Body, helping the student with Autism, Intellectual Disability and/or Down Syndrome accomplish complex skills such as:

- Hygiene & self care
- Social Media & consequences to social rules
- Relationships Development & social skills
- Consent
- Health education

We were too, so we created a comprehensive program just for you!

Digital Progress Monitoring: Consistently measure and assess in real-time to know if learning is occurring and determine if reteaching is needed. At the same time, compare student progress digitally over grade levels to demonstrate progress toward IEP goals.

Digital Revisable and Sharable Documents: Documents can be revised to match what was taught by the educators and shared directly with parents and caregivers!

Contact Us

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Hover with your phone's camera to watch our welcome video

Easy Access Video Library

Featuring Nearly 200 Videos
With the ability to address all possible learning scenarios, in-person, hybrid, or vitual, the Healthy Relationships Curriculum's extensive, up-to-date video library allows teachers, counselors, students, and families to learn critical and essential skills anywhere they are connected.

Role-Plays & Demonstrations

- Bathroom Etiquette
- Shaving
- Handwashing
- Showering
- Sharing Private Information
- Friends, Acquaintances, and Bullies
- Friendships vs. Dating
- Social Media
- Making Small Talk
- Interacting with Authority
- Personal Space
- Voice Volume
- Breaking Social Boundaries
- Consent Scenarios
- Phases of Dating
- Dating App Safety
- Drugs and Alcohol
- Wordplay Scenarios
- Looking for a Job
- Online Scamming

…and many more!

What's Included in the Healthy Relationships Curriculum?

- **Home Supplements** are included with all 39 lessons to promote growth beyond the classroom.

- **Role-Plays and Demonstrations** are activities designed to teach designated skills in a concrete manner.

- **39 Ready-to-Use Lessons** for each subject topic for a quick step-by-step reference, that includes material list, purposes, objectives, and more.

- **Professional Development Training** to build confidence in teaching these complex skills and tips to bring the lessons to life.

- **myHRC Online Portal** is an interactive website to assist instructors in delivering the program, show videos, capture progress monitoring data, and print reports.

- **Outcome Tools** to show real-time, individual progress that can be shared with parents, guardians, and administrators.

- **Nearly 200 Videos** used in person and allow access at home to bring role-plays and demonstrations to life.

- **Evidenced Based Practices** utilized throughout to promote retention among visual learners.

- **Electronic Group Consultation with Deacon Dr. Sutton** a forum for people to either Zoom call or telephone call in with questions on Dr. Sutton's Sunday Religious Education program

Used by tens of thousands of students and teachers nationwide.

In process
1-5 curriculums
6-15 curriculums
16-30 curriculums
31-200 curriculums
200+ curriculums