

# Interpersonal Relationships (IPR) & IPR Workshop

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*Students grades 11 and 12*

## The Program

Interpersonal Relationships (IPR) is a full-year senior elective course offered through the Human Ecology Department. The IPR curriculum is a practical, solutions oriented approach to important issues that rise from relationship experiences. Students are given complete freedom to be heard, ask important questions, and explore options so that they may better understand themselves, their peers, parents, and all relationships that affect their lives.

The IPR course is taught using non-traditional methods. Students do not hear lectures, take notes, tests or use a class text. They instead are exposed to all kinds of activities, trips, speakers from all walks of life, music, art, improvisation, movies, and more, that get them thinking about their lives and relationships. In-class activities produce strong emotions so that life-long skills will be remembered and used years later, e.g., Heritage Hotline, Visual Essays, Truth or False Videos, Love, Sex, Infatuation, and Labels Shutdown to name a few.

## Results

Students indicate higher self-esteem, better life focus, and better decision-making strategies and skills. Long-term effects include program impact on students' career choices, increased self-confidence, and increased use of effective interpersonal skills and coping strategies.



## Learning Standards

**English Language Arts:** 1) read, write, listen, and speak for social interaction. **Health, Physical Education & Home Economics:** 2) acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

### Contact

Sue Forbes  
Hoosic Valley High School  
Route 67  
Schaghticoke, NY 12154  
518-753-4432  
Fax: 518-753-7665