



FAMILY LIVING

UNIT 1: FAMILY HEALTH & RELATIONSHIPS

- **Section 1.1: Family Health**
- **Section 1.2: Personal Identity**

Learning Objectives

- Define the different types of family
- Discuss family traditions and rituals
- Contrast between healthy and unhealthy relationships
- Identify the characteristics that make a relationship healthy
- Discuss positive traits found in family relationships and friendships
- Demonstrate traits of positive relationships in their lives
- Differentiate between healthy and unhealthy relationships
- Analyze the stages of change model and explain its importance
- Apply the decision-making model to your life
- Examine personal preferences of receiving attention and love

UNIT 2: DATING & PARENTHOOD

- **Section 2.1: Dating & Marriage**
- **Section 2.2: Pregnancy**
- **Section 2.3: Parenthood**

Learning Objectives:

- Discuss the stages of dating
- Create personal limits for expressing physical affection
- Differentiate between healthy and unhealthy relationships
- Determine how to practice abstinence
- Identify different multi-cultural marriage customs
- Discuss the laws that govern marriage in the United States
- Summarize the importance of marriage and the responsibilities of parenthood
- Analyze and evaluate the meaning and significance of wedding customs practiced around the world



- Describe major developments that occur during each stage of pregnancy
- Discuss important elements of health care during pregnancy
- Compare the effectiveness of birth control methods in preventing pregnancy and protecting against STDs
- Explain the challenges faced by teenage and single parents
- Discuss sources of support for expectant parents
- Summarize and interpret research about pregnancy on chosen topics
- Demonstrate knowledge of babysitting safety skills
- Recognize skills that should be developed prior to accepting a babysitting job
- List safety precautions parents can take in cars, around water, and at home
- Evaluate whether their home contains potential safety risks for children
- Identify examples of key parenting skills
- Evaluate the rewards and challenges of parenthood

UNIT 3: HUMAN GROWTH & DEVELOPMENT

- **Section 3.1: Infancy & Childhood**
- **Section 3.2: Adolescence & Adulthood**

Learning Objectives:

- Differentiate between the stages of the human life cycle
- Describe characteristics of each stage of the human life cycle
- Compare the different areas of development in infants, toddlers, and childhood
- List examples of milestones in each developmental category
- Identify the stages of the Life Cycle and some positive and negative situations that may arise in each stage
- Illustrate examples of adolescent development
- Define areas of growth that occur in the teen years
- Describe the developmental stage of adulthood
- Compare the different areas of adult developmental growth



- Contrast the different developmental areas of late adulthood
- Illustrate examples of ways to improve the quality of life in late adulthood
- Analyze the responsibilities and privileges during the adolescence stage of life

UNIT 4: SKILLS FOR FAMILY LIVING

- **Section 4.1: Household Responsibilities**
- **Section 4.2: Communication**
- **Section 4.3: Goal Setting & Decision Making**

Learning Objectives:

- Evaluate the importance of family members sharing household responsibilities
- Create a plan for dividing responsibilities fairly among family members
- Discuss the steps of creating a budget
- Create a personal budget that fits their financial needs and goals
- Describe how to assess one's skills and interests
- Develop a personal career goal
- Recognize when you have received a good deal on a purchase
- Evaluate household responsibilities and how to divide them fairly within a family
- Demonstrate positive communication skills
- Evaluate why certain communication skills lead to positive interactions
- Describe the guidelines for negotiation
- Practice positive conflict resolution skills
- Discuss the importance of helping others feel validated
- Practice using effective validation techniques in their own relationships
- Critique negative communication and demonstrate how to change it to being positive
- Analyze the stages of change model and explain its importance



- Apply the decision-making model to your life
- Determine a personal goal and create a plan to achieve it

UNIT 5: COPING SKILLS

- **Section 5.1: Coping Skills**
- **Section 5.2: Time & Stress Management**
- **Section 5.3: Mental Health**

Learning Objectives:

- Recognize the importance of balancing each realm of health
- Identify effective ways for managing anger and other strong emotions
- Identify personal coping strategies and plan how to cope with stressful situations
- Classify stress, stressors, and the affects of stress as positive or negative
- Summarize the physical, emotional, mental, and behavioral stress response
- Select effective stress management techniques
- Assess appropriate time management techniques
- Design a poster to explain ways to manage stress in a healthy way
- Distinguish between spiritual, emotional, and intellectual wellness
- Classify mental disorders
- Explain when and how to seek help for mental problems
- Analyze the Stages of Grief
- Analyze the affect mental health disorders can have on a person and those around them

UNIT 6: HEALTHY FAMILIES

- **Section 6.1: Healthy Living**
- **Section 6.2: Safety**

Learning Objectives:

- Discuss each area involved in physical wellness
- Assess the benefits of staying physically fit
- Determine the elements of a proper diet



- Classify food primarily as carbohydrates, proteins, or fats
- Explain healthy hygiene practices and their importance to avoiding illness
- Analyze personal health habits and create a goal for improvement
- Recognize abusive behavior
- Compare and contrast each type of abuse
- Describe personal safety skills that should be developed
- Apply personal safety skills
- Determine safe actions to maintain personal safety