

Course Title: Family Living
Board Approval Date: 06/16/14
Credit / Hours: .5 credit

Course Description:

In order to prepare students to make effective and meaningful choices about their lives, it is helpful for them to examine the possibilities that they may have. As society evolves, there are more alternatives available. Family Living allows students to explore their own personality, aspects of health, communication, family and friend relationships, mate selection, marriage, divorce, handling crisis, aging and death. Also included are topics such as coping with stress, building a positive self-image and dealing with peer pressure. By examining the issues pertinent to family living, it is hoped that the students will develop a firm foundation upon which to build their lives.

Learning Activities / Modes of Assessment:

Large group instruction	Tests and Quizzes
Checklists / Teacher Observation	Small group work
Projects with Rubrics	Career Investigations
Guest Speakers	Family Interviews

Instructional Resources:

Families Today. Connie R. Sasse, Published 2009 by The McGraw-Hill Companies, Inc., Woodland Hills, CA.

Variety of classroom resources (cookbooks, videos, and websites) that are relevant and appropriate related to the units in the course.

“The Juggling Act” by Reality Works

Course Pacing Guide

Course: **Family Living**

Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Family Foundation	15 days
2. Understanding Families	10 days
3. Personal Development	10 days
4. Strengthening Relationships	15 days
5. Marriage, Parenting, and Divorce	15 days
6. Family Challenges	10 days
7. Balancing Work and Family	<u>8 days</u>
Total Days	83 Days

Topic: UNIT 1 ~ Family Foundation

Days: 15

Subject(s):

Grade(s):

Know:	Understand:	Do:
<p>The importance of building strong families.</p> <p>A family is defined as two or more people who live together, related by marriage, birth, or adoption.</p> <p>Families provide love, security, protection, education, values, financial support, guidance, socialization, and recreation</p> <p>Families teach their culture to younger members and have pride in their heritage.</p> <p>Families have an assortment of responsibilities to its members and community.</p> <p>Strong functioning families fulfill their responsibilities.</p> <p>Strong, healthy families are willing to seek help outside the family when necessary.</p> <p>No family is 'problem-free'</p> <p>Families can be supported by various community groups and they can also volunteer to support these groups (ex. religious groups,</p>	<p>Families are diverse from each other in structure, tradition, and values.</p> <p>The benefits of studying Family Living.</p> <p>Laws effect families (taxes, interest rates, programs, education, social security laws, marriage and divorce laws, abuse, etc.)</p> <p>The strength of families is vital to the health of society.</p> <p>Families are the basic unit of society, strong families equal a strong community, weak families = a weak family.</p> <p>The business world is effected by family matters as well (problems at home often = problems at work... which in turn can effect businesses a great deal over time).</p>	<p>11.2.12.B - Evaluate the effectiveness of action plans that integrate personal, work, family and community responsibilities.</p> <p>11.2.9.C - Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family.</p>

Topic: UNIT 1 ~ Family Foundation

Days: 15

Subject(s):

Grade(s):

Know:

Understand:

Do:

education, community parks, etc).

Families help form the personalities and values of its individual members.

Families that do not fulfill their responsibilities are dysfunctional.

Topic: UNIT 2 ~ Understanding Families

Days: 10

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.2.9.C – Essential

Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family.

11.2.9.G – Important

Explain the influences of family life cycle stages on the needs of families and communities (e.g., a large number of young families needing day care, fixed income senior citizens, school age children).

DEVELOPMENT:
family life cycle,

FAMILIES:
characteristics of functional and dysfunctional families, strategies in building family relationships

Ways families demonstrate communication, unity, respect for their members, and establish traditions.

FAMILY SYSTEM: the ways personalities and roles of family members act together, relating to each other, siblings and birth order.

Strong families are comparable to a winning team.

The family system shapes their children for years to come (good or bad)

11.2.9.C – Essential

Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family.

11.2.9.G - Explain the influences of family life cycle stages on the needs of families and communities (e.g., a large number of young families needing day care, fixed income senior citizens, school age children).

Topic: Unit 3 ~ Personal Development

Days: 10

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.2.9.A – Essential

Solve dilemmas using a practical reasoning approach

- Identify situation
- Identify reliable information
- List choices and examine the consequences of each
- Develop a plan of action
- Draw conclusions
- Reflect on decisions

11.2.9.H – Essential

Justify the significance of interpersonal communication skills in the practical reasoning method of decision making.

11.4.9.A – Important

Analyze physical, intellectual and social/emotional development in relation to theories of child development.

Three elements of personality: emotional, social, and intellectual traits.

Introverts: a person focused inward, or on oneself.

Extrovert: a person focused outward or on others.

The process that shapes personality is complex.

How people deal with their personality affects all areas of their lives.

People are usually a blend of introverted and extroverted.

Personal Identity

Family affects self-esteem

Setting long-term goals is a valuable and difficult skill.

Development is never ending, and occurs in predictable stages

Effective communication helps to prevent and resolve conflicts.

The importance of positive attitude and self-esteem

11.2.9.A – Essential

Solve dilemmas using a practical reasoning approach

- Identify situation
- Identify reliable information
- List choices and examine the consequences of each
- Develop a plan of action
- Draw conclusions
- Reflect on decisions

11.2.9.H – Essential

Justify the significance of interpersonal communication skills in the practical reasoning method of decision making.

11.4.9.A – Important

Analyze physical, intellectual and social/emotional development in relation to theories of child development.

Topic: Unit 3 ~ Personal Development

Days: 10

Subject(s):

Grade(s):

Know:

Understand:

Do:

Optimist has a positive outlook, Pessimist has a negative outlook.

How to improve and build positive attitude and self-esteem.

It is possible to build a positive attitude and healthy self-esteem.

Factors that affect our growth and development.

Theories of social scientists related to human development.

Types of conflicts.

Theories of prominent social scientists in the areas of growth and development.

How to apply interpersonal skills in various situations

Citizenship Skills: do your share, respect others, help others, take care of shared property.

Volunteering has both practical and personal benefits.

The decision making process can be used for important decisions.
(Steps: identify problem, list options, consider

Topic: Unit 3 ~ Personal Development

Days: 10

Subject(s):

Grade(s):

Know:

Understand:

Do:

consequences of options, evaluate results, carry out best option).

To make sound decisions people must first learn to recognize important decisions, avoid impulsive reactions, base decisions on values, make decisions when clear-headed, make their own decisions, and make decisions based on facts.

Ethics are the moral rules of society. Values affect ethical decisions and actions.

Topic: UNIT 4 ~ Strengthening Relationships

Days: 15

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.3.12.C – Essential

Evaluate sources of food and nutrition information.

11.3.9.B – Important

Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.

11.2.9.C – Essential

Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family.

11.2.9.H – Essential

Justify the significance of interpersonal communication skills in the practical reasoning method of decision making.

RELATIONSHIPS:

Qualities that help build healthy relationships include mutuality, self-disclosure, empathy, shared interests, trust, As people build a rapport with each other a healthy relationship develops, Rewards in a relationship is the pleasure and satisfaction you receive (financial support, affection, excitement, socialization, etc.)

ROLES: Roles help people know how to act

No relationship is perfect.

Relationships are what you make of them.

The danger signs of an unhealthy relationship and strategies to handle or end the relationship.

11.3.12.C – Essential

Evaluate sources of food and nutrition information.

11.3.9.B – Important

Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.

11.2.9.C – Essential

Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family.

11.2.9.H – Essential

Justify the significance of interpersonal communication skills in the practical reasoning method of decision making.

Topic: UNIT 4 ~ Strengthening Relationships

Days: 15

Subject(s):

Grade(s):

Know:

Understand:

Do:

in different situations,
 People have Given and
 Chosen Roles,
 Stereotypes often
 generate role
 expectations, Role
 conflict occurs when
 people disagree about
 their roles.

COMMUNICATION:
 You, I, and We
 messages, Listening and
 Speaking Skills,
 Communication
 Barriers, Verbal and
 Nonverbal
 communication.

CONFLICT: Types of
 conflict, Strategies to
 avoid and resolve
 conflicts, Applying
 interpersonal skills to
 deal with conflict.

WORKING
 RELATIONSHIPS:
 Skills and attitudes
 contributing to healthy
 or productive
 relationships,
 Relationships on the
 job, Respecting
 authority, Teamwork
 and Leadership,
 Leadership styles,.

Topic: UNIT 5 ~ Marriage, Parenting, and Divorce

Days: 15

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.2.9.A – Essential

Solve dilemmas using a practical reasoning approach

- Identify situation
- Identify reliable information
- List choices and examine the consequences of each
- Develop a plan of action
- Draw conclusions
- Reflect on decisions

11.2.9.F – Important

Contrast past and present family functions and predict their probable impact on the future of the family.

Theories of Attraction

Characteristics of mature love.

Warning Signs in a Relationship

ENGAGEMENT: choosing a partner, signs of readiness, purpose of engagement, pros and cons of a prenuptial agreement, premarital counseling

MARRIAGE, DIVORCE, AND REMARRIAGE: Process of how become legally married, marriage laws, types of ceremonies and

Couples who have the support in their decision to get married typically fair better than couples who do not.

Although difficult, it is easier to terminate an engagement rather than terminated a marriage, especially when children are involved.

Blending families (re-marriage) can be difficult, it demands patience, understanding, and excellent communication skills.

11.2.9.A – Essential

Solve dilemmas using a practical reasoning approach

- Identify situation
- Identify reliable information
- List choices and examine the consequences of each
- Develop a plan of action
- Draw conclusions
- Reflect on decisions

11.2.9.F - Contrast past and present family functions and predict their probable impact on the future of the family.

Topic: UNIT 5 ~ Marriage, Parenting, and Divorce

Days: 15

Subject(s):

Grade(s):

Know:

Understand:

Do:

<p>traditions, adjusting to married life, qualities of a strong marriage, U-Shaped Satisfaction Curve, Skills and Resources for Marriage, Process of becoming divorced, divorce laws, Blended Families</p> <p>PARENTING: 'decision-making chain for parenting, pressures to have or not have children, rewards and challenges of parenting, responsibilities of parenting, challenges of parenting, parenting styles, infertility and adoption, readiness traits for parenting, skillful parenting.</p>		
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Topic: UNIT 6 ~ Family Challenges

Days: 10

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.2.9.A – Essential

Solve dilemmas using a practical reasoning approach

- Identify situation
- Identify reliable information
- List choices and examine the consequences of each
- Develop a plan of action
- Draw conclusions
- Reflect on decisions

11.2.9.E – Important

Evaluate the impact of technology and justify the use or nonuse of it (e.g., safety, cost/budget, appearance, efficiency).

11.2.9.G – Important

Explain the influences of family life cycle stages on the needs of families and communities (e.g., a large number of young families needing day care, fixed income senior citizens, school age children).

STRESS MANAGEMENT:
typical causes of stress within families,
symptoms of stress,
tactics in managing stress, strategies in avoiding stress

What makes a crisis different than an everyday problem.

The dying process is common and unique at the same time.

11.2.9.A – Essential

Solve dilemmas using a practical reasoning approach

- Identify situation
- Identify reliable information
- List choices and examine the consequences of each
- Develop a plan of action
- Draw conclusions
- Reflect on decisions

11.2.9.E – Important

Evaluate the impact of technology and justify the use or nonuse of it (e.g., safety, cost/budget, appearance, efficiency).

11.2.9.G - Explain the influences of family life cycle stages on the needs of families and communities (e.g., a large number of young families needing day care, fixed income senior citizens, school age children).

Topic: UNIT 6 ~ Family Challenges
Subject(s):

Days: 10
Grade(s):

Know:

Understand:

Do:

CRISIS: know how to identify a crisis, causes of crisis, four stages of responding to crisis (impact, withdrawal or confusion, focus, adaption), resources for a crisis, types of crisis

AGING ADULTS: financial stability and concerns, medical care, living arrangements, personal safety, the aging process (honeymoon stage, active stage, slowing-down stage, reminiscing stage, sunset stage), typical changes (physical, mental, social),

DEATH and DYING:

Topic: UNIT 7 ~ Balancing Work and Family

Days: 8

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.2.9.A – Essential

Solve dilemmas using a practical reasoning approach

- Identify situation
- Identify reliable information
- List choices and examine the consequences of each
- Develop a plan of action
- Draw conclusions
- Reflect on decisions

Pros and cons of different childcare options

Time management strategies

Flextime, Leave of absence, reimbursement

Pros and Cons of dual family income.

Jobs/Careers affect family life (job loss, relocation, work challenges, schedules, stress)

Family life affects jobs/careers (home pressures, family problems, lack of family knowledge or organization)

Living on a budget can be difficult and requires compromises.

The more education an individual has, the more likely they'll be able to afford a lifestyle that they'd prefer to have.

11.2.9.A – Essential

Solve dilemmas using a practical reasoning approach

- Identify situation
- Identify reliable information
- List choices and examine the consequences of each
- Develop a plan of action
- Draw conclusions
- Reflect on decisions

Students will participate in an activity titled, "The Juggling Act." The activity requires students to hypothetically acquire housing, transportation, a job/career, and childcare on a budget. Students are provided with all handouts necessary to plan out their arrangements and expenses in hypothetical but realistic scenarios.