

Human Growth and Development IV is a course in Family and Consumer Sciences that may be used to partially satisfy the Career Pathways requirement or as an elective course. The Families and Relationship course in Human Growth and Development sequence will examine the significance of family and its impact on the well-being of individuals and society. As well as developing an understanding for cultural diversity and the importance of developing respectful and caring relationships in the family, workplace, and community.

OBJECTIVES

Upon completing this class, the students will be able to:

- Examine ways that “family” is defined.
- Recognize how families are formed and explain stages of their development
- Analyze various functions of families.
- Compare and contrast how functions and structures of families change over time.
- Analyze the impact of social and cultural diversity on families.
- Identify the needs, wants, and interests of an individual over the life span.
- Describe how specific individual needs are met by the family unit.
- Determine how changes in the family unit might impact individual needs and interests.
- Describe cultural influences on a family’s quality of life.
- Analyze social forces that influence family across the life span
- Recognize how emotions and attitudes change throughout the life span.
- Identify various types of relationships that individuals experience: family, friends, peers, school, work, and community.
- Recognize the benefits of positive interpersonal relations on family, friends, peers, school, work, and community.
- Describe the characteristics of a healthy relationship: mutual respect, trust, openness, reliability.
- Analyze conditions that influence adolescent sexuality and behavior.
- Explain how basic human needs as defined by Maslow affect behaviors and relationships: physical, safety/security, love and acceptance, esteem, self-actualization.
- Discuss role expectations and personality traits and their impact on personal relationships.
- Explain the development of personal identity and its components.
- Identify and define essential components of each type of communication process: verbal (listening and speaking), non-verbal (actions, body language), technological (email, phone, voicemail, etc.).
- Demonstrate effective communication skills: verbal, non-verbal, and technological.
- Assess the effect that communication skills have on interpersonal relationships.
- Identify and avoid barriers to positive communication (stereotypes, prejudices, coded messages, gender differences, and expectations).
- Identify conflicts which occur in relationships and determine their causes.
- Describe constructive strategies to prevent and resolve conflicts: e. g. “I” messages, owning a problem, compromise, mediation, conflict resolution process.
- Describe challenges and transitions which impact individuals and families such as unemployment, violence, substance abuse, illness or accidents, death or divorce.
- Identify services provided by the community to assist individuals and families in management of challenges or crisis.

Textbook: *Skills for Living*, by Cecilia Anita Decker

The following chapters and topics will be covered:

Unit: Understanding Families

Chapter 6-1 What Is a Family:

Topics: Roles of Family Members, Functions of the Family, Physical Care, Socialization, Emotional Support, World Situations Affect Families.

Chapter 6-2 Family Structures Vary

Topics: Nuclear Families, Single-Parent Families, Blended Families, Extended Families, Childless Families, Single Living.

Chapter 6-3 Family Structures Change:

Topics: Family Life Cycle, Stages in the Cycle, Variations in the Cycle, Divorce, Remarriage.

Unit: Understanding Yourself

Chapter 1-1 All About You

Topics: Your Heredity, Your Environment, Types of Environments, Your Cultural Heritage, Race and Ethnic Groups in the United States, Your Personality, Character Development, Your Self-Concept and Self-Esteem.

Chapter 1-2 Your Growth and Development

Topics: Growing Physically, Intellectually, Emotionally, and Socially; The Developmental Tasks of Teens (Havighurst); Socially Responsible Behavior.

Chapter 1-3 Influences on Behavior

Topics: Human Needs: Physical Needs, Safety and Security Needs, Love and Acceptance Needs, Esteem Needs, Self-Actualization (Maslow); Comparing Needs and Wants; Values, Goals, and Standards,

Unit: Understanding Relationships

Chapter 2-1 Developing Positive Relationships

Topics: Types of Relationships: parents, Siblings, Peers, Romantic, Work; Benefits of Positive Relationships, Basis for Positive Relationships: Mutual Respect, Trust, Openness, Reliability.

Chapter 2-2 Developing Friendships

Topics: Types of Friends, Meeting People, Forming Friendships; Dating: Group Dating, Random Dating, Steady Dating; Love and Infatuation.

Chapter 2-3 Negative Relationships

Topics: Identifying a Negative Relationship, Ending a Negative Relationship, Recovering from a Negative Relationship; Peer Pressure.

Unit Communication Skills

Chapter 3-1 The Communication Process

Topics: Verbal Communication: Listening and Speaking; Nonverbal Communication: Your Appearance, Your Actions, Body Language, and Personal Space.

Chapter 3-2 Communication in Relationships

Topics: Communicating Positive Feelings, Barriers to Open Communication: Stereotypes, Prejudices, Coded Messages, Gender Differences; Handling Negative Feelings, and Resolving Conflicts.

Unit Preparing for Family Life

Chapter 7-1 Preparing for Marriage

Topics: Types of Love; Factors that Influence Marital Success: Family Background, Values, Goals, Standards, Emotional Maturity, Parental Approval, Attitude toward Marriage; The Engagement Period; Making Marriage Work: Early Marital Adjustments, Nurturing a Marriage.

Unit Family Challenges

Chapter 9-3 Building Functional Families

Topics: Making and Keeping Families Strong: Communicate Effectively, Solve Problems, Spend Time Together; Fulfilling Family Rights and Responsibilities: Sharing Values and Goals, Sharing Decision Making, Sharing Resources, and Sharing a Lasting Commitment.

Chapter 9-4 Handling Family Crisis

Topics: Characteristics of Crises, Skills for Coping with Crises, Types of Crises.

MATERIALS PROVIDED BY THE STUDENT

1. Notebook and notebook paper
2. Pencil or pen
3. A folder or 1 ½" three ring notebook.
4. Current event articles

MATERIALS PROVIDED BY THE TEACHER OR THE SCHOOL

Textbooks: ***Skills for Living*** by Cecilia Anita Decker

Teacher prepared materials, magazine and newspaper articles, videos, transparencies, and guest speakers will be included whenever it is possible and appropriate to do so.

