

Orange Unified School District

FAMILY LIVING

Semester Course

GRADE LEVEL: 9-12

PREREQUISITES: None

INTRODUCTION TO THE SUBJECT:

Family Living is a basic course in the fundamentals of family living and parenting education at the high school level. Topics include the family and its contributions; personal development, positive relationships including dating relationships; marriage and family life; parenting skills; and major life changes, conflicts, and crises. Family Living is based on the Home Economics Careers and Technology consumer and family studies content standards. This course provides standards driven instruction and assessment, integrates academic and career technical concepts, and contributes to students' academic achievement. Students enrolled in Family Living receive the background knowledge needed to pursue careers related to family and human services.

COURSE OBJECTIVES:

BY THE END OF THE COURSE THE STUDENT WILL BE ABLE TO:

(The Content Area Standards for Family Living and Parenting Education and Academic Core Content Standards have been incorporated in the Course Objectives.)

1.0 FAMILY AND SOCIETY: Understand the function of the family as a basic unit of society. They will demonstrate proficiency by:

- 1.1 Describing the function of the family and the socioeconomic and cultural influences.
- 1.2 Identifying the difference in family structures.
- 1.3 Analyzing the meaning of family and the value of families to individuals and society.
- 1.4 Comparing the families of past generations with contemporary families.
- 1.5 Analyzing how economic and societal changes influence family and work roles and responsibilities.
- 1.6 Describing the future impact of technology on families and relationships.

2.0 CONTRIBUTIONS OF THE FAMILY: Understand the contributions of the family to the development of individuals. They will demonstrate proficiency by:

- 2.1 Explaining the function of the family in providing a nurturing environment for its members.
- 2.2 Describing various roles and responsibilities assumed by family members during each stage of the life cycle.
- 2.3 Describing ways for family members to become involved in family functions and responsibilities.
- 2.4 Describing causes and effects of stereotyping in the development of and changes in family roles.
- 2.5 Examining traditional and nontraditional roles and responsibilities of family members.
- 2.6 Explaining the contributions of the aged to the family unit and to society.
- 2.7 Explaining ways in which families influence individual self-esteem, personality development, values and relationships.
- 2.8 Explaining the implications and consequences when family members do not fulfill their responsibilities.
- 2.9 Describing the importance of personal and family in the community and ways for individuals to provide community service.

3.0 PERSONAL DEVELOPMENT: Understand the factors that affect the development of self-concept, values, character, personality, and philosophy of life. They will demonstrate proficiency by:

- 3.1 Identifying personal values and goals and describing the role of values in making decisions and achieving goals.
- 3.2 Comparing, prioritizing, and setting short-term and long-term-goals.
- 3.3 Describing the factors that contribute to the development of character and personality.

4.0 POSITIVE RELATIONSHIPS: Understand that positive relationships are built on feelings of self worth, effective communication, common values and goals, and responsible behavior. They will demonstrate proficiency by:

- 4.1 Analyzing the characteristics and behaviors that contribute to developing positive relationships.
- 4.2 Analyzing the positive qualities of their relationships, including those with family, friends, teachers, and employers.
- 4.3 Explaining communication strategies that can resolve conflicts and build successful relationships.
- 4.4 Describing and applying effective verbal and nonverbal communication skills that build positive relationships, enhance self-esteem, and increase respect for others.
- 4.5 Describing common values and goals that promote positive, lasting relationships.
- 4.6 Illustrating how relationships are important in helping people cope with their changing world and life events.

5.0 DATING RELATIONSHIPS AND COMMITMENTS: Understand dating relationships, love, and commitment. They will demonstrate proficiency by:

- 5.1 Identifying the purpose of dating and the qualities of a dating partner.
- 5.2 Analyze the problems involved in dating.
- 5.3 Assessing personal qualities that lead to the selection of a suitable partner or mate and love and commitment to the relationship.
- 5.4 Examining family, legal, societal, and cultural factors that influence the selection of a mate.
- 5.5 Analyzing the importance of abstinence in dating relationships.
- 5.6 Describing responsible and irresponsible behaviors and the consequences of each.
- 5.7 Analyzing the influence of the media in shaping sexual attitudes and behavior.

6.0 MARRIAGE AND FAMILY LIFE: Understand the components of marriage and family life. They will demonstrate content proficiency by:

- 6.1 Analyzing expectations of marriage and family life and the factors that contribute to effective relationships.

- 6.2 Comparing the advantages and disadvantages of single life, marriage, and parenthood.
- 6.3 Compare traditional marriage with other forms of cohabitation and lifestyles.
- 6.4 Analyzing the meaning and responsibilities of commitment to one person in marriage or in long-term relationships.
- 6.5 Explaining the areas of adjustment for a successful marriage or a long-term commitment.
- 6.6 Analyzing the difference between physical and psychological intimacy.

7.0 PARENTING SKILLS: Understand the necessary skills necessary for parenting and child guidance. They will demonstrate proficiency by:

- 7.1 Describing the responsibilities of being a parent.
- 7.2 Evaluating different styles and strategies of parenting.
- 7.3 Explaining the role of the parent in physical, emotional, social, and intellectual development of the child.

8.0 MAJOR LIFE CHANGES: Understand the adjustments needed to adapt to major life changes throughout the life cycle. They will demonstrate proficiency by:

- 8.1 Describing common major life changes, issues, and adjustments that individuals encounter during the life cycle.
- 8.2 Summarizing adjustments required as family structures change.
- 8.3 Analyzing the factors that help facilitate life adjustments.
- 8.4 Applying the decision-making process to meet the demands of different family structures.
- 8.5 Analyzing the effects of unemployment, career change, retraining, incarceration, and retirement.
- 8.6 Describing the adjustments needed by two-career families.
- 8.7 Describing the changes that occur in the aging process, the special needs of the aged and the ways in which those needs may be met by family members and community agencies.

- 8.8 Examining skills that are needed by individuals who care for family members with special emotional, physical, social, and economic needs.
- 8.9 Explaining current laws and court decisions relating to marriage, parenthood, death, and dissolution of marriage.

9.0 CONFLICTS AND CRISES: Understand strategies and resources for managing conflicts and crises. They will demonstrate proficiency by:

- 9.1 Identifying sources and the effects of conflicts and crises in a variety of work, personal, and family situations.
- 9.2 Assessing personal attributes and available resources for coping with conflicts and crises.
- 9.3 Applying strategies for coping with personal, social, and work related conflicts and crises.
- 9.4 Explaining the effects of positive and negative stress factors on psychological and physiological well-being.
- 9.5 Explaining the services of local public and private agencies available to help individuals and families.

10.0 CAREERS RELATED TO FAMILY AND HUMAN SERVICES: Understand careers related to family and human services. They will demonstrate content proficiency by:

- 10.1 Identifying characteristics of effective family and human services professionals.
- 10.2 Comparing personal interest, aptitudes, and abilities with those required in family and human services careers.
- 10.3 Evaluating career options related to family and human services including labor market projections, educational requirements, job responsibilities, salary, benefits, employer expectations, and working environment.
- 10.4 Developing a career plan in family and human services that reflects upward career mobility and opportunities for entrepreneurship.

COURSE OVERVIEW AND APPROXIMATE UNIT TIME ALLOTMENTS:

	<u>WEEKS</u>
I. Family and Society	2
A. Importance of the family	
1. The meaning of family	
a. Individuals and families	
b. Families in past generations	
c. Contemporary families	
2. The value of families	
a. Individuals	
b. Society	
B. Functions of the family	
1. Socioeconomic influences	
2. Cultural influences	
C. Family structures	
1. Types	
2. Differences	
D. Influences on family roles and responsibilities	
1. Economic changes	
2. Societal changes	
E. Impact of technology	
1. Families	
2. Relationships on families	
II. Contributions of the Family	2
A. Family functions	
1. Ways to provide a nurturing environment	
2. Involvement of family members	
B. Family influences	
1. Individual self-esteem	
2. Personality development	
3. Values	
4. Relationships	
C. Roles and responsibilities	
1. During each stage of the life cycle	
2. Ways family members contribute	
3. Causes and effects of stereotyping	
4. Traditional and non-traditional roles	
5. Consequence of unfulfilled responsibilities	
D. Contributions of the aged	
1. Family unit	
2. Society	

WEEKS

- E. Service to the community
 - 1. Importance of individual and family involvement
 - 2. Ways to provide community service

- III. Personal Development 1
 - A. Personal values and goals
 - 1. Identification and role of values and goals
 - a. Making decisions
 - b. Achieving goals

- IV. Positive Relationships 2
 - A. Development of positive relationships
 - 1. Characteristics
 - 2. Behaviors
 - 3. Importance in life-changing events
 - B. Positive qualities of relationships
 - 1. Family
 - 2. Friends
 - 3. Teachers
 - 4. Employers
 - C. Role of communication in relationships
 - 1. Verbal and non-verbal communication skills
 - 2. Strategies for successful relationships
 - 3. Conflict resolution strategies
 - D. Factors promoting positive, lasting relationships
 - 1. Common values
 - 2. Common goals

- V. Dating Relationships and Commitments 1
 - A. Dating
 - 1. Purposes
 - 2. Possible problems
 - B. Dating partners
 - 1. Desirable qualities of partner
 - 2. Assessment of personal qualities
 - a. Partner selection
 - b. Love and commitment
 - C. Influences on partner selection
 - 1. Family
 - 2. Legal
 - 3. Societal
 - 4. Cultural

WEEKS

- D. Behaviors in dating relationships
 - 1. Responsible behaviors
 - 2. Irresponsible behaviors
 - 3. Importance of abstinence
 - 4. Media influences

- VI. Marriage and Family Life 1
 - A. Expectations
 - B. Components of effective relationships
 - C. Advantages and disadvantages
 - 1. Single life
 - 2. Marriage
 - 3. Parenthood
 - 4. Other forms of cohabitation and lifestyle
 - D. Marriage and long-term relationships
 - 1. The meaning of commitment
 - 2. Responsibilities of commitment
 - 3. Areas of adjustment for success
 - E. Intimacy

- VII. Parenting Skills 4
 - A. Parenting responsibilities
 - B. Parenting styles and strategies
 - C. Parenting roles in child development

- VIII. Major Life Changes 3
 - A. The family life cycle
 - 1. The beginning stage
 - 2. The expanding stage
 - 3. The developing stage
 - 4. The launching stage
 - 5. The aging stage
 - B. Adjustments to changes in families
 - 1. Different family structures
 - 2. Two-career families
 - 3. Factors that help facilitate adjustments
 - C. Effects of changes in employment
 - 1. Unemployment
 - 2. Career changes
 - 3. Retraining

WEEKS

- 4. Incarceration
- 5. Retirement
- D. Adjustments to changes in the aging process
 - 1. Special needs of the aged
 - 2. Role of family members
 - 3. Role of community agencies
- E. Family caregiver skills
 - 1. Emotional needs
 - 2. Physical needs
 - 3. Social needs
 - 4. Economic needs
- F. Current laws and court decisions
 - 1. Marriage
 - 2. Parenthood
 - 3. Death
 - 4. Dissolution of marriage

- IX. Conflicts and Crises 1
 - A. Sources and effect of conflicts and crises
 - 1. Personal situations
 - 2. Family situations
 - 3. Work situations
 - B. Coping with conflicts and crises
 - 1. Personal attributes
 - 2. Available resources
 - 3. Coping strategies
 - 4. Services of public and private agencies
 - C. Effect of positive and negative stress factors
 - 1. Psychological well-being
 - 2. Physiological well-being

- X. Careers Related to Family and Human Service 1
 - A. Characteristics of effective family and human services professionals
 - B. Comparison of personal characteristics with career requirements
 - C. Career options related to child development and education
 - 1. Current labor market needs
 - 2. Educational requirements
 - 3. Job responsibilities
 - 4. Salary and benefits
 - 5. Employee expectations
 - 6. Working environment

- D. Career awareness and planning
 - 1. Upward mobility
 - 2. Entrepreneurship
 - 3. Opportunities

WEEKS

Total Weeks: 18

DATE OF CONTENT REVISION: November 2003

DATE OF BOARD APPROVAL: December 9, 2003

