

Personal & Family Relations

PURPOSE: *Personal and Family Relations focuses on understanding, appreciating, and strengthening families and personal relationships. Topics addressed in this course include: the foundation of the family, communication and conflict resolution, building family and personal relationships, contemporary social issues, dating, engagement, and marriage.*

HIGH ACHIEVEMENT UNIT OUTCOMES:

Outcome I: The Family Foundation

Components:

Unit 1-The Family Foundation

- 1.3.4 Examine community resources and systems of formal and informal support available to individuals and families.
- 2.4.3 Assess the use of technology and its impact on quality of life.
- 6.1.1 Examine family as a basic unit of society.
- 6.1.2 Determine the role of family in transmitting societal expectations.
- 6.1.3 Examine global influences on today's families.
- 6.1.4 Examine the role of family in teaching culture and traditions across the life span.
- 6.1.5 Examine the role of family in developing independence, interdependence, and commitment of family members.
- 6.2.2 Examine the impact of cultural diversity on individuals and families.
- 6.2.4 Demonstrate respect for diversity with sensitivity to anti-bias, gender, equity, age, culture, and ethnicity.
- 12.1.1 Examine physical, emotional, social, and intellectual development.
- 12.1.2 Examine interrelationships among physical, emotional, social, and intellectual aspects of human growth and development.
- 13.1.1 Examine processes for building and maintaining interpersonal relationships.
- 13.1.2 Examine the impact of various stages of the family life cycle on interpersonal relationships.
- Explain what can be gained by studying families.
- Describe a helpful attitude to have when studying about families.
- Express the relationship between emotional support, self-concept, and self-esteem.
- Determine the connections between values and behavior

Outcome II: Strengthening Relationships

Components:

Unit 2-Strengthening Relationships

- 13.1.3 Compare physical, emotional, and intellectual responses in stable and unstable relationships.
- 13.1.4 Determine factors that contribute to healthy and unhealthy relationships.
- 13.1.5 Explore processes for handling unhealthy relationships.
- 13.1.6 Determine stress management strategies for family, work, and community settings.
- 13.2.1 Examine the impact of personal characteristics on relationships.
- 13.2.2 Consider the effect of personal needs on relationships.
- 13.2.3 Examine the effect of self-esteem and self-image on relationships.
- 13.2.4 Determine the impact of life span events and conditions on relationships.
- 13.2.5 Explain the impact of personal standards and codes of conduct on interpersonal relationships.
- 14.6.3 Analyze career options in the area of personal and family wellness
- 14.6.1 Evaluate the relationship among physical, social, and mental wellness in life.
- 14.6.2 Analyze individual and family needs related to wellness in life.
- 13.5.7 Demonstrate processes for cooperating, compromising, and collaborating
- 13.4.2 Determine how similarities and differences among people affect conflict prevention and management.
- 13.4.3 Determine the roles of decision making and problem solving in reducing and managing conflict.
- 13.4.4 Appraise nonviolent strategies that address conflict.
- 13.4.5 Choose effective responses to harassment.
- 13.3.1 Examine communication styles and their effects on relationships.
- 13.3.2 Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.
- 13.3.3 Demonstrate effective listening and feedback techniques.
- 13.3.4 Examine barriers to communication in family, work, and community settings.
- 13.3.5 Practice ethical principles of communication in family, community, and work settings.
- 13.3.6 Examine the impact of communication technology in family, work, and community settings.

- 13.3.7 Examine the roles and functions of communication in family, work, and community settings.
- Identify the kinds of relationships and tell why they are important.
- Compare good and bad relationships.
- Explain what roles are and how they are learned.
- 14.6.6 Examine the effect of self-esteem and self-image on relationships.
- 15.2.2 Select communication strategies that promote positive self-esteem in family members.

Outcome III: Extending Your Relationships

Components:

Unit 4-Extending Your Relationships

- 13.5.1 Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.
- 13.5.2 Demonstrate strategies to motivate and encourage group members.
- 13.5.3 Create strategies to motivate and encourage group members.
- 13.5.4 Demonstrate techniques that develop team and community spirit.
- 13.5.5 Demonstrate ways to organize and delegate responsibilities.
- 13.5.6 Create strategies to integrate new members into the team.
- Explain what a working relationship is and describe keys to good working relationships.
- Explain how groups function.
- Describe the roles of leaders and followers in a group

Outcome IV.: Personal Leadership Skills

Standard: Personal Leadership Skills

- I.2 Display courtesy, tactfulness, and patience.
- II.1 Evaluate personal traits (including initiative, self-esteem, creative thinking, adaptability, and motivation).
- III.1 Value diversity, practice tolerance and acceptance, and work cooperatively toward common goals.
- III.3 Use the following communication techniques to achieve personal and professional goals: active listening; body language/nonverbal communication, correct verbal expressions; eye contact; reflection of feelings; silence when appropriate; prepared speaking.
- III.7 Ask appropriate questions to clarify another's communications.
- IV.3 Apply one or more problem-solving processes to a given situation(s).
- VIII.1 Define goals, identify priorities, and establish objectives for a project.
- VIII.2 Accept responsibility for personal decisions and actions.
- IX.1 Cooperate and comprise through teamwork and group participation.
- X.2 Recognize and celebrate the accomplishment of others.
- X.3 Utilize the resources and talents of all organization members.
- X.5 Demonstrate cooperative behaviors to contribute to one another's success.
- VI.1 Establish and examine personal short- and long-term goals, including resources needed to reach these goals.

Outcome V: Career Development Skills

Standard-Career Development Skills

- II.2 Prepare and deliver a presentation appropriate to subject matter, purpose, and audience.
- I.4 Analyze a speaker's point of view.
- II.4 Participate in group communication activities
- III.1 Estimate, apply, and solve problems involving fractions, decimals, percentages, and real numbers
- III.2 Decide whether a problem situation is best solved using computer, calculator, paper and pencil, or mental arithmetic/estimation techniques.
- IV.2 Check, edit, and revise for correct information, appropriate emphasis, grammar, spelling, and punctuation.
- IV.4 Compile and maintain records, logs, lab notebooks, and other documentation.
- V.2 Compose, organize, and edit information using a computer.
- V.5 Select and use subject-specific and industry-specific software.
- VI.1 Perform a self-assessment:
 - a. Personal goals
 - b. Standards and values
 - c. Needs/wants
 - d. Strengths/weaknesses

e. Interests/talents

- VI.5 Demonstrate interpersonal skills:
 - a. Tact and diplomacy
 - b. Respect for others
 - c. Respect for diversity
 - d. Recognition of others' strengths
 - e. Positive assertiveness
 - f. positive attitude