

# INDIVIDUAL AND FAMILY RELATIONSHIPS

## **Course Description**

*This course includes the study of developing skills to build and maintain a healthy self-concept and effective communication that establish healthy relationships for an individual, family, community, marriage, peers and professionally. This course will emphasize establishing and maintaining relationships based on effective communication, diverse family systems, characteristics of personal development and the impact of relationships on personal and career connection.*

## **Priority Standards / CTE Strands**

- Students will explore the connection to Family and Human Services Careers.
- Students will assess personal identity, wellbeing, values, strengths, and needs.
- Students will identify and demonstrate communication and conflict resolution skills that affect personal, professional, and community relationships.
- Students will evaluate healthy relationships within families, friends, professionals, and community members.
- Students will explore the functions and purposes of responsible dating and identify the aspects and importance of marriage preparation.
- Students will explore the transition to a marriage relationship.
- Students will explore family structures, cultures, transitions, crisis, and resilience.
- Students will identify the various skills and responsibilities of parenting and list effective ways to develop meaningful relations in home and family life.

## **Performance Skills**

- Students will explore careers within the human services field. Identifying the skills needed in the career, education, career outlook, salary, and day to day responsibilities.
- Identify at least 5 personal values and discuss with a peer or “potential client” how values affect our decisions, behaviors, and well-being.
- Identify previous generation communication styles and practice ways to improve communication including scripts learned from previous generations, family members, coworkers, and partners.
- Set a list of rules/responsibilities related to establishing healthy relationships that support personal values.
- Analyze how following the Van Epp’s (RAM) model promotes healthy relationships with community members, friends, family members, and co-workers and compare and contrast how RAM would be developed in those different relationships.
- Apply conflict resolution and problem-solving strategies to resolve an identified common source of any relationship conflict.
- Research and create a list of resources that can help a potential client with crises that may arise.
- Create a list of individual characteristics and traits that would show readiness for parenting & apply positive guidance techniques to resolve three child-rearing problems.
- Integrate CTSO FCCLA into the course.
- Develop professional and interpersonal skills needed for success in the industry.

