

Family Living & Healthy Relationships

Carone Learning Category: Lifestyle

Subject: Elective/FCS

Recommended Grade Level: 7-12

Course Credit: One semester, 0.5 credits (5 units in CA)

Recommended Pre-Requisites: None

Course Description

In this course, students examine the family unit and characteristics of healthy and unhealthy relationships at different phases of life-- including information on self-discovery, family, friendships, dating and abstinence, marriage, pregnancy, and parenthood. Students learn about the life cycle and the different stages of development from infancy to adulthood. They also focus on a variety of skills to improve relationships and family living, including coping skills, communication skills, refusal skills, babysitting, parenting, and healthy living and disease prevention habits.

Units & Tasks

- This course is divided into the following Units and Sections.
 - **Course Introduction**
 - **Unit 1: Family Health & Relationships**
 - *Family Health*
 - *Personal Identity*
 - **Unit 2: Dating & Parenthood**
 - *Dating & Marriage*
 - *Pregnancy*
 - *Parenthood*
 - **Unit 3: Human Growth & Development**
 - *Infancy & Childhood*
 - *Adolescence & Adulthood*
 - **Unit 4: Skills for Family Living**
 - *Household Responsibilities*
 - *Communication*
 - *Goal Setting & Decision Making*
 - **Unit 5: Coping Skills**
 - *Coping Skills*
 - *Time & Stress Management*
 - *Mental Health*
 - **Unit 6: Healthy Families**
 - *Healthy Living*
 - *Safety*

Within each section students will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lesson(s) about the section topic

Family Living

3. **Field Trip**—links to other online sites with additional fitness information
4. **Reflection***—a journal reflecting on material learned
5. **Discussion***—class discussion on an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—assessment
8. **Quiz***—assessment of lesson comprehension

The items noted with an asterisk above are those that must be submitted for a grade. A unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Parent & Teacher Guides

Parent and teacher guides available.

Materials

There are no required materials for this course.

Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.