

# 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

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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.