

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.

UNIT 1: FAMILY HEALTH & RELATIONSHIPS

- Lesson 1: Family Health & Relationships
- Lesson 2: Personal Identity

UNIT 2: DATING & PARENTHOOD

- Lesson 1: Dating & Marriage
- Lesson 2: Pregnancy
- Lesson 3: Parenthood

UNIT 3: HUMAN GROWTH & DEVELOPMENT

- Lesson 1: Infancy & Childhood
- Lesson 2: Adolescence & Adulthood

UNIT 4: SKILLS FOR FAMILY LIVING

- Lesson 1: Household Responsibilities
- Lesson 2: Communication
- Lesson 3: Goal Setting & Decision Making

UNIT 5: COPING SKILLS

- Lesson 1: Coping Skills
- Lesson 2: Time & Stress Management
- Lesson 3: Mental Health

UNIT 6: HEALTHY FAMILIES

- Lesson 1: Healthy Living
- Lesson 2: Safety