**Course Description**

Interpersonal Relationships encourages self-examination and critical thinking relative to adult living. Areas of study include understanding oneself and others, dating, long-term committed relationships, family systems, financial responsibility, parenting and the life cycle. The course content encourages the development of the skills necessary for successful relationships in today's changing world.

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**Course Rationale**

The Family and Consumer Science Department courses use hands-on activities to assist young adults in obtaining the knowledge and skills required to meet the challenges of living and working in a diverse, global society. Our unique focus is on the interrelationship of individuals, families and work.

**Enduring Understandings**

Building and maintaining interpersonal relationships betters your quality of life. Learning different communication strategies can help build strong families. Balancing work and family has become essential to be a part of our society.

**Key Resources**

Publisher The Goodheart-Willcox Company, Inc. Strengthening Family & Self, Author Leona Johnson
Publisher The Goodheart-Willcox Company, Inc. Strengthening Family & Self, Student Resource Workbook

**Board Approval Date**

May 24, 2012

**Unit Details**

**Unit:** Reaching Your Potential

**Duration:** 3 Week(s)

**Unit Overview**

Learning about yourself and how you interact with others and bettering your skills to build better relationships.

**Enduring Understandings**

Understanding of your own personal behaviors and standards contributes to success in relationships.

Learning strategies helps to build and maintain interpersonal relationships.

**Essential Questions**

How do your personal standards and behaviors and your view of yourself affect the relationships you have with others?

Why did you learn strategies to help you build and maintain better relationships?

**Example Assessment Items**

Evaluation of student performance on assessment items
Who Am I Presentation and paper with rubric

**Academic Vocabulary**

Socialization
Temperament
Alternatives
Role
Resources
Rapport
Authoritarian
Reflecting

**Topic:** Reaching Your Potential

**Duration:** 0 Day(s)

**Description**

A Close up view of you
Your Growth and Development
Decision Making Skills

**Learning Targets**

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The student will analyze personal needs and characteristics and their impact on interpersonal relationships.
Assessment: Examine information on website(s) and write an essay on what score they obtained told them about their characteristics and the type of person they were from the test/quizzes.

The student will identify personal qualities that build a successful relationship.
Assessment: Have discussion.

The student will identify important decisions to be discussed prior to marriage.
Assessment: Video work shop.

The student will demonstrate appreciation for diverse perspective, needs, and characteristics of individuals and families.

The student will demonstrate communication skills that contribute to positive relationships.
Assessment: Ask questions then summarize what the speaker had shared and relate it back to the book information.

## Unit: Relating To Others

**Unit Overview**
Learning how to build and maintain healthy relationships within the family, community and work settings.

**Enduring Understandings**
Communicating ideas effectively is essential to successful interactions.

**Essential Questions**
How do you function and communicate in relationships with your family, community or in work settings?

- Why is it important to communication effectively?

**Example Assessment Items**
Evaluation of student performance on assessment items

**Academic Vocabulary**
- Negotiation
- Accommodation
- Bonding
- Complementary Qualities

### Topic: Developing Effective Communication Skills

**Description**
- Conflict Resolution
- Skills for group interaction
- Relationships with friends
- Relationships within your family
- Siblings
- Work Relationships

**Learning Targets**
The student will analyze functions and expectations of various types of relationships.

- The student will analyze personal needs and characteristics and their impact on interpersonal relationships.
  Assessment: Examine information on website(s) and write an essay on what score they obtained told them about their characteristics and the type of person they were from the test/quizzes.

- The student will demonstrate communication skills that contribute to positive relationships.
  Assessment: Ask questions then summarize what the speaker had shared and relate it back to the book information.

- The student will demonstrate standards that guide behavior in interpersonal relationships, friends, co-workers, and dating partners.
  Assessment: Write down on paper about comparing and contrasting information, and will take test of unit.

- The student will demonstrate teamwork and leadership skills in the family, workplace, and community.
  Assessment: Have discussion.

- The student will evaluate effective conflict preventions and management techniques.
  Assessment: Acting out different conflict techniques and resolutions for each.

## Unit: Dating and Marriage

**Duration:** 2 Week(s)

**Description**
- Conflict Resolution
- Skills for group interaction
- Relationships with friends
- Relationships within your family
- Siblings
- Work Relationships

**Learning Targets**
The student will analyze functions and expectations of various types of relationships.

- The student will analyze personal needs and characteristics and their impact on interpersonal relationships.
  Assessment: Examine information on website(s) and write an essay on what score they obtained told them about their characteristics and the type of person they were from the test/quizzes.

- The student will demonstrate communication skills that contribute to positive relationships.
  Assessment: Ask questions then summarize what the speaker had shared and relate it back to the book information.

- The student will demonstrate standards that guide behavior in interpersonal relationships, friends, co-workers, and dating partners.
  Assessment: Write down on paper about comparing and contrasting information, and will take test of unit.

- The student will demonstrate teamwork and leadership skills in the family, workplace, and community.
  Assessment: Have discussion.

- The student will evaluate effective conflict preventions and management techniques.
  Assessment: Acting out different conflict techniques and resolutions for each.
HS Interpersonal Relationships
Family and Consumer Science

Unit Overview
Learning how to identify important qualities in an individual, and develop and maintain a successful relationship.

Enduring Understandings
There are recognizable characteristics of healthy and unhealthy relationships.

It is important for one to have the ability to evaluate the qualities desired in a significant other.

Decision making and problem solving skills help to manage and reduce conflict.

Essential Questions
Why is it important to know the difference between a healthy and unhealthy relationship?

How does critical thinking and evaluating of oneself apply in selecting and maintaining a good marriage partner?

How do conflict management skills help you with resolving conflict with a significant other?

Example Assessment Items
Evaluation of student performance on assessment items

Academic Vocabulary
Marital adjustment
Marital enrichment programs
Ceremonial wedding
Civil ceremony
Homogamy
Interpersonal adjustment

Enduring Understandings

Topic: Dating and Marriage

Description
- Functions of Dating
- Stages of Dating Process
- Different Types of Love
- Complementary Qualities
- Evaluating a Relationship
- Engagement
- Marriage
- Adjusting to Marriage

Learning Targets
- The student will describe the foundation of a stable relationship.
- The student will describe the legal aspects of marriage.
- The student will evaluate birth control options.
- The student will identify and describe the functions of male reproductive organs and female reproductive organs.
- The student will identify important decisions to be discussed prior to marriage.
- The student will identify personal qualities that build a successful relationship.
- The student will identify the impact of sexuality on life.
- The student will recognize single living as a lifestyle trend.
- The student will recognize the effect of society gender role expectations on a relationship.
- The student will research implication of STI's.

Assessment:
- Questioning sheet to complete on research for Missouri Laws on marriage, rubric on brochure, take test over unit.
- Rubric and take a test over unit.
- Video work shop.
- Have discussion.
- Rubric.
- Discussion.
- Rubric.

Unit: Developing the Family

Duration: 3 Week(s)
HS Interpersonal Relationships
Family and Consumer Science

Unit Overview
Developing the family unit, discusses the options in family planning, child growth and challenges in parenting.

Enduring Understandings
Adequate prenatal care is important for the development of the baby and health of the mother.

Human growth and development are dependent on nurturing practices.

It is important for parents to be able to analyze their expectations and recognize the responsibilities of parenting.

Essential Questions
How would you nurture and take care of a baby in a prenatal stage?

Why are developmental practices that can be used to better the growth and development of a child so important to know and understand?

Why are some of the expectations and responsibilities that come with parenting so important to know?

Example Assessment Items
Evaluation of student performance on assessment items

Academic Vocabulary
Amniocentesis
Artificial insemination
In vitro fertilization
Lamaze
Leboyer
Ultrasound

Topic: Parenting

Description
Parenting Decisions
Preparing for children
Infertility
Adoption
Pregnancy and Childbirth
The development of Children
The Care and Guidance of children

Learning Targets
The student will analyze roles and responsibilities of parenting.
Assessment: Paper/rubric.

The student will compare own diet with needs of pregnant women.
Assessment: Rubric.

The student will evaluate birth control options.
Assessment: Rubric and take a test over unit.

The student will identify and describe the functions of male reproductive organs and female reproductive organs.

The student will identify parenting issues and information to make informed choices concerning pregnancy and childbirth.

The student will identify risks and complications of pregnancy and delivery.

The student will summarize neonatal development and care during each trimester.
Assessment: Rubric.

the student will analyze physical and emotional factors related to beginning the parenting process.
Assessment: Rubric.

Unit: Families in Transition

Duration: 3 Week(s)
HS Interpersonal Relationships
Family and Consumer Science

Unit Overview
Learning and understanding that the family is constantly changing and what effects it has on the family unit as a whole.

Enduring Understandings
The use of coping skills helps families in crisis make adjustments.

There are resources available for families in crisis.

Family relationships change throughout the family life cycle.

Essential Questions
How can coping skills be used in dealing with a family in a crisis?

Why are their resources out there for families to use in the event of a crisis?

Why is it important to know and understand the family life cycle?

Example Assessment Items
Evaluation of student performance on assessment items

Academic Vocabulary
Family system
Battering
Scapegoating
Life cycle
Middlecence
Midlife crisis
Elderly

Topic: The Changing Family

Description
Understanding families
Family interactions
Family crises
Families face change
Families grow older

Learning Targets
The student will analyze the impact of family as a system on individuals and society.

The student will demonstrate appreciation for diverse perspective, needs, and characteristics of individuals and families.

Assessment: Questioning and answering.

The student will distinguish between internal and external sources of family stress.

Assessment: Acting out different conflict techniques and resolutions for each.

The student will evaluate effective conflict preventions and management techniques.

Assessment: Rubric.

The student will evaluate external support systems that provide services for parents.

Assessment: Through use of video evaluate accuracy of coping skills for situation - rubric.

The student will evaluate the impact of technology on individual and family resources.

Assessment: Rubric.

The student will explain how a crisis affects the family system.

Assessment: Summarize what guest speaker said and compare information to text and write paper.

The student will explain strategies for managing multiple family roles.

Assessment: Paper/rubric and take test over unit.

The student will identify services for individuals and families with a variety of disadvantaging conditions.

Assessment: Rubric/paper.

The student will identify the characteristics of life events that could lead to a family crisis.

Assessment: Accuracy of the role play for the life cycle.

The student will recognize challenges and rewards of each state in family life cycle.

The student will recognize factors that help families prevent crisis.

Unit: Financing the Family Unit

Duration: 3 Week(s)
HS Interpersonal Relationships
Family and Consumer Science

Unit Overview
Demonstrate ability to create budget, use time management and make decisions to create a strong family.

Enduring Understandings
Family members should utilize strategies to maximize strengths of each member as well as minimize their weaknesses.

Members of a functional family delegate and fulfill responsibilities.

Creating and maintaining a budget is an important part of family financial planning.

Essential Questions
Why are strategies important to know that can be used to identify the strengths and minimize the limitations of family members?

How are organizational skills used to develop strong families?

Why and how are strategies are used to create a budget?

Example Assessment Items
Evaluation of student performance on assessment items

Academic Vocabulary
Alimony
Entrepreneurs
Repossessed
Budget
Loans

Topic: Balancing family and work
Duration: 0 Day(s)

Description
Managing time
Managing money
Budget
Family protection and security
Meeting basic needs housing, food and clothing.

Learning Targets
The student will analyze policies that support consumer rights and responsibilities.
Assessment: Take a unit test.

The student will distinguish between various types of financial institutions and describe how to use the services offered at each.
Assessment: Rubric.

The student will evaluate the impact of technology on individual and family resources.
Assessment: Rubric.

The student will list common paycheck deductions.

The student will plan a budget.
Assessment: Budget worksheet.

The student will recognize guidelines for using credit wisely.