

DECISIONS IN LIVING
GRADES 11-12
(1 Semester)

COURSE OVERVIEW:

This class stresses the need to accept responsibility for self, family, and relationships and use values as a basis for managing life. Students will learn techniques for mastering important communication, conflict resolution, goal setting, decision-making, problem solving and management skills. Featured are situations requiring critical thinking, technology management, ways to cope with crises such as abuse, divorce, aging, death, and addictions using resources available, independence, finding a partner, engagement, and marriage.

UNITS OF INSTRUCTION:

- UNIT I - The Family Foundation
- UNIT II - Strengthening Relationships
- UNIT III - Managing with Insight
- UNIT IV - Supporting Family and Friends
- UNIT V - Extending Your Relationships
- UNIT VI - Growing as a Person
- UNIT VII - Moving Toward Independence
- UNIT VIII - Forming Your Own Family

STUDENT OUTCOMES:

1. Describe ways that emotional support helps families and individuals.
2. Describe values, how they are learned and developed, and their relationship to goals, decision making and moral development.
3. Explain theories of basic needs and their implications for families.
4. Identify functions and patterns, the place of dependence, independence and interdependence in healthy families.
5. State why society needs and has interest in strong healthy families.
6. Identify components of a good relationship.
7. Explain roles and their relationship to stereotypes.

STUDENT OUTCOMES:

8.	Demonstrate basic elements of communication.
9.	Describe constructive and destructive conflict and stages of conflict resolution.
10.	List criteria for a goal.
11.	Demonstrate use of decision making model.
12.	Explain importance of self health care.
13.	Describe why marriages end, stages leading to divorce, and its effect on children.
14.	Explain crises, their stages, and useful resources.
15.	Describe grief process.
16.	Identify how older adults change physically, mentally, socially, and emotionally.
17.	Explain self esteem and peer pressure and ways to deal with it.
18.	Describe purposes, stages, and concerns of dating.
19.	Compare infatuation and mature love.
20.	Discuss negative consequences of sexual behavior.
21.	Identify factors that may effect the decision to leave home.
22.	List and describe concerns single people have when they are on their own.
23.	Give reasons for improved health among people today and how poor living habits contribute to disease.
24.	Describe theories of mate attraction and the value of knowing what traits you find attractive and desire in a spouse.
25.	Explain readiness factors important for a successful marriage.
26.	Describe the purpose of an engagement period and why breaking an engagement may be necessary.
27.	Describe types of contracts people make when they marry.
28.	Identify and explain attitudes and qualities of a strong marriage.
29.	Identify resources for keeping a marriage strong.

MAJOR LEARNING EXPERIENCES TO ACHIEVE OUTCOMES:

1.	Demonstrate ability to use decision making model in numerous case study applications including sexual behavior, crises, choosing friends and resolving conflicts.
2.	Analyze personal characteristics and traits into order to identify value, set goals, and compare to criteria of a fully functioning person.
3.	Identify cause and effect of sexual behavior and STD's, specifically HIV and AIDS.
4.	Assess self health care and plan and demonstrate healthy stress reduction techniques.

ADOPTED TEXT OR PRINCIPAL MATERIALS USED:

Sasse, Connie R. <i>Families Today</i> . New York: Glencoe MacMillan McGraw-Hill, 1994. Software: <i>Assertiveness Training, Stress</i> .
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