

BCCS
High School FAMILY and CONSUMER SCIENCES (No revision date as of 5-9-09)

Month	Content <i>What topic(s) is being covered and what is the important vocabulary? What do students need to know?</i>		Skills <i>What do students have to be able to do connected to the Content?</i>	Essential Questions <i>What are fundamental, enduring questions that will guide study and instruction?</i>	Standards Benchmarks <i>What benchmarks are met through this topic?</i>	Instruction <i>What activities are used to develop the skills and knowledge?</i>	Resources <i>What materials, texts, videos, internet, software, or human resources support instruction?</i>	Assessment <i>What evidence (products and/or performances) is collected to establish that the Content and Skills have been learned?</i>
September	Topic: Self-Esteem	Vocabulary: -self-esteem -introvert -extrovert -self-concept -personality	.Evaluate self-esteem. Identify their personality traits.	How can you improve your self-esteem?	H3.1	Poster/Application Self Assessment	Textbook: Married and Single Life: Ch. 1 Study Guide worksheets	Quiz ME Poster Worksheets
	Jean Piaget and Maslow theories	-hierachy of needs	Relate personal needs to theories of human development.	What is Piaget's theory of development? What is Maslow's hierarchy needs?	H3.3	teacher notes	handout-Maslow's hierarchy	Quiz
	Healthy Behaviors	-defense mechanisms -Food Guide Pyramid -hygiene -nutrition -stress -wellness -values	Analyze the impact of healthy behavior on life goals. Analyze positive expectations for self and others. Demonstrate responsible attitudes and actions when caring for self and relating to others.	How does your health and behavior impact your life goals? What are your expectations of yourself? Of others? What are the ways in which we show our actions and attitudes when caring for ourselves and others?	H3.2 H3.7 H3.5	study guide worksheets caring for others activity	Ch. 4 Study Guide worksheets video stress reduction techniques	Quiz Caring for others activity

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October	Topic: Communication Skills	Vocabulary: -"I" mess. -"you" mess. -active listening -body language -comm. -distractions -feedback -nonverbal comm. paraphrasing -selective attention -verbal comm.	Apply basic communication skills. Analyze positive patterns of communication used in interpersonal relationships.	What are the ways we communicate with others? How can we communicate effectively with others?	H1.8 H1.3	study guide group discussions video "I" statements	Textbook: Married and Single Life: Ch. 6 study guide worksheets	Quiz Create "I" statements
	Decision making skills	-alternatives -cons. -impulse decisions -prioritizing	Assess choices and consequences in individual decision-making. Identify relationships between present and future decision-making. Evaluate the impact of decisions on individuals, families, and communities. Practice responsible personal, family, work, and community decision-making.	What are the choices we make as teens, as adults? What are consequences to our choices? Are they good/bad? How do our choices impact others? How can we make good choices and show others by example?	H4.3 H4.5 H4.6 H4.8	study guide choices/consequences activity plan with 3 goals	Ch. 7 study guide worksheets Power of One curriculum	Plan with 3 goals Power of One Quiz

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November	Topic: Managing Conflict	Vocabulary: -compromise -conflict -role expectations -suppression -tantrum -tolerance	Practice alternatives for handling family conflict. Investigate how conflict creates stress for individuals, families, and communities.	What are sources of conflict? What are effective ways of dealing/coping with conflict? How does conflict create stress for individuals and families as well as communities?	H6.8 H6.9	study guide skit	Ch. 8 study guide worksheets	Quiz skit-create problem and identify appropriate solution
	Families and Family Life Cycle	-blended family -extended family -family life cycle -nuclear family -role -siblings -single-parent family -stepfamily	Describe and analyze the needs and responsibilities of each member of the family throughout the family life cycle. Demonstrate skills necessary for the physical, social, and emotional care and nurturing of self and family members. Identify and create the characteristics of a nurturing environment. Research support systems that assist individuals, and families in their roles as caregivers, and parents.	What is the family life cycle? How do the needs of individuals change throughout the FLC? Identify your idea of a nurturing environment. What skills are necessary to develop this kind of nurturing environment? Which community support systems can people depend on to help assist families with their various roles?	H2.1 H2.3 H2.4 H2.2	study guide family life cycle poster	Ch. 10 and 11 study guide worksheets	quiz family life cycle poster

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December	Topic: Balancing Work and Family	Vocabulary: -dual-earner families -time management	Demonstrate skills necessary to be effect in various life cycles. Evaluate factors that can affect the successful balance between work and family. Examine skills related to balancing work and family responsibilities.	How does one demonstrate effective skills in each life cycle? What are ways to effectively balance work and family? What are responsibilities associated with balancing work and family?	H1.5 H1.1 H1.7	teacher notes video responsibility chart	notes worksheets	Quiz Responsibility Chart for working families
January	Topic: Handling Change/ Family Crises	Vocabulary: -abuse -addiction -alcoholic -co-dependency -dual-earner families -incest -intervention -neglect -unemployment	Identify ways in which individuals and families respond to, adapt to, and initiate change. Recognize individual and family responsibilities to manage and adapt to change. Create plans to manage problems and crises.	How do people respond to, adapt to, and initiate change? What are your responsibilities as an individual and family to manage change? Create a plan to manage different problems and crises in your family.	H7.2 H7.3 H3.6	study guide movie-burning beds create crises plan	Ch. 12 study guide worksheets	Quiz Plan

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