

## Healthy Choices Healthy Relationships

### National Standards for Family and Consumer Sciences Education

GRADES 6, 7, 8

AREA OF STUDY R - REASONING FOR ACTION	
<b>STANDARD R.1 - Evaluate reasoning for self and others.</b>	
<b>COMPETENCY</b>	<b>LESSON</b>
R.1.4 - Contrast consequences of adequate and inadequate reasoning for self, others, culture/society, and global environment.	8
<b>STANDARD R.3 - Analyze practical reasoning components.</b>	
R.3.2 - Analyze short-term and long-term consequences on self, family, culture/society, and global environment.	8
R.3.3 - Analyze assumptions that underlie beliefs and actions.	2 & 8
<b>STANDARD R.4 - Implement practical reasoning for responsible action in families, workplaces, and communities.</b>	
R.4.1 - Synthesize information from a variety of sources that are judged to be reliable.	8
R.4.3 - Select goals/valued ends to resolve a particular concern.	10
R.4.9 - Justify possible reasons and actions based on valued ends and information that is judged to be adequate and reliable.	8
AREA OF STUDY 1.0 - CAREER, COMMUNITY AND LIFE CONNECTIONS	
<b>STANDARD 1.1 - Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).</b>	
<b>COMPETENCY</b>	<b>LESSON</b>
1.1.6 - Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals.	10

<b>AREA OF STUDY 2.0 - CONSUMER AND FAMILY RESOURCES</b>	
<b>STANDARD 2.4 - Evaluate the effects of technology on individual and family resources.</b>	
<b>COMPETENCY</b>	<b>LESSON</b>
2.4.3 - Assess the use of technology and its effect on quality of life.	2, 6, 7
<b>AREA OF STUDY 13.0 - INTERPERSONAL RELATIONSHIPS</b>	
<b>STANDARD 13.1 - Analyze functions and expectations of various types of relationships.</b>	
<b>COMPETENCY</b>	<b>LESSON</b>
13.1.1 - Analyze processes for building and maintaining interpersonal relationships.	7 & 11
13.1.2 - Predict the effects of various stages of the family life cycle on interpersonal relationships.	3
<b>STANDARD 13.2 - Analyze personal needs and characteristics and their effects on interpersonal relationships.</b>	
13.2.5 - Explain the effects of personal standards and behaviors on interpersonal relationships.	7 & 11