

Human Growth and Development

Career and Tech Ed: FACS

Grade(s) 10th - 12th, Duration 1 Semester, .5
Credits
Elective Course

Course Overview

In this course, students will focus on the physical, intellectual, emotional, and social growth and development of infants, children, adolescents, and adults across the lifespan. In addition, students will explore the impact that relationships and life challenges have on growth and development across the lifespan, and the learner will discover ways to build interpersonal skills.

Parental consent is required. Some topics are sensitive and others are sexually explicit.

Timeframe	Unit	Scope And Sequence Instructional Topics
3 Week(s)	Developmental Basics	<ol style="list-style-type: none"> 1. Factors that form personality 2. Race and ethnic groups 3. Self concept and self esteem 4. Types of growth 5. Principles and stages of development
3 Week(s)	Interpersonal relationships	<ol style="list-style-type: none"> 1. Different types of relationships 2. Helping children relate 3. Positive relationships 4. Friendships 5. Dating 6. Negative relationships 7. Peer pressure 8. Sexual harassment 9. Rape 10. Love and marriage relationships
2 Week(s)	Becoming parents	<ol style="list-style-type: none"> 1. Goals and Challenges of Parenting 2. The Decision to Parent 3. The Importance of Prenatal Development
2 Week(s)	Communication Skills	<ol style="list-style-type: none"> 1. Verbal communication 2. Non-verbal communication 3. Communication Impacts Relationships 4. Workplace Communication 5. Conflict Resolution Techniques 6. Unhealthy Choices for Self-expression 7. Adult-Child communication
2 Week(s)	Nurturing Children	<ol style="list-style-type: none"> 1. Brain Research and Intellectual Development 2. Concept Development and Thinking Skills 3. Emotional Development 4. Developing Independence and Self-Esteem 5. Handling Emotional Issues 6. Moral Development
3 Week(s)	Impact of Life's Challenges	<ol style="list-style-type: none"> 1. Coping Skills 2. Separation, Divorce, and Children 3. Adjusting to Remarriage and Blended Families 4. Financial Problems 5. Substance Abuse 6. Violence 7. Unexpected and unpredictable events 8. Related careers
1 Week(s)	Meeting Developmental Needs	<ol style="list-style-type: none"> 1. Categories 2. Disabilities 3. Giftedness 4. Resources
2 Week(s)	Aging and Changing	<ol style="list-style-type: none"> 1. Aging theories 2. Changes 3. Stereotypes 4. Financial Concerns 5. Medical Care 6. Living Arrangements 7. Safety

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Materials and Resources

Parnell, F. (2004) Skills for Personal and Family Living
Hildebrand, V. (2007) Parenting Rewards and Responsibilities
Sasse, C. (2004) Families Today
Kansas "Balancing Work and Family" Curriculum
Glosson, L., Meek, J., and Smock, L. (2000) Creative Living
Couch, S., Clark, P., and Felstenhausen, G. (2006) Creative Living Skills
Johnson, L. (2004) Strengthening Family and Self
Ryder, V. and Harter, M. (2004) Contemporary Living

Course Details

Unit: Developmental Basics

Duration: 3 Week(s)

Unit Overview

The learner will analyze the basic principles, stages, and factors impacting development.

Materials and Resources

Skills: 1-1, 1-2; Parenting: chapter 4

Summative Assessment

Teacher created test

Topic: Factors that form personality

Duration: 2 Day(s)

Topic Overview

Students will describe how heredity causes people to be both similar and different, identify personal inherited traits, differentiate between one's physical and psychological environment, analyze the impact of heredity and environment on growth and development, consider how one's social and economic status impacts personality development and growth, and compile a list of personal descriptive characteristics and traits and share with the class.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Race and ethnic groups

Duration: 2 Day(s)

Topic Overview

Students will discuss how one's cultural heritage impacts personality development, research and discuss some of the cultural differences of common ethnic groups, debate if the United States can still be considered a "melting pot", and discuss how differing opinions may impact individuals and society.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Self concept and self esteem

Duration: 2 Day(s)

Topic Overview

Students will describe the difference between self-concept and self-esteem, predict how a person's self-concept may affect the relationships they have with others, evaluate personal level of self-esteem, identify personal talents and abilities and discuss how to work toward developing each, and describe ways to improve one's self-concept and increase one's self-esteem.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Types of growth

Duration: 2 Day(s)

Topic Overview

Students will differentiate between chronological, physical, emotional, intellectual, and social growth, consider ways that intellectual growth is stimulated by one's environment, summarize Havighurst's developmental tasks for teens, and discuss how one's environment may hinder or speed the development of these tasks.

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Vocabulary

Students will master terms and concepts related to this topic.

Topic: Principles and stages of development

Duration: 2 Day(s)

Topic Overview

Students will summarize the 4 basic principles of child development, compare and contrast the different child development theories as presented by a variety of child development experts (Montessori, Gesell, Skinner, Piaget, Vygotsky, Bandura, Erikson, Bronfenbrenner, Kohlberg, and Coles), name and describe each stage of child development, and summarize basic developmental milestones and characteristics for each stage of development

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Unit: Interpersonal relationships

Duration: 3 Week(s)

Unit Overview

The learner will analyze the functions and expectations for various types of relationships.

Materials and Resources

Parenting: chapter 19; Skills: 2-1, 2-2, 2-3, 2-4

Topic: Different types of relationships

Duration: 1 Day(s)

Topic Overview

Students will identify the five basic types of relationships (parent-child, siblings, peers, romantic, and work) and discuss how they are similar or different; predict at what age most individuals would typically develop relationships with parents, siblings, peers, a romantic partner, and co-workers; illustrate their predictions using a timeline; and compare and discuss timelines.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Helping children relate

Duration: 1 Day(s)

Topic Overview

Students will discuss why socialization is important for children, describe ways a parent can help a child learn socially, summarize ways to build positive parent-child, sibling, and other family relationships, consider how relationships with others change as a child grows and develops, suggest ways to help children manage peer relationship challenges such as teasing, bullying, peer pressure, rejection, and cliques, summarize social skills that are frequently taught to children, appraise how stereotypes, cultural bias, and prejudices impact relationships, analyze games for children and critique each on based on the amount of cooperation they require compared to the amount of competition used, and demonstrate how the steps used for decision making can be used to help resolve conflict between children.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Positive relationships

Duration: 1 Day(s)

Topic Overview

Students will discuss the qualities needed for positive relationships, determine the physical, emotional, social, and economic benefits of positive relationships, and define networking and describe how networking impacts relationships.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Friendships

Duration: 1 Day(s)

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Topic Overview

Students will differentiate between an acquaintance, good friend, and best friend, determine what qualities and personality traits they desire in a friend, compare the qualities desired in a friend to their personal qualities, discuss why friendships often change as a person grows older, recommend strategies for meeting people and making friends, and discuss respecting people of diverse populations.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Dating

Duration: 1 Day(s)

Topic Overview

Students will differentiate between group dating, random dating, and steady dating; discuss the differences between love and infatuation; and determine ways to responsibly show affection.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Negative relationships

Duration: 1 Day(s)

Topic Overview

Students will discuss the difference between positive and negative relationships, discuss why people might stay in relationships that are abusive, and examine ways to end a negative relationship.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Peer pressure

Duration: 1 Day(s)

Topic Overview

Students will give examples of how peer pressure can be both negative and positive, determine ways to manage negative peer pressure in a positive way, and discuss characteristics of ethical behavior.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Sexual harassment

Duration: 1 Day(s)

Topic Overview

Students will define sexual harassment, describe behaviors that may be considered to be sexual harassment, discuss how to handle sexual harassment issues, and assess the impact sexual harassment may have on a working relationship.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Rape

Duration: 1 Day(s)

Topic Overview

Students will define rape, acquaintance rape, and date rape; compile a class list of rape prevention tips; discuss the medical care that is needed after a rape occurs; and locate local support agencies and/or services for victims of rape or other sex crimes.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

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Topic: Love and marriage relationships

Duration: 1 Day(s)

Topic Overview

Students will summarize the basic types of love, assess factors that impact marital success, discuss the engagement period and items of importance during this stage of a relationship, and consider factors that may present challenges to married couples

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Unit: Becoming parents

Duration: 2 Week(s)

Unit Overview

The learner will determine factors to consider before deciding to become a parent.

Materials and Resources

Skills: 8-1; 8-2

Topic: Goals and Challenges of Parenting

Duration: 3 Day(s)

Topic Overview

Students will discuss ways parents can help children grow up responsibly, create a list of some of the challenges related to parenting and consider ways to overcome these challenges, assess the challenges teen parents may face, consider the costs to becoming a parent, and use available technology resources create a list of support services for parents.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: The Decision to Parent

Duration: 3 Day(s)

Topic Overview

Students will summarize positive reasons for having children and discuss reasons why some couples remain childless.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: The Importance of Prenatal Development

Duration: 4 Day(s)

Topic Overview

Students will describe the basics of conception and prenatal development stages, compare environmental and genetic factors in relationship to the birth of a healthy of a child, discuss why some couples desire to use genetic counseling, and weigh the importance of prenatal care. (evaluation)

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Unit: Communication Skills

Duration: 2 Week(s)

Unit Overview

The learner will demonstrate ways to communicate in order to reduce conflict and foster the development of children and healthy relationships.

Materials and Resources

Skills: 3-1, 3-2, 3-3; Parenting: chapter 21

Topic: Verbal communication

Duration: 1 Day(s)

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Credits
Elective Course

Topic Overview

The students will describe verbal communication, differentiate between hearing and listening, discuss tips for improving one's listening skills, demonstrate active listening and feedback techniques, summarize techniques to use to help improve speaking skills, and demonstrate effective speaking skills by preparing and giving a speech.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Non-verbal communication

Duration: 1 Day(s)

Topic Overview

Students will give examples of non-verbal communication, and identify and demonstrate the different forms of body language.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Communication Impacts Relationships

Duration: 2 Day(s)

Topic Overview

The students will discuss the importance of open communication to maintaining healthy relationships, examine common barriers to effective communication, examine the impact of stereotyping and prejudices on effective communication and healthy relationships, discuss coded messages, and analyze gender differences and the role they play in communicating effectively to form healthy relationships.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Workplace Communication

Duration: 1 Day(s)

Topic Overview

Students will discuss the diversity of workplace environments, discuss appropriate and inappropriate communication for the workplace, and predict challenges which might exist for communicating in the workplace.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Conflict Resolution Techniques

Duration: 2 Day(s)

Topic Overview

Students will discuss what causes conflict and some of the types of conflict, determine appropriate ways to react to conflict, distinguish between 'I' messages and 'you' messages, demonstrate negotiating and compromising to resolve conflict within a relationship, explain the steps of the conflict resolution process, and discuss mediation and when it may be needed to help resolve conflict.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Unhealthy Choices for Self-expression

Duration: 1 Day(s)

Topic Overview

Students will evaluate the impact of violence on individuals, families, and society and identify local resources for victims of violence.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

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Topic: Adult-Child communication

Duration: 2 Day(s)

Topic Overview

Students will identify benefits of communicating effectively with children, determine age appropriate communication, differentiate between hearing a child and listening to a child, explain ways adults can foster communication with children, give examples of respectful communication, and discuss how communicating love for a child impacts that child's overall growth and development.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Unit: Nurturing Children

Duration: 2 Week(s)

Unit Overview

The learner will assess ways adults enhance the development of children

Materials and Resources

Parenting: chapters 17, 18 and 22

Topic: Brain Research and Intellectual Development

Duration: 2 Day(s)

Topic Overview

Students will summarize findings on brain research, determine ways that adults can offer stimulating experiences to foster the development of neural connections in the child's brain, summarize the stages and age ranges of intellectual development as defined by Jean Piaget, discuss Howard Gardner's theory related to multiple intelligences, analyze personal gifts and talents to determine which area(s) of intelligence are the strongest, consider how and why certain careers tend to align with specific intelligences, and give examples how adults can nurture a child's desire to learn.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Concept Development and Thinking Skills

Duration: 2 Day(s)

Topic Overview

Students will identify the basic concepts that when mastered begin to prepare children for lifelong learning, create an activity for a child using everyday items that will foster the development of basic concepts, determine ways an adult can help a child strengthen memory skills, discuss how adults can foster the development of reasoning skills in children, assess the importance of creativity and imagination in children's play activities, create a list of activities that adults could do with children to encourage the children to utilize their imagination., identify age appropriate language and math development, create activities that adults could implement to help foster language and/or math skill development in children, and assess the importance of music and art.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Emotional Development

Duration: 1 Day(s)

Topic Overview

Students will describe what types of emotional development occurs at each developmental stage, summarize Erick Erikson's stages of emotional development, hypothesize what might happen when child fails to master any given stage, and explain the basis of Sigmund Freud's theory of personality.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Developing Independence and Self-Esteem

Duration: 1 Day(s)

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Elective Course

Topic Overview

Students will recognize the natural progression for developing independence, determine ways adults can help and encourage children to become independent, consider how the rate of development in any area may impact the formation of a positive self-esteem, discuss ways adults can encourage children to develop a positive self-esteem, and assess the impact of societal messages and media influence regarding self-image

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Handling Emotional Issues

Duration: 2 Day(s)

Topic Overview

The students will compile a list of emotions that can create challenges for children and caregivers; summarize ways to help children overcome jealousy; describe ways to help children overcome fearful situations; differentiate between appropriate and inappropriate ways to handle anger; recommend positive ways for an adult to respond to an overly defiant or negative child; analyze possible sources of stress for children and the negative effects that stress can have on children; describe ways to help children manage and/or reduce stress; describe anxiety disorders and predict what types of situations may lead to the development of anxiety disorders; summarize the risk factors that may lead to eating disorders in children; differentiate between being unhappy and being depressed; and locate agencies that can help a child overcome depression and/or suicidal thoughts.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Moral Development

Duration: 1 Day(s)

Topic Overview

The students will assess the impact character development has on the individual, summarize Lawrence Kohlberg's moral development theory, develop examples for each of Urie Bronfenbrenner's moral orientations, give examples of how universal values are used, discuss ways children are taught values, and consider how the media, peer, and society impact ethical choices and character development.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Unit: Impact of Life's Challenges

Duration: 3 Week(s)

Unit Overview

The learner will assess the impact of change and other influential challenges of today's families.

Materials and Resources

Parenting: chapter 27

Topic: Coping Skills

Duration: 2 Day(s)

Topic Overview

Students will compose a list of events that may cause a crisis situation; discuss common emotions of crisis situations, and describe methods for coping with these emotions; predict what type of behavioral changes may occur in a child who is in a crisis situation; analyze the role of the parent in helping children, at different stages of development, cope, and create a list of community support services or organizations that can help a family through a time of crisis.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Separation, Divorce, and Children

Duration: 2 Day(s)

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Elective Course

Topic Overview

Students will discuss guidelines parents should consider when telling children about an upcoming separation or divorce, differentiate between shared (joint) custody and sole custody and concerns related to the developing child, and recommend ways parents can help children effectively cope with separation or divorce.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Adjusting to Remarriage and Blended Families

Duration: 1 Day(s)

Topic Overview

Students will point out possible challenges and strengths of remarriage and blending families, and outline ways parents can help step siblings adapt to their new roles.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Financial Problems

Duration: 1 Day(s)

Topic Overview

Students will assess how to explain to a child that a parent has lost his/her job and money is scarce; consider the impact parental financial stress has on the developing child; and create a booklet that provides a list of local organizations and agencies that can help when a family is faced with a financial crisis.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Substance Abuse

Duration: 1 Day(s)

Topic Overview

Students will define substance abuse, discuss how substance abuse impacts all family members, consider the difference from an enabler and a person who wants a family member to get needed help to overcome his/her substance abuse problem, and summarize warning signs of a child who may be abusing substances.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Violence

Duration: 1 Day(s)

Topic Overview

Students will assess how violence in the home impacts growth and development, compile a list of warning signs that an individual may possess violent behaviors, and discuss the different forms of violence that directly involve children and the impact of this behavior.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Unexpected and unpredictable events

Duration: 1 Day(s)

Topic Overview

Students will determine how one can appropriately and safely express emotions that might be felt after a natural or accident strikes, summarize age appropriate ways to help children effectively cope with the death of a family member or friend, and assess the impact of ways a parent or caregiver can choose to inform children of a terminal illness.

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Vocabulary

Students will master terms and concepts related to this topic.

Topic: Related careers

Duration: 1 Day(s)

Topic Overview

Students will research careers related to crisis situations and report on how these individuals impact the wellness of the individual, family, and community; and organize relevant career information for future personal use.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Unit: Meeting Developmental Needs

Duration: 1 Week(s)

Unit Overview

The learner will determine ways that caregivers can facilitate development in children who have special needs.

Materials and Resources

Parenting: chapter 25

Topic: Categories

Duration: 2 Day(s)

Topic Overview

Students will differentiate between hereditary, congenital, and acquired conditions, discuss what information a doctor may need from the parents to help determine if a condition is inherited or congenital, and propose activities that may put children, teens, and adults at risk for an acquired condition.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Disabilities

Duration: 1 Day(s)

Topic Overview

Students will differentiate between cognitive impairments, physical disabilities, learning disorders, emotional and behavioral disorders, and pervasive developmental disorders; recognize the ranges for severity of any given disability and how the severity level impacts the individual and family; consider and discuss how one can manage caring for a child with disabilities while at the same time caring for other children; discuss feelings and emotions siblings may feel and how to effectively deal with those feelings if there is a child in the home with a disability or special need; research technology and/or medication available to help an individual with a specific disability, and assess the impact of those technological tools and/or medications; and determine how the needs in one area of development impact other areas of development.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Giftedness

Duration: 1 Day(s)

Topic Overview

Students will assess why it is important to address the needs of gifted and talented children, determine ways a caregiver can nurture gifted and talented children, and discuss ways to for parents to address the social and educational needs of a gifted child.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Resources

Duration: 1 Day(s)

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Topic Overview

Students will recognize how to locate resources for specific special needs conditions; assess the importance of IDEA, IEP's, and IFSP's; and compile a list of private and community support agencies/services for one or more disabilities

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Unit: Aging and Changing

Duration: 2 Week(s)

Unit Overview

The learner will assess the physical, intellectual, mental, and social changes of older adults

Materials and Resources

Families Today chapter 17

Topic: Aging theories

Duration: 1 Day(s)

Topic Overview

Students will define gerontology and differentiate between the activity and disengagement theories.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Changes

Duration: 3 Day(s)

Topic Overview

Students will identify physical changes that the aging experience; determine activities that may help an aging adult remain physically fit; appraise mental changes of the aging adult, and suggest ways to keep them mentally active; discuss social and role changes older adults may experience; consider how disengagement may lead to undesired emotional changes; and assess the importance of healthy lifestyle as it relates to health of aging individuals.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Stereotypes

Duration: 1 Day(s)

Topic Overview

Students will evaluate how the media portrays older adults and assess the impact this may have on the aging population, discuss how aging impacts one's image at work and how this image impacts the individual, and predict the activities and characteristics of your life 60 years from now.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Financial Concerns

Duration: 1 Day(s)

Topic Overview

Students will assess the financial situation many older adults may experience, define fixed income, and determine why many older adults continue to work after retirement.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Medical Care

Duration: 1 Day(s)

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Topic Overview

Students will evaluate who should make medical decisions for older adults, discuss ways to help aging adults regulate their medications, and assess the importance of adequate, affordable health care for the elderly

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Living Arrangements

Duration: 2 Day(s)

Topic Overview

Students will summarize living options for aging adults, describe qualities to look for when helping an older person select a nursing home, evaluate the cost-benefit factor related to housing options for the elderly, and weigh the benefits and challenges of having an aging parent live with family.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.

Topic: Safety

Duration: 1 Day(s)

Topic Overview

Students will determine why elderly abuse occurs, assess the impact a violent crime would have on the physical and psychological well being of an aging adult, and discuss what types of crimes are most prevalent among the aging population and the impact of these crimes.

Learning Targets

Vocabulary

Students will master terms and concepts related to this topic.
