

**Florida Department of Education  
CURRICULUM FRAMEWORK**

**Program Title:** Life Management Skills  
**Program Type:** Practical Arts  
**Occupational Area:** Family and Consumer Sciences

	<u>Secondary</u>	
<b>Program Number</b>	<b>8502000</b>	
CIP Number	0920.010600	
Grade Level	9-12, 30, 31	
Length	.5 credit	
Certification	VOC HME EC @4	GEN HME EC @4
	HOME EC 1 @2	PRAC NURSE @7 @G
	REG NURSE G	FAM CON SC 1
Facility Code	231	
CTSO	FCCLA	
Coop Method	No	
Apprenticeship	No	

- I. **MAJOR CONCEPTS/CONTENT:** The purpose of this course is to assist students with the development of essential life management skills to enhance the quality of personal and family life. The content includes, but is not limited to: positive emotional, social, physical, and intellectual development of the individual; marriage and skill based relationship education; family and community; consumer education; nutrition; cardiopulmonary resuscitation (CPR); hazards of smoking; substance education; breast and testicular self-examination and cancer detection; human immunodeficiency virus (HIV), acquired immunodeficiency syndrome (AIDS) and other sexually transmitted diseases; and benefits of sexual abstinence, and consequences of teenage pregnancy.

Targeted goals are written in accordance with Florida school laws 232.246(i), general requirements for high school graduation/life management skills. The framework reflects the philosophy of family and consumer sciences.

- II. **LABORATORY ACTIVITIES:** Instruction and learning activities are provided in a laboratory setting using hands-on experiences and instructional materials appropriate to the course content in accordance with current practices.

Activities may provide opportunities to utilize equipment such as, CPR mannequins, human anatomy models, computers, a television and VCR/DVD player, and equipment in the food laboratory.

- III. **SPECIAL NOTE:** Family, Career and Community Leaders of America (FCCLA), is the appropriate career and technical student organization (CTSO) for providing leadership training and reinforcing specific career skills. Career and Technical Student Organizations, when provided, shall be an integral part of the instructional program, and the activities of such organizations are defined as part of the curriculum in accordance with Rule 6A-6.065, FAC.

The National Family and Consumer Sciences Standards which correlate to student performance standards have been included.

The national standards will appear by number, i.e., NFCS Standards 2.1, 3.2. The FCS national standards can be viewed on the following website:

<http://ideanet.doe.state.in.us/octe/facs/natlstandards.htm>.

<http://www.aafcs.org/fcs/index.html> leads to an online directory which provides a comprehensive list of resources that directly correspond to the 16 National Teaching Standards. Links to governmental, organizational, educational, and commercial websites are available and organized by standard.

The concept of management is an integral part of the course and should be reflected in the facility, equipment, instructional materials and learning experiences.

IV. **INTENDED OUTCOMES:** After successfully completing this program, the student will be able to:

- 01.0 Demonstrate skills contributing to positive emotional development and effective marriage and personal relationships.
- 02.0 Integrate responsible consumer decisions and management techniques to enhance the quality of personal and family life.
- 03.0 Apply principles of nutrition to food choices.
- 04.0 Perform first-aid for foreign body airway obstruction (FBAO) and cardiopulmonary resuscitation (CPR).
- 05.0 Determine the physical, mental, emotional, social, economic, and legal consequences of use, misuse and abuse of tobacco, alcohol and drugs on the individual, family and community.
- 06.0 Identify the self-examination procedures used for breast and testicular cancer detection.
- 07.0 Recognize the effects of human immunodeficiency virus (HIV) acquired immunodeficiency syndrome and sexually transmitted diseases (STDs) and assess their consequences on the individual, family and community.
- 08.0 Identify the benefits of sexual abstinence and consequences of teenage pregnancy.
- 09.0 Discuss parenting roles and responsibilities.
- 10.0 Demonstrate leadership and organizational skills.

Florida Department of Education  
STUDENT PERFORMANCE STANDARDS

Program Title: Life Management Skills  
Secondary Number: 8502000

01.0 DEMONSTRATE SKILLS CONTRIBUTING TO POSITIVE EMOTIONAL DEVELOPMENT AND EFFECTIVE MARRIAGE AND PERSONAL RELATIONSHIPS--The student will be able to:

LA.A.1.4.2, LA.A.2.4.7, HE.A.1.4.3, HE.B.1.4.3, HE.B.1.4.4, HE.C.2.4.2, HE.B.2.4.4, HE.B.3.4.3, HE.B.3.4.4, HE.B.3.4.5, HE.B.3.4.6, HE.B.3.4.7, HE.B.3.4.8, HE.C.2.4.3

NFCS Standards: 1.1, 1.2, 3.1, 5.1, 12.2, 13.3, 13.4, 13.5, 13.6

- 01.01 Consider the effects of self-esteem on personal development.
- 01.02 Demonstrate effective communication skills.
- 01.03 Identify attitudes and behaviors for establishing and maintaining interpersonal relationships.
- 01.04 Develop strategies for conflict resolution.
- 01.05 Determine the effect of personal relationship skills on the individual, family, and community.
- 01.06 Design a plan for setting personal goals.
- 01.07 Incorporate decision-making skills into personal development.
- 01.08 Assess coping techniques for stress management.
- 01.09 Analyze the symptoms of suicide and apply intervention techniques.

02.0 INTEGRATE RESPONSIBLE CONSUMER DECISIONS AND MANAGEMENT TECHNIQUES TO ENHANCE THE QUALITY OF PERSONAL AND FAMILY LIFE--The student will be able to:

LA.A.1.4.2, LA.A.2.4.4, LA.A.2.4.6, LA.A.2.4.7, LA.A.2.4.8, MA.A.3.4.3, MA.A.4.4.1, MA.B.2.4.2, MA.D.2.4.2, HE.A.2.4.3, HE.A.2.4.5, HE.B.2.4.2, HE.C.1.4.3

NFCS Standards: 2.1, 2.3, 2.4, 2.5, 2.6, 3.2, 3.3, 3.5, 10.2, 13.4, 13.5

- 02.01 Interpret consumer rights and responsibilities.
- 02.02 Evaluate advertising techniques.
- 02.03 Identify the components of a paycheck and explain payroll deductions in relation to income tax.
- 02.04 Develop a plan for resource management.
- 02.05 Implement the procedures for establishing and maintaining checking and savings accounts.
- 02.06 Analyze the types, sources and uses of credit.

03.0 APPLY PRINCIPLES OF NUTRITION TO FOOD CHOICES--The student will be able to:

LA.A.1.4.2, LA.A.2.4.8, HE.A.1.4.9

NFCS Standards: 2.1, 3.2, 7.4, 12.2

- 03.01 Identify dietary guidelines that promote and maintain good health.
- 03.02 Describe the functions and food sources of essential nutrients.
- 03.03 Plan nutritious meals and snacks using the food pyramid.
- 03.04 Evaluate food labeling.
- 03.05 Analyze signs and symptoms of eating disorders.
- 04.0 PERFORM FIRST-AID FOR FOREIGN BODY AIRWAY OBSTRUCTION (FBAO) AND CARDIOPULMONARY RESUSCITATION (CPR)--The student will be able to:
- LA.A.2.4.5, MA.A.4.4.1, HE.B.1.4.5
- NFCS Standards: 1.1, 1.2, 3.5, 4.6, 7.3, 13.5, 14.1
- 04.01 Demonstrates emergency relief on a person with an obstructed airway.
- 04.02 Demonstrate one-rescuer cardiopulmonary resuscitation (CPR).
- 05.0 DETERMINE THE PHYSICAL, MENTAL, EMOTIONAL, SOCIAL, ECONOMIC AND LEGAL CONSEQUENCES OF USE, MISUSE AND ABUSE OF TOBACCO, ALCOHOL AND DRUGS ON THE INDIVIDUAL, FAMILY AND COMMUNITY--The student will be able to:
- LA.A.1.4.2, LA.A.2.4.5, HE.B.1.4.2, HE.C.1.4.1, HE.C.1.4.5, HE.C.1.4.6
- NFCS Standards: 1.1, 1.2, 7.4, 7.5, 12.2, 13.5, 14.1
- 05.01 Analyze reasons for legal and illegal substance use, misuse and abuse and identify possible alternatives.
- 05.02 Evaluate the effects that legal and illegal substance use, misuse and abuse can have on the individual, family and community.
- 05.03 Evaluate the legal ramifications of substance abuse.
- 05.04 Identify community agencies where help is available for substance abusers and victims of substance abuse.
- 06.0 IDENTIFY THE SELF-EXAMINATION PROCEDURES USED FOR BREAST AND TESTICULAR CANCER DETECTION--The student will be able to:
- LA.A.2.4.7, HE.C.1.4.6
- NFCS Standards: 12.3, 14.1,
- 06.01 Identify the signs and symptoms of cancer.
- 06.02 Explain self-examination procedures for breast and testicular cancer.
- 07.0 RECOGNIZE THE EFFECTS OF HUMAN IMMUNODEFICIENCY VIRUS (HIV), ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS) AND SEXUALLY TRANSMITTED DISEASES (STDs) AND ASSESS THEIR CONSEQUENCES ON THE INDIVIDUAL, FAMILY AND COMMUNITY--The student will be able to:
- LA.A.1.4.2, MA.B.3.4.1
- NFCS Standards: 3.5, 4.6, 7.4, 12.2, 14.1
- 07.01 Identify the ways in which HIV, AIDS and other STDs can be contracted and prevented.

- 07.02 Identify the signs and symptoms of HIV, AIDS and other STDs.
- 07.03 Analyze the individual's responsibility for a healthy lifestyle that reduces the risk of HIV, AIDS and STDs.
- 07.04 Identify community agencies where accurate information about HIV, AIDS and other STDs is available.
- 08.0 IDENTIFY THE BENEFITS OF SEXUAL ABSTINENCE AND CONSEQUENCES OF TEENAGE PREGNANCY--The student will be able to:
- LA.A.1.4.2, HE.B.1.4.2, HE.B.3.4.2
- NFCS Standards: 12.3, 13.6
- 08.01 Identify the benefits of sexual abstinence.
- 08.02 Identify the consequences of teenage pregnancy.
- 09.0 DISCUSS PARENTING ROLES AND RESPONSIBILITIES--The student will be able to:
- LA.A.2.4.1, LA.A.2.4.4
- NFCS Standards: 1.1, 2.1, 6.1, 13.1, 13.3, 13.4, 15.1, 15.4
- 09.01 Define parenting.
- 09.02 Describe the expectations of parenthood.
- 09.03 Identify real world responsibilities/skills needed by parents.
- 09.04 Determine how conflict resolution/communication can be used within a parenting situation.
- 10.0 DEMONSTRATE LEADERSHIP AND ORGANIZATIONAL SKILLS--The student will be able to:
- LA.C.1.4.1, LA.C.1.4.2, LA.C.1.4.3, LA.C.1.4.4, MA.A.4.4.1, MA.A.4.4.3, MA.A.4.4.4, MA.E.3.4.1, MA.E.3.4.2, HE.B.3.4.1, HE.B.3.4.2, HE.B.3.4.3, HE.B.3.4.4, HE.B.3.4.5, HE.B.3.4.6, HE.C.1.4.5, HE.C.1.4.6, HE.C.2.4.4, HE.C.2.4.5, HE.C.2.4.6
- NFCS Standards: 2.6, 13.2, 13.5
- 10.01 Identify professional and youth organizations.
- 10.02 Identify purposes and functions of professional and youth organizations.
- 10.03 Identify roles and responsibilities of members of professional and youth organizations.
- 10.04 Work cooperatively as a group member to achieve organizational goals.
- 10.05 Demonstrate confidence in leadership roles and organizational responsibilities.
- 10.06 Demonstrate commitment to achieve organizational goals.