



I CAN STATEMENTS

Adult Roles & Responsibilities

Unit 1 - Self Management

I can participate in activities that help increase their self-awareness, values, goals and decision-making strategies.

Obj.1: I can explain how self-concept and self-esteem are built and preserved and how it relates to the perception of individual strengths and weaknesses.

Obj.2: I can identify personal values and explain how values impact interpersonal relationships.

Obj.3: I can classify short- and long-term goals and the steps needed to achieve them.

Obj.4: I can describe the decision-making process, including acceptance of personal responsibility for the consequences of the decision.

Unit 2 - Communication

I can identify effective communication in interpersonal relationships.

Obj.1: I can identify various types of communication styles.

Obj.2: I can identify positive and negative nonverbal communication.

Obj.3: I can develop positive assertion skills to be used in conflict resolution.

Unit 3 - Dating

I can list the functions and purposes of responsible dating.

Obj.1: I can identify and discuss the purposes of dating.

Obj.2: I can list dating behaviors that support personal values and identify the personal responsibilities associated with dating.

Obj.3: I can identify the dangers of physical intimacy during dating.

Obj.4: I can define domestic violence, abuse, and various sexual violations including sexual harassment.

Unit 4 - Marriage

I can identify the aspects and importance of marriage preparation and identify behaviors that strengthen marital and family relationships.

Obj.1: I can analyze the importance and process of mate selection.

Obj.2: I can identify the purposes of the engagement period.

Obj.3: I can define marital roles and related issues. (Household responsibilities, child care, etc.)

Obj.4: I can identify common adjustments and methods of conflict resolution as related to marriage.

Obj.5: I can identify positive characteristics and behaviors of strong marriage relationships.

Unit 5 - Consumerism

I can identify and utilize basic consumer, money management, and financial strategies.

Obj.1: I can identify marriage and family financial goals and developing budget strategies.

Obj.2: I can explain consumer issues related to credit, debt, and saving.

Unit 6 - Families

I can identify ways to develop meaningful relationships in the family unit.

Obj.1: I can list the positive characteristics that affect family relationships.

Obj.2: I can identify the effects of divorce and coping strategies.

Obj.3: I can list the steps of the grieving process and how to develop a positive adjustment to loss.

Unit 7 - Parenting

I can identify the various skills and responsibilities of parenting.

Obj.1: I can evaluate personal readiness for parenting roles and responsibilities.

Obj.2: I can explain the human reproductive process, infertility, pregnancy, and steps that lead to a healthy lifestyle.

Obj.3: I can explain the birth process and needs of a newborn.

Obj.4: I can identify signs and types of child abuse and prevention strategies.

Obj.5: I can identify parenting styles, including positive guidance techniques that help children develop positive self-concepts, self-management, and responsibility.