

Family and Consumer Sciences II (8261)

Understanding Human Development

- A** Describe the developmental characteristics of early adolescence. **I.A**

- B** Identify factors and conditions that influence individual and family development. **I.B**

- C** Describe factors that influence the development of self-esteem, self-concept, and personality. **I.C**

Demonstrating Interpersonal Relationships

- A** Demonstrate examples of caring, respectful, and responsible behaviors. **II.A**

- B** Demonstrate characteristics of positive relationships. **II.B**

- C** Create strategies for handling peer pressure. **II.C**

- D** Use communication skills that express feelings, needs, and ideas. **II.D**

- E** Explain the consequences of positive and negative behaviors in communication. **II.E**

- F** Set goals for individuals and families. **II.F**

- G** Demonstrate social etiquette. **II.G**

Exploring Family Relationships(Optional)

- A** Define family. **III.A**

- B** Describe the function of the family. **III.B**

- C** Explain ways an individual can strengthen the family unit. **III.C**

Maintaining Living Environments (Personal Environments) (Optional)

- A** Demonstrate ways to conserve natural resources within the family. **IV.A**

- B** Maintain a clean and safe environment. **IV.B**

- C** Organize personal space. **IV.C**

Demonstrating Nutrition and Wellness

- A** Explain the essential nutrients. **V.A**

- B** Demonstrate nutrition and wellness practices that enhance well-being. **V.B**

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- C Identify common food allergies.** V.C

 - D Demonstrate food safety and sanitation practices.** V.D

 - E Demonstrate kitchen safety.** V.E

 - F Identify food preparation terms and equipment.** V.F

 - G Perform sequential steps in all aspects of food preparation.** V.G

 - H Plan a nutritious family meal.** V.H

 - I Demonstrate dining etiquette.** V.I
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Using Consumer and Family Resources

- A Apply steps in a problem-solving/decision-making model.** VI.A

 - B Manage personal resources.** VI.B

 - C Evaluate forms and techniques of advertising.** VI.C

 - D Analyze personal saving and spending habits.** VI.D

 - E Identify consumer rights and responsibilities.** VI.E

 - F Identify consumer resources.** VI.F
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Developing Textile, Fashion, and Apparel Concepts (Optional)

- A Demonstrate clothing maintenance techniques.** VII.A

 - B Describe factors affecting clothing choices.** VII.B

 - C Create an apparel/textile product.** VII.C

 - D Demonstrate basic measurement and fitting techniques.** VII.D
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Developing Education and Early Childhood Concepts(Optional)

- A Describe responsible behaviors in caring for children.** VIII.A

 - B Identify the stages of early childhood development.** VIII.B

 - C Identify developmentally appropriate and nutritious snacks for children.** VIII.C

 - D Evaluate age-appropriate activities for children.** VIII.D
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Exploring Career, Community, and Family Connections(Optional)

- A Demonstrate workplace etiquette.** IX.A

- B List management strategies for balancing family, school/work, and extracurricular activities.** IX.B

- C Demonstrate ways to be a responsible citizen.** IX.C

D Identify career clusters and pathways that lead to Family and Consumer Science careers. IX.D

E Explore entrepreneurship opportunities for adolescents. IX.E

Developing Leadership Skills

A Use the FCCLA planning process. X.A

B Complete a national FCCLA program project and/or a state-level competitive event. X.B