**Interpersonal Relationships**

# Family and Consumer Sciences

## Mrs. Lear

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When you think about the things in your life that cause you the most concern—disagreements with family, members, fights with friends, temptation to live contrary to your morals—you are thinking of interpersonal relationship skills. Fortunately for you, this course is designed to help you with these and many other teen issues. A goal for this class is to equip you with the information and skills you need to succeed in the teen years and throughout your life.

### **Course Information:**

**Length:** One Semester

**Grade Level**: 9-12

**Textbook:** *Strengthening Family & Self*

**Materials Required:** Blue or black pen, blank notebook and binder, loose-leaf paper.

Course Description:(From Indiana State Standards for Interpersonal Relationships)

*INTERPERSONAL RELATIONSHIPS* addresses the knowledge, skills, attitudes and behaviors all students need to participate in positive, caring, and respectful relationships in the family and with individuals at school, in the community, and in the workplace. A project-based approach that utilizes higher order thinking, communication, leadership, and management processes is recommended in order to integrate suggested topics into the study of individual and family issues. Topics include components of healthy relationships, roles and responsibilities in relationships; functions and expectations of various relationships; ethics in relationships; factors that impact relationships (e.g., power, conflicting interests, peer pressure, life events); establishing and maintaining relationships; building self-esteem and self-image through healthy relationships; identifying health and unhealthy relationships, communications styles; techniques for effective communication, leadership and teamwork; individual and group goal setting and decision making; preventing and managing stress and conflict; addressing violence and abuse; and related resources, services and agencies.