

## FAMILY LIFE EDUCATION CONTENT AREAS

- #1. Families and Individuals in Societal Contexts** - An understanding of families and their relationships to other institutions, such as the educational, governmental, religious, healthcare, and occupational institutions in society.

e.g., Structures and Functions; Cultural Variations (family heritage, social class, geography, ethnicity, race & religion); Dating, Courtship, Marital Choice; Kinship; Cross-Cultural and Minority (understanding of lifestyles of minority families and the lifestyles of families in various societies around the world); Changing Gender Roles (role expectations & behaviors of courtship partners, marital partners, parents & children, siblings, and extended kin); Demographic Trends; Historical Issues; Work/Leisure & Family Relationships; Societal Relations (reciprocal influence of the major social institutions and families, i.e., governmental, religious, educational, healthcare & economic).

- #2. Internal Dynamics of Families** - An understanding of family strengths and weaknesses and how family members relate to each other.

e.g., Internal Social Processes (including cooperation & conflict); Communication (patterns & problems in husband-wife relationships and in parent-child relationships, including stress & conflict management); Conflict Management; Decision-making and Goal-setting; Normal Family Stresses (transition periods in the family life cycle, three-generation households, caring for the elderly, & dual careers); Family Stress & Crises (divorce, remarriage, death, economic uncertainty and hardship, violence, substance abuse); Special Needs in Families (including adoptive, foster, migrant, low income, military, and blended families as well as those members with chronic illness and/or disabilities).

- #3. Human Growth and Development across the Lifespan** - An understanding of the developmental changes (both typical and atypical) of individuals in families throughout the lifespan. Based on knowledge of physical, emotional, cognitive, social, moral, and personality aspects.

e.g., Prenatal; Infancy; Early and Middle Childhood; Adolescence; Adulthood; Aging.

- #4. Human Sexuality** - An understanding of the physiological, psychological, & social aspects of sexual development throughout the lifespan, so as to achieve healthy sexual adjustment.

e.g., Reproductive Physiology; Biological Determinants; Emotional and Psychological Aspects of Sexual Involvement; Sexual Behaviors; Sexual Values and Decision-Making; Family Planning; Physiological and Psychological Aspects of Sexual Response; Influence of Sexual Involvement on Interpersonal Relationships.

- #5. Interpersonal Relationships** - An understanding of the development and maintenance of interpersonal relationships.

e.g., Self and Others; Communication Skills (listening, empathy, self-disclosure, decision-making, problem-solving, & conflict resolution); Intimacy, Love, Romance; Relating to Others with Respect, Sincerity, & Responsibility.

- #6. Family Resource Management** - An understanding of the decisions individuals and families make about developing and allocating resources including time, money, material assets, energy, friends, neighbors, and space, to meet their goals.
- e.g., Goal Setting and Decision-Making; Development and Allocation of Resources; Social Environment Influences; Life Cycle and Family Structure Influences; Consumer Issues and Decisions.
- #7. Parent Education and Guidance** - An understanding of how parents teach, guide and influence children and adolescents as well as the changing nature, dynamics and needs of the parent/child relationship across the lifespan.
- e.g., Parenting Rights and Responsibilities; Parenting Practices/Processes; Parent/Child Relationships; Variation in Parenting Solutions; Changing Parenting Roles across the Lifespan.
- #8. Family Law and Public Policy** - An understanding of legal issues, policies, and laws influencing the well-being of families.
- e.g., Family and the Law (relating to marriage, divorce, family support, child custody, child protection & rights, & family planning); Family and Social Services; Family and Education; Family and the Economy; Family and Religion; Policy and the Family (public policy as it affects the family, including tax, civil rights, social security, economic support laws, & regulations.)
- #9. Professional Ethics and Practice** - An understanding of the character and quality of human social conduct, and the ability to critically examine ethical questions and issues as they relate to professional practice
- e.g., Formation of Social Attitudes and Values; Recognizing and Respecting the Diversity of Values and the Complexity of Value Choice in a Pluralistic Society; Examining Value Systems and Ideologies systematically and objectively; Social Consequences of Value Choices; Recognizing the Ethical Implications of Social and Technological Changes, Ethics of Professional Practice.
- #10. Family Life Education Methodology** - An understanding of the general philosophy and broad principles of family life education in conjunction with the ability to plan, implement, and evaluate such educational programs.
- e.g., Planning and Implementing; Evaluation (materials, student progress, & program effectiveness); Education Techniques; Sensitivity to Others (to enhance educational effectiveness); Sensitivity to Community Concerns and Values (understanding of the public relations process).

## References

- Bredehoft, D.J. & Cassidy, D. (Eds.) (1995). Family life education curriculum guidelines (2<sup>nd</sup> ed.). Minneapolis: National Council on Family Relations.
- Bredehoft, D.J. & Walcheski, M.J. (Eds.). (2011). The family life education framework poster and PowerPoint. Minneapolis, MN: National Council on Family Relations.
- National Council on Family Relations. (2014). Family life education content areas: Content and practice guidelines. Minneapolis, MN: Author. Retrieved from [https://www.ncfr.org/sites/default/files/downloads/news/fle\\_content\\_and\\_practice\\_guidelines\\_2014.pdf](https://www.ncfr.org/sites/default/files/downloads/news/fle_content_and_practice_guidelines_2014.pdf)