

# **Adult Roles and Responsibilities**

## **Course Content Standards and Competencies**

### *Interpersonal Relationships*

**Interpersonal Relationships:** Students will understand interpersonal relationships as they apply to the family, workplace, and community.

**ARR-IR Competency 1:** Analyze functions and expectations of various types of relationships in family, work and community settings.

*Indicators:*

- Explain the role of family in teaching culture and traditions in today's society.
- Compare physical, emotional and intellectual responses in stable and unstable relationships.
- Explore processes for handling unhealthy relationships.

**ARR-IR Competency 2:** Analyze personal needs and characteristics and their impact on interpersonal relationships.

*Indicators:*

- Evaluate the effect of self-esteem on relationships.
- Explain the impact of personal standards and ethics on family, community, and workplace settings.
- Analyze the effects of personal needs on relationships.

**ARR-IR Competency 3:** Demonstrate communication skills that contribute to positive relationships in families, work environments, and communities.

*Indicators:*

- Select appropriate communication strategies that promote positive self-esteem in interpersonal relationships.
- Examine barriers to communication in family, work and community settings.

**ARR-IR Competency 4:** Demonstrate standards that guide behavior in various interpersonal relationships.

*Indicators:*

- Determine and apply appropriate individual stress management strategies in family, work and community settings.

### **Application and Assessment through FCCLA:**

#### **National Programs**

Career Connection  
Families First  
Power of One  
Financial Fitness

Student Body  
Dynamic Leadership  
Leaders at Work  
Community Service

**STAR Events**

Applied Technology  
Illustrated Talk  
Interpersonal Communications  
Job Interview  
National Programs in Action  
Parenthood and Family Living

**Resources:**

Character Counts

Careers in Focus, Goodheart-Willcox Company, Inc., ISBN 1-56637-360-3, Chapters 2, 7 and 8

Building Life Skills, Goodheart-Willcox Company, Inc., ISBN 1-56637-467-7, Chapters 1, 2, and 5

Goals For Living, Goodheart-Willcox Company, Inc., ISBN 1-56637-761-7, Chapters 1, 2, 5, and 9

Skills For Living, Thomson, ISBN 0-538-97165-7, Chapter 1

Lessons For Life, Center For Applied Research in Education, ISBN0-87628-515-9, Chapter 4

Building Strong, Safe Relationships, A Safe Place Inc., 6 Greenleaf Woods, Suite 101, Portsmouth, NH 03801

The Art of Loving Well: A Character Education Curriculum for Today's Teenagers, Trustees of Boston University, ISBN 0-87270-079-8

The Critical Skills Classroom, Antioch New England Graduate School

Dibble Institute for Marriage Education [www.BuildingRelationshipskills.org](http://www.BuildingRelationshipskills.org)

How to Avoid Marrying a Jerk [www.nojerks.com](http://www.nojerks.com)

Love U 2: Communication Smarts for All Relationships, Dibble Institute for Marriage Education, ISBN 0-9652427-9-x