Foundations of Work and Family

Interpersonal Relationships—Students will demonstrate the knowledge and skills necessary to maintain healthy, respectful and caring relationships in the family, workplace, school and community.

MIR 1: Examine the functions and expectations of a variety of relationships in the family, workplace, school and community.

Competencies
- MIR 1.1 Identify processes for building and maintaining relationships.
- MIR 1.2 Identify needs of individuals at various stages of the life cycle and when they are more or less dependent on others.
- MIR 1.3 Determine factors that contribute to positive relationships.
- MIR 1.4 Identify processes for handling unhealthy relationships.
- MIR 1.5 Demonstrate awareness of diversity and the impact on a variety of relationships.
- MIR 1.6 Demonstrate stress management strategies for family, workplace, school and community settings.

MIR 2: Demonstrate communication skills that contribute to positive relationships in family, workplace, school and community.

Competencies
- MIR 2.1 Identify the purpose(s) of communication.
- MIR 2.2 Examine communication styles and their effects on relationships.
- MIR 2.3 Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.
- MIR 3.4 Demonstrate effective listening skills.
- MIR 3.5 Identify barriers to communication.
- MIR 3.6 Explore the impact of technology on communication in family, work, school and community.

MIR 3: Demonstrate skills that can manage and reduce conflict.

Competencies
- MIR 3.1 Examine how similarities and differences among people affect conflict prevention and management.
- MIR 3.2 Demonstrate decision-making and problem-solving skills that can be used to reduce and manage conflict.
- MIR 3.3 Demonstrate non-violent strategies that address conflict.
- MIR 3.4 Demonstrate effective responses to harassment.
- MIR 3.5 Examine appropriate community resources that support conflict prevention and management.
**MIR 4:** Demonstrate team work and leadership skills in the family, workplace, school and community.

**Competencies**
MIR 4.1 Demonstrate strategies to motivate and encourage group members.
MIR 4.2 Create strategies to utilize the strengths and limitations of team members.
MIR 4.3 Demonstrate techniques that develop team and community spirit.
MIR 4.4 Demonstrate ways to organize and delegate responsibilities.
MIR 4.5 Create strategies to integrate new members into the team.
MIR 4.6 Demonstrate processes for cooperating, compromising, and collaborating.

**MIR 5:** Identify career paths in the human services field.

**Competencies**
MIR 5.1 Investigate a career in Interpersonal Relationships and identify the pathways used to reach that career.

**Application/Assessments through FCCLA**
National Programs
Career Connection
Community Service
Dynamic Leadership: Character, Problem Solving, Relationships, Conflict Management, Team Building and Peer Education

Families First
Financial Fitness
Power of One: A Better You; Family Ties; Take the Lead
STOP the Violence
Student Body

STAR Events
Interpersonal Communications
National Programs in Action
Program/Classroom Activity Suggestions
Classroom FCCLA Chapters

Resources
Love U 2 Curriculum-Marlene Pearson
Connections/PREP-Charlene Kamper
Building Strong-Safe Relationships: A Dating Violence Prevention Curriculum-
Peggy Kieschnik and Kathy Kennett
Skills for Life-Goodheart Wilcox