



Anytime, Anywhere Learning.

Elective Options

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Healthy Living

COURSE DESCRIPTION

Healthy Living is a one semester course designed to increase student's self-awareness. Students will examine self and the world they live in, while considering how they are maturing in areas of self-esteem, communication skills, and developing & maintaining healthy relationships. Units include healthy dating relationships and facing challenges as an adolescent.

PREREQUISITES

None

REQUIRED MATERIALS

An online textbook is provided within the course.

COURSE OBJECTIVES

- Analyze processes for building and maintaining interpersonal relationships.
- Predict the effects of various stages of the family life cycle on interpersonal relationships.
- Compare physical, emotional, and intellectual functioning in stable and unstable relationships.
- Analyze factors that contribute to healthy and unhealthy relationships.
- Analyze processes for handling unhealthy relationships.
- Analyze functions and expectations of various types of relationships.
- Demonstrate stress management strategies for family, work, and community settings.
- Analyze the effects of personal characteristics on relationships.
- Analyze the effects of self-esteem and self-image on relationships.
- Analyze personal needs and characteristics and their effects on interpersonal relationships.
- Analyze communication styles and their effects on relationships.
- Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication.
- Demonstrate effective listening and feedback techniques.
- Analyze strategies to overcome communication barriers in family, community and work settings.
- Apply ethical principles of communication in family, community and work settings.
- Analyze the effects of communication technology in family, work, and community settings.
- Demonstrate communication skills that contribute to positive relationships.

- Analyze the roles and functions of communication in family, work, and community settings.
- Analyze the origin and development of attitudes and behaviors regarding conflict.
- Evaluate effective conflict prevention and management techniques.
- Explain how similarities and differences among people affect conflict prevention and management
- Apply the roles of decision making and problem solving in reducing and managing conflict.
- Demonstrate nonviolent strategies that address conflict.
- Apply critical thinking and ethical criteria to evaluate interpersonal relationships.
- Apply guidelines for assessing the nature of issues and situations.
- Apply critical thinking and ethical standards when making judgments and taking action.
- Demonstrate standards that guide behavior in interpersonal relationships.

COURSE OUTLINE

Unit 1: Understanding Yourself

Unit 2: Building Stronger Families

Unit 3: Communication and Conflict

Unit 4: Relationships

Unit 5: Teen Issues