Alabama CTE

Teen Discoveries

Describe physical and emotional changes that occur during adolescence.	1 Describe physical and emotional changes that occur during adolescence.
Describe the process of decision-making, problem-solving, and goal-setting.	2 Describe the process of decision-making, problem-solving, and goal-setting.
Explain the importance of character education for teenagers. • Describing manners used in various settings • Identifying grooming habits that lead to a healthy appearance • Describing ways to show respect for self, others, and property	3 Explain the importance of character education for teenagers. • Describing manners used in various settings • Identifying grooming habits that lead to a healthy appearance • Describing ways to show respect for self, others, and property
Compare verbal and nonverbal communication skills used to improve interpersonal relationships. • Determining barriers to teen communication	4 Compare verbal and nonverbal communication skills used to improve interpersonal relationships. • Determining barriers to teen communication
Describe characteristics of healthy relationships with family and friends. • Explaining the role of family members and friends • Describing the significance of family tra qu	5 Describe characteristics of healthy relationships with family and friends. • Explaining the role of family members and friends • Describing the significance of family traditions • Determining qualities of a true friend

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Compare positive and negative peer pressure. Examples: positive—involving friends in community service, tutoring peers - negative—bullying, teasing, gossiping • Determining causes of teen conflict	6	Compare positive and negative peer pressure. Examples: positive—involving friends in community service, tutoring peers - negative—bullying, teasing, gossiping • Determining causes of teen conflict
Explain the importance of diet, exercise, and rest for teen health.	7	Explain the importance of diet, exercise, and rest for teen health.
Prepare nutritious snacks. • Practicing safety and sanitation techniques in the laboratory • Using kitchen equipment in a correct manner • Comparing the nutritive value and cost of various foods	8	Prepare nutritious snacks. • Practicing safety and sanitation techniques in the laboratory • Using kitchen equipment in a correct manner • Comparing the nutritive value and cost of various foods
Demonstrate basic table setting skills.	9	Demonstrate basic table setting skills.
Describe ways teenagers can become wise consumers. Examples: savings, needs and wants, conserving resources and energy • Identifying the role of the media in the dissemination of consumer information	10	Describe ways teenagers can become wise consumers. Examples: savings, needs and wants, conserving resources and energy • Identifying the role of the media in the dissemination of consumer information
Describe time management tools and techniques.	11	Describe time management tools and techniques.
Determine factors that influence teen clothing sel inc cos	12	Determine factors that influence teen clothing selection. Examples: individualism, trends, cost, maintenance

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Practice basic sewing skills. • Utilizing sewing equipment in a safe and correct manner	13	Practice basic sewing skills. • Utilizing sewing equipment in a safe and correct manner
Describe appropriate care of clothing. • Identifying laundering techniques • Explaining how to store clothes properly	14	Describe appropriate care of clothing. • Identifying laundering techniques • Explaining how to store clothes properly
Explain responsibilities involved in babysitting related to age, safety, and health of the child.	15	Explain responsibilities involved in babysitting related to age, safety, and health of the child.
Describe the importance of play to a child's development.	16	Describe the importance of play to a child's development.
Explain how housing meets the needs of individuals and families. • Describing ways to arrange or organize teen living space	17	Explain how housing meets the needs of individuals and families. • Describing ways to arrange or organize teen living space
Determine procedures for basic household maintenance and safety.	18	Determine procedures for basic household maintenance and safety.
Determine ways technology improves and impacts the lives of teens.	19	Determine ways technology improves and impacts the lives of teens.
Describe factors that impact choosing a career.	20	Describe factors that impact choosing a career.