

# Teen Discoveries

Describe physical and emotional changes that occur during adolescence.

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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

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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**

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**Explain the importance of diet, exercise, and rest for teen health.**

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**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**

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**Demonstrate basic table setting skills.**

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**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**

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**Describe time management tools and techniques.**

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**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**

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**Describe appropriate care of clothing. • Identifying laundering techniques • Explaining how to store clothes properly**

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**Explain responsibilities involved in babysitting related to age, safety, and health of the child.**

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**Describe the importance of play to a child's development.**

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**Explain how housing meets the needs of individuals and families. • Describing ways to arrange or organize teen living space**

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**Determine procedures for basic household maintenance and safety.**

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**Determine ways technology improves and impacts the lives of teens.**

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**Describe factors that impact choosing a career.**

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