

# Family and Consumer Sciences II (8261)

## Understanding Human Development

- A** Describe the developmental characteristics of early adolescence. [I.A](#)
- B** Identify factors and conditions that influence individual and family development. [I.B](#)
- C** Describe factors that influence the development of self-esteem, self-concept, and personality. [I.C](#)

## Demonstrating Interpersonal Relationships

- A** Demonstrate examples of caring, respectful, and responsible behaviors. [II.A](#)
- B** Demonstrate characteristics of positive relationships. [II.B](#)
- C** Create strategies for handling peer pressure. [II.C](#)
- D** Use communication skills that express feelings, needs, and ideas. [II.D](#)
- E** Explain the consequences of positive and negative behaviors in communication. [II.E](#)
- F** Set goals for individuals and families. [II.F](#)
- G** Demonstrate social etiquette. [II.G](#)

## Exploring Family Relationships(Optional)

- A** Define family. [III.A](#)
- B** Describe the function of the family. [III.B](#)
- C** Explain ways an individual can strengthen the family unit. [III.C](#)

## Maintaining Living Environments (Personal Environments) (Optional)

- A** Demonstrate ways to conserve natural resources within the family. [IV.A](#)
- B** Maintain a clean and safe environment. [IV.B](#)
- C** Organize personal space. [IV.C](#)

## Demonstrating Nutrition and Wellness

- A** Explain the essential nutrients. [V.A](#)
- B** Demonstrate nutrition and wellness practices that enhance well-being. [V.B](#)

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|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|                                                               | <b>C</b> Identify common food allergies. V.C                                                                |
|                                                               | <b>D</b> Demonstrate food safety and sanitation practices. V.D                                              |
|                                                               | <b>E</b> Demonstrate kitchen safety. V.E                                                                    |
|                                                               | <b>F</b> Identify food preparation terms and equipment. V.F                                                 |
|                                                               | <b>G</b> Perform sequential steps in all aspects of food preparation. V.G                                   |
|                                                               | <b>H</b> Plan a nutritious family meal. V.H                                                                 |
|                                                               | <b>I</b> Demonstrate dining etiquette. V.I                                                                  |
| Using Consumer and Family Resources                           | <b>A</b> Apply steps in a problem-solving/decision-making model. VI.A                                       |
|                                                               | <b>B</b> Manage personal resources. VI.B                                                                    |
|                                                               | <b>C</b> Evaluate forms and techniques of advertising. VI.C                                                 |
|                                                               | <b>D</b> Analyze personal saving and spending habits. VI.D                                                  |
|                                                               | <b>E</b> Identify consumer rights and responsibilities. VI.E                                                |
|                                                               | <b>F</b> Identify consumer resources. VI.F                                                                  |
| Developing Textile, Fashion, and Apparel Concepts (Optional)  | <b>A</b> Demonstrate clothing maintenance techniques. VII.A                                                 |
|                                                               | <b>B</b> Describe factors affecting clothing choices. VII.B                                                 |
|                                                               | <b>C</b> Create an apparel/textile product. VII.C                                                           |
|                                                               | <b>D</b> Demonstrate basic measurement and fitting techniques. VII.D                                        |
| Developing Education and Early Childhood Concepts(Optional)   | <b>A</b> Describe responsible behaviors in caring for children. VIII.A                                      |
|                                                               | <b>B</b> Identify the stages of early childhood development. VIII.B                                         |
|                                                               | <b>C</b> Identify developmentally appropriate and nutritious snacks for children. VIII.C                    |
|                                                               | <b>D</b> Evaluate age-appropriate activities for children. VIII.D                                           |
| Exploring Career, Community, and Family Connections(Optional) | <b>A</b> Demonstrate workplace etiquette. IX.A                                                              |
|                                                               | <b>B</b> List management strategies for balancing family, school/work, and extracurricular activities. IX.B |
|                                                               | <b>C</b> Demonstrate ways to be a responsible citizen. IX.C                                                 |

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**D Identify career clusters and pathways that lead to Family and Consumer Science careers.** IX.D

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**E Explore entrepreneurship opportunities for adolescents.** IX.E

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**Developing Leadership Skills**

**A Use the FCCLA planning process.** X.A

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**B Complete a national FCCLA program project and/or a state-level competitive event.** X.B