

NEW YORK STATE EDUCATION DEPARTMENT  
MIDDLE LEVEL CAREER AND TECHNICAL EDUCATION  
FAMILY AND CONSUMER SCIENCES  
HUMAN DEVELOPMENT AND RELATIONSHIPS  
Z & K Z D dMAY 2023

## MODULE DESCRIPTION

This module introduces students to the many facets of human development and relationships. Students will be able to describe social, emotional, physical, and intellectual development across the lifespan. Students will learn strategies for cultivating positive human relationships through the lens of the family. They will explore the role of a family as a major personal and

- c) Identify ways that an individual's self-concept changes
- d) Describe ways personal image is projected to others through physical appearance, verbal and nonverbal communication, behavior, and action
- e) Assess the impact of first impressions on the development of relationships in social and work settings

### 3. PEER INFLUENCE AND STRESS MANAGEMENT

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#### STUDENTS WILL:

- a) Define the terms "peer" and "peer pressure"
- b) Compare the influence of family, peers, media, and others on decision-making



## FINANCIAL AND CONSUMER LITERACY

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### FAMILY BUDGET

Provide students with a monthly budget for a family with young children who are moving into the community. Have students research childcare options available and the costs and features of each. Students present findings on local childcare providers and discuss strategies for including childcare in the family budget and adjust the monthly budget to account for typical local childcare costs.

## HEALTH, SAFETY, AND WELLNESS

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### MINDFULNESS JOURNAL

Students learn and practice mindfulness exercises in class. Challenge students to implement mindfulness in their other classes, or whenever they face a stressor. Have students keep a mindfulness journal with responses to various prompts about stress, pressure, gratitude, and mindset. Students select two entries to share and discuss with the class.

## PROBLEM SOLVING AND INNOVATION

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### PROTOTYPE TOYS

Set up a display of children's toys in the classroom. Have students identify safety hazards and toys that are inappropriate for a particular developmental stage. Small groups of students will design and create prototypes of toys that correct the safety or developmental issues associated with toys from the original display. Have students test the prototypes with children.

## SUSTAINABILITY

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### MISCHEL'S MARSHMALLOW EXPERIMENT

Introduce students to the Stanford marshmallow (Mischel) test by replicating the experiment in class. Lead a discussion on the struggles students, and most humans, have with delaying



- 6.1 Analyze the effects of family as a system on individuals and society
- 6.2 Evaluate the effects of diverse perspectives, needs, and characteristics of individuals and families

#### 15.0 Parenting

Evaluate the effects of parenting roles and responsibilities on strengthening the well being of individuals and families

- 15.1 Analyze roles and responsibilities of parenting
- 15.2 Evaluate parenting practices that maximize human growth and development

## RESOURCES

*Disclaimer:* Posting of resources on this form does not constitute an endorsement from the New York State Education Department nor does it imply that the following resources are mandatory or the only ones that can be used. Teachers and administrators ensure that resources align with local policies and are responsible for choosing the resources have the final authority, in alignment with local policies, to choose and utilize the resources that best meet

## NEW YORK STATE OFFICE OF MENTAL HEALTH

<https://www.omh.ny.gov/omhweb/childservice/>

The Office of Mental Health (OMH) regulates, certifies and oversees more than 4,500 programs, which are operated by local governments and nonprofit agencies. These programs include various inpatient and outpatient programs, emergency, community support, residential and family care programs.

## CHARACTER LAB

<https://www.characterlab.org>

Evidence shows that character strengths are as important as IQ and socioeconomic status to achievement and well-



