

# Skills for Living Grades 7 and 8

## Overview

Skills for Living is a semester elective for 7<sup>th</sup> and 8<sup>th</sup> graders. In Skills for Living, students begin to explore and understand some of the life issues they will have to face as they move toward adulthood. They learn information and skills that make them feel more capable of making positive decisions. Emphasis is placed on the importance of being a member of the family, and on positive interpersonal skills through effective communication skills, positive decision-making, and taking responsibility for one's behavior. Information and skills needed for personal development are discussed. Topics include: nutrition and wellness, self-image and personal appearance, childcare practices, managing money, and career options.

The student will:

- Begins to understand how the family meets the needs of family members and can propose ideas for promoting satisfying relationships among family member of all ages.
- Describe the responsibilities of parenting and identify changes in the parent-child relationship due to different stages of the family life cycle or pressures from society or culture.
- Determine ways to have positive relationships among friends.
- Identify personal characteristics that promote satisfying relationships.
- Describe how to be an effective team member or leader.
- Use effective communication skills in various relationships and on different occasions.
- Demonstrate techniques for resolving conflicts and becoming more assertive.
- Explain how children grow and develop.
- Demonstrate knowledge of first aid and safety practices.
- List and describe resources in our community that are available for the welfare of children.
- Demonstrate the steps of the decision-making process.
- Explain how personal priorities affect decisions and can describe the role of acceptance of responsibility in decision-making.
- Demonstrate understanding of money management and its impact.
- Explain how management skills are needed to meet the challenges of living and working in our society.
- Demonstrate techniques that will help enhance career and personal effectiveness while promoting family strength and well being.
- Exhibit healthy nutrition and wellness practices that help with stress management and promote well-being and achievement.
- Select clothing based on clothing budget, care procedure, and needs versus wants.
- Explain how good grooming habits and positive personal habits, in combination with complementary fashions, increase personal effectiveness.
- Plan for the future by comparing a variety of career options (skill and educational requirements) including full-time homemakers and how technology affects careers and family life.

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## Tips for Parents:

- View family album(s) together and discuss your family heritage.
- Describe the responsibilities you have as a parent.
- Describe how your life changed after he/she was born.
- Explain how your parenting style is similar or different from that of your parents.
- Discuss the role and characteristics of a friend.
- Describe how being a team member helps individuals on the job.
- Discuss different forms of communication.
- Discuss how body language and tone effect positive or negative communication.
- Describe how communication affects any relationship.
- Explain how to help resolve conflicts effectively.
- Check out a baby care video from the library or video rental store.
- Discuss the developmental stages your child went through with him/her and discuss how you dealt with them appropriately.
- Discuss the steps to follow if a child needs intervention from abuse.
- Search the phone book and locate services that cater to the well-being of a child.
- Describe the steps you take when you have to make a decision.
- Talk about the consequences of the decisions.
- Explain how to take ownership for the decisions.
- Visit your bank or credit union and talk to a bank representative about the different types of services available.
- Describe the importance of learning to save money for emergencies.
- Discuss how goals affect how to save and spend money.
- Discuss the challenges of working and maintaining a household.
- Take your child to work.
- Discuss how to positively deal with co-workers and supervisors.
- Discuss possible career interests.
- Start a daily exercise regimen with your child.
- Discuss different ways to deal with stress.
- Look for healthy recipes and cook the meals together.
- Have your child help you with the laundry.
- Discuss the difference between needing and wanting different clothes.
- Talk about the importance of good grooming on a daily basis.
- Explain appropriate attire for different occasions.
- Discuss possible career options after high school.
- Talk about your child's interests and areas of strengths and weaknesses.
- Explain how technology affects you on the job.