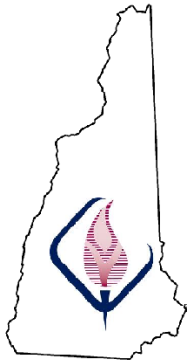


## INTERPERSONAL SKILLS



The class explores and demonstrates respectful and caring relationships within the family, workplace, peer groups, and community. The class assists in identifying personal needs focusing on self-esteem and self-image. Students will learn positive communication and effective conflict prevention/resolution skills. Current technological management techniques will be implemented and applying healthy decision making skills will be addressed. Encouraging and demonstrating teamwork and leadership roles in the family, workplace and community will be encouraged and practiced.

### Competencies:

1. **Analyze** functions and expectations of personal needs, characteristics and the effects on interpersonal relationships.
2. **Demonstrate** communication skills that contribute to positive relationships in all aspects of life.
3. **Evaluate** effective conflict prevention and resolution techniques.
4. **Authenticate** teamwork and leadership.

### Pacing Guide:

- **Interpersonal relationships**
- **Communication skills**
- **Conflict prevention and management techniques**
- **Teamwork and leadership skills**
- **Personal and emotional awareness**

## INTERPERSONAL RELATIONSHIPS:

### Essential and Enduring Understandings:

- *Build and maintain a positive self-esteem and self-image to develop lasting interpersonal relationships.*
- *Apply coping techniques to handle stress and develop healthy strategies for life.*

### National Standards for Family and Consumer Science::

*13.1.1 Analyze processes for building and maintaining interpersonal relationships.*

*13.1.4 Analyze factors that contribute to healthy and unhealthy relationships.*

*13.1.6 Demonstrate stress management strategies for family, work, and community settings.*

*13.2.3 Analyze the effects of self-esteem and self-image on relationships.*

## COMMUNICATION SKILLS:

### Essential and Enduring Understandings:

- *Utilize communication styles and techniques to develop healthy relationships.*
- *Analyze strategies to overcome communication barriers and boundaries.*
- *Use social media responsibly in family, work and community settings.*

National Standards for Family and Consumer Science::

*13.3.1 Analyze communication styles and their effects on relationships.*

*13.3.4 Analyze strategies to overcome communication barriers in family, community and work settings*

*13.3.6 Analyze the effects of communication technology in family, work, and community settings.*

**CONFLICT PREVENTION AND MANAGEMENT TECHNIQUES:**

Essential and Enduring Understandings:

- *Practice healthy decision making and problem solving in reducing and managing conflict.*
- *Create nonviolent strategies that address conflict and effective responses to harassment.*

National Standards for Family and Consumer Science::

*13.4.2 Explain how similarities and differences among people affect conflict prevention and management.*

*13.4.3 Apply the roles of decision making and problem solving in reducing and managing conflict.*

*13.4.4 Demonstrate nonviolent strategies that address conflict.*

*13.4.5 Demonstrate effective responses to harassment.*

**TEAMWORK AND LEADERSHIP SKILLS:**

Essential and Enduring Understandings:

- *Encourage and respect the ideas, perspectives and contributions of all group members.*
- *Demonstrate ways to organize, delegate, motivate, and encourage responsibility to build confidence in all group members.*
- *Utilize strategies to integrate new members by cooperating, compromising, collaborating and demonstrating tolerance.*

National Standards for Family and Consumer Science::

*13.5.1 Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members.*

*13.5.5 Demonstrate ways to organize and delegate responsibilities.*

*13.5.6 Create strategies to integrate new members into the team.*

*13.5.7 Demonstrate processes for cooperating, compromising, and collaborating.*