

# 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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- C Identify common food allergies.** V.C

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  - D Demonstrate food safety and sanitation practices.** V.D

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  - E Demonstrate kitchen safety.** V.E

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  - F Identify food preparation terms and equipment.** V.F

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  - G Perform sequential steps in all aspects of food preparation.** V.G

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  - H Plan a nutritious family meal.** V.H

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  - I Demonstrate dining etiquette.** V.I
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**Using Consumer and Family Resources**

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- A Apply steps in a problem-solving/decision-making model.** VI.A

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  - B Manage personal resources.** VI.B

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  - C Evaluate forms and techniques of advertising.** VI.C

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  - D Analyze personal saving and spending habits.** VI.D

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  - E Identify consumer rights and responsibilities.** VI.E

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  - F Identify consumer resources.** VI.F
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**Developing Textile, Fashion, and Apparel Concepts (Optional)**

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- A Demonstrate clothing maintenance techniques.** VII.A

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  - B Describe factors affecting clothing choices.** VII.B

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  - C Create an apparel/textile product.** VII.C

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  - D Demonstrate basic measurement and fitting techniques.** VII.D
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**Developing Education and Early Childhood Concepts(Optional)**

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- A Describe responsible behaviors in caring for children.** VIII.A

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  - B Identify the stages of early childhood development.** VIII.B

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  - C Identify developmentally appropriate and nutritious snacks for children.** VIII.C

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  - D Evaluate age-appropriate activities for children.** VIII.D
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**Exploring Career, Community, and Family Connections(Optional)**

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- A Demonstrate workplace etiquette.** IX.A

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  - B List management strategies for balancing family, school/work, and extracurricular activities.** IX.B

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  - C 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**