

Family Studies

Family studies courses offer a preventative, proactive, and practical approach that is intended to strengthen individuals and families. Students acquire knowledge, skills, and attitudes to make informed choices with respect to caring for themselves and others within the context of a global community. Students acquire strategies to manage the challenges of life in an effective and responsible way that enhances their life journey.



Course Description

Grade 9 Family Studies explores adolescent development from the perspective of the adolescent student. Topics include building skills and knowledge in developing positive relationships to enhance personal health and wellness within the context of their own family dynamics and the community in which they live.

Career Pathways

Career pathways in family studies include social science and humanities areas such as early childhood education, child and adolescent development, teaching/education, public policy and law, aging, financial planning, social work, counselling, psychology, public health, advocacy and non-profit work, and family life and parenting.

Goals

- Fundamentals of Human Development:** The learning experiences in this goal will assist students in developing the knowledge and understanding of how individuals' and family members' responsibilities for promoting health, well-being, and resiliency continue to change throughout their lives.
- Relationships and Influences:** The learning experiences in this goal will assist students in developing the knowledge and skills they need to build and maintain positive relationships and to understand the issues and challenges that have an impact on individuals, families, and communities.
- Health and Wellness:** The learning experiences in this goal will assist students in developing the knowledge and skills to understand the factors that affect our mental health and wellness. While building individual strategies, students will strengthen their abilities to use skills, resources, and processes that enhance the daily living of individuals, families, and communities.
- Fundamentals of Parenting and Caregiving:** The learning experiences in this goal will assist students in developing the knowledge and skills to prepare for the responsibilities of parenting and caregiving, including the challenges facing individuals, families, and communities.
- Citizenship and Sustainability:** The learning experiences in this goal will assist students in developing the knowledge and skills to become citizens who question the quality of life—locally, nationally, and globally—with the desire for a sustainable and equitable future.
- Career Development:** The learning experiences in this goal will assist students in developing the knowledge and skills necessary for effective communication, teamwork, and leadership that contribute to success in learning, life, and work.