

Florida Department of Education  
CURRICULUM FRAMEWORK

**Program Title:** Personal Development  
**Occupational Area:** Family and Consumer Sciences

**Program Numbers** 8500230  
**CIP Number** 0920.9921EX  
**Grade Level** 6-9 30,31  
**Length** .5 credit  
**Certification** HOME EC 1 @2  
VOC HME @4  
GEN HME EC @4  
**Facility Code** 231  
**CTSO** FCCLA  
**Coop Method** No  
**Apprenticeship** No

- I. **MAJOR CONCEPTS/CONTENT:** The purpose of this course is to assist students with the development of self-esteem, a personal value system and self-discipline by developing positive coping skills to deal with physical, emotional, intellectual and social changes in self and others.
- II. **LABORATORY ACTIVITIES:** Instruction and learning activities are provided in a laboratory setting using hands-on experiences with the instructional materials appropriate to the course content and in accordance with current practices.
- III. **SPECIAL NOTE:** Family, Career and Community Leaders of America, is the appropriate career and technical student organization (ctso) for providing leadership training and reinforcing specific career and technical skills. Career and Technical Student Organizations, when provided, shall be integral part of the instructional program, and the activities of such organizations are defined as part of the curriculum in accordance with Rule 6A-6.065, FAC.

**SCANS Competencies:** Instructional strategies for this program must include methods that require students to identify, organize, and use resources appropriately. They should work with each other cooperatively and productively to acquire and use information. This will help them to acquire and use information. This will help them understand social, organizational, and technological systems; and to work with a variety of tools and equipment. Instructional strategies must also incorporate the methods to improve student's personal qualities and higher-order thinking skills.

IV. **INTENDED OUTCOMES:** After successfully completing this course, the student will be able to:

- 01.0 Practice socially acceptable behavior.
- 02.0 Explain self-esteem and relate it to self-image and behavior.
- 03.0 Assess the importance of nutrition and wellness.
- 04.0 Plan for self-improvement.
- 05.0 Identify and apply skills needed for positive interpersonal relationships.
- 06.0 Recognize ways of managing peer and societal pressure and conflict.
- 07.0 Analyze the cause and effect of substance abuse.
- 08.0 Identify positive coping skills for adjusting to change.
- 09.0 Demonstrate leadership and organizational skills.

Florida Department of Education  
STUDENT PERFORMANCE STANDARDS

**Program Title:** Personal Development  
**Secondary Number:** 8500230  
**Postsecondary Number:**

- 01.0 PRACTICE SOCIALLY ACCEPTABLE BEHAVIOR--The student will be able to:  
LA.C.3.3.2, SC.D.2.3.1, SC.F.1.3.7, SS.B.1.3.4, PE.B.2.3.4
- 01.01 Review the developmental tasks of adolescence.  
01.02 Demonstrate appropriate manners and etiquette for a variety of situations.  
01.03 Describe socially embarrassing situations and possible ways of coping with them.
- 02.0 EXPLAIN SELF-ESTEEM AND RELATE IT TO SELF-IMAGE AND BEHAVIOR--The student will be able to:  
LA.C.1.3.3, SC.D.2.3.1, SC.F.1.3.7, SS.B.1.3.4, HE.B.3.3.1, HE.B.3.3.2, HE.B.3.3.3, HE.B.3.3.4, HE.B.3.3.5, HE.B.3.3.6, HE.B.3.3.7, HE.B.3.3.8, HE.C.1.3.7, HE.C.2.3.4, PE.B.2.3.4
- 02.01 Define self-esteem.  
02.02 Identify basic human needs.  
02.03 State how a positive self-concept builds good relationships with friends, peers, parents, and family members.  
02.04 Identify characteristics of individuals with high/low self esteem.  
02.05 Relate areas of past success to self-esteem.  
02.06 Inventory personal traits, attitudes, abilities, talents and values that can be used as resources in personal development.
- 03.0 ASSESS THE IMPORTANCE OF NUTRITION AND WELLNESS--The student will be able to:  
LA.B.2.3.4, LA.C.3.3.2, LA.E.2.3.6, MA.D.1.3.2, SC.D.2.3.1, SC.F.1.3.7, HE.A.1.3.1, HE.A.1.3.2, HE.A.1.3.3, HE.A.1.3.4, HE.A.1.3.5, HE.A.1.3.6, HE.A.1.3.7, HE.A.1.3.8, HE.A.1.3.9, HE.A.1.3.10, HE.A.2.3.1, HE.A.2.3.2, HE.A.2.3.3, HE.A.2.3.4, HE.A.2.3.5, HE.A.2.3.6, HE.B.1.3.6, HE.C.1.3.1, HE.C.1.3.2, HE.C.1.3.3, HE.C.1.3.4, HE.C.1.3.5, HE.C.1.3.6, HE.C.1.3.7, PE.B.1.3.13, PE.C.2.3.3
- 03.01 Describe wellness.  
03.02 Identify how nutrition effects wellness.  
03.03 Develop a self-improvement project incorporating the components of wellness.
- 04.0 PLAN FOR SELF-IMPROVEMENT--The student will be able to:  
LA.A.2.3.5, LA.A.2.3.8, LA.C.3.3.2, MA.D.1.3.2, SC.D.2.3.1, SC.F.1.3.7, FL.A.1.3.1, FL.A.3.3.2, HE.B.3.3.2, HE.C.1.3.7
- 04.01 Identify factors that affect self-concept and achievement.  
04.02 Identify the steps of the decision-making process.

- 04.03 Develop a self-improvement plan using the decision-making process to set goals and priorities.
- 04.04 Apply the decision-making process to personal, social and family activities.

05.0 IDENTIFY AND APPLY SKILLS NEEDED FOR POSITIVE INTERPERSONAL RELATIONSHIPS--The student will be able to:

LA.A.1.3.3, LA.A.2.3.5, LA.B.2.3.3, LA.C.1.3.3, LA.C.1.3.4, LA.C.3.3.1, LA.C.3.3.2, LA.C.3.3.3, LA.D.2.3.3, MA.E.1.3.1, SC.D.2.3.1, SC.F.1.3.7, SS.B.1.3.4, SS.C.2.3.3, FL.B.1.3.1, FL.B.1.3.2, FL.B.1.3.3, FL.B.1.3.4, FL.B.1.3.5, FL.D.2.3.3, VA.E.1.3.1, HE.B.3.3.1, HE.B.3.3.2, HE.B.3.3.3, HE.B.3.3.4, HE.B.3.3.5, HE.B.3.3.6, HE.B.3.3.7, HE.B.3.3.8, PE.B.2.3.4

- 05.01 Describe ways to establish social contacts.
- 05.02 Identify topics of conversations acceptable for establishing relationship with acquaintances.
- 05.03 Identify social skills that contribute to good relationships with others, including diverse multi-cultural groups.
- 05.04 Practice positive communication skills.

06.0 RECOGNIZE WAYS OF MANAGING PEER AND SOCIETAL PRESSURE AND CONFLICT--The student will be able to:

LA.A.1.3.3, LA.A.2.3.5, LA.A.2.3.8, LA.C.3.3.2, SC.D.2.3.7, SC.F.1.3.7, SS.C.2.3.3, HE.C.1.3.7, PE.B.2.3.4

- 06.01 Analyze personality strengths and weaknesses.
- 06.02 Identify areas of possible conflict with friends, peers and family members.
- 06.03 Compare ways of dealing with and preventing conflict with friends, peers and family members.

07.0 ANALYZE THE CAUSE AND EFFECT OF SUBSTANCE ABUSE--The student will be able to:

LA.A.2.3.5, LA.A.2.3.6, LA.A.2.3.7, LA.A.2.3.8, LA.B.2.3.3, LA.B.2.3.4, LA.C.3.3.2, LA.D.2.3.1, LA.D.2.3.3, LA.D.2.3.6, LA.E.2.3.6, MA.D.1.3.2, MA.E.1.3.1, SC.D.2.3.1, SC.F.1.3.7, SS.C.2.3.2, SS.C.2.3.3, FL.A.3.3.2, FL.B.1.3.1, FL.D.2.3.3, MU.E.2.3.1, VA.E.1.3.1, HE.A.1.3.2, HE.A.1.3.3, HE.A.1.3.4, HE.A.1.3.5, HE.A.1.3.6, HE.A.1.3.7, HE.A.1.3.8, HE.A.1.3.9, HE.A.2.3.1, HE.A.2.3.2, HE.A.2.3.3, HE.A.2.3.4, HE.A.2.3.5, HE.A.2.3.6, HE.B.1.3.1, HE.B.1.3.2, HE.B.1.3.3, HE.B.1.3.4, HE.B.1.3.5, HE.B.2.3.1, HE.B.2.3.2, HE.B.2.3.3, HE.B.2.3.4, HE.B.3.3.1, HE.B.3.3.2, HE.B.3.3.3, HE.B.3.3.4, HE.B.3.3.5, HE.B.3.3.6, HE.B.3.3.7, HE.B.3.3.8, HE.C.1.3.1, HE.C.1.3.2, HE.C.1.3.3, HE.C.1.3.4, HE.C.1.3.5, HE.C.1.3.6, HE.C.1.3.7, HE.C.2.3.1, HE.C.2.3.2, HE.C.2.3.3, HE.C.2.3.4, HE.C.2.3.5, HE.C.2.3.6, PE.B.2.3.2, PE.C.2.3.3

- 07.01 Analyze reasons for substance use and abuse.
- 07.02 Evaluate the effects substance use and abuse can have on personal and family life.
- 07.03 Evaluate the legal ramifications of substance use and abuse.

08.0 IDENTIFY POSITIVE COPING SKILLS FOR ADJUSTING TO CHANGE--The student will be able to:

LA.A.2.3.5, LA.A.2.3.8, LA.C.1.3.3, LA.C.1.3.4, LA.C.3.3.2,  
LA.D.2.3.1, LA.D.2.3.3, LA.E.2.3.6, MA.D.1.3.2, SC.D.2.3.1,  
SC.F.1.3.7, FL.A.1.3.3, FL.B.1.3.1, FL.B.1.3.3, VA.E.1.3.1,  
HE.B.1.3.3, HE.B.1.3.4, HE.B.1.3.5, HE.B.2.3.2, HE.B.2.3.4,  
HE.B.3.3.1, HE.B.3.3.2, HE.B.3.3.3, HE.B.3.3.4, HE.B.3.3.5,  
HE.B.3.3.6, HE.B.3.3.7, HE.B.3.3.8, HE.C.1.3.1, HE.C.1.3.7,  
PE.B.2.3.4, PE.C.2.3.3, PE.C.2.3.4

08.01 Identify areas where change and adjustment may be necessary.  
08.02 Describe the decision-making process as a way of coping with  
personal and family stress and crises.

09.0 DEMONSTRATE LEADERSHIP AND ORGANIZATIONAL SKILLS--The student will  
be able to:

LA.A.2.3.8, LA.B.2.3.3, LA.C.1.3.1, LA.C.1.3.3, LA.C.1.3.4,  
LA.C.3.3.1, LA.C.3.3.2, LA.C.3.3.3, SS.C.1.3.5, SS.C.1.3.6,  
SS.C.2.3.5, SS.C.2.3.6, SS.C.2.3.7, FL.D.2.3.3, FL.D.2.3.4,  
FL.E.1.3.2, HE.B.3.3.7, HE.C.2.3.4,

09.01 Identify professional and youth organizations.  
09.02 Identify purposes and functions of professional and youth  
organizations.  
09.03 Identify roles and responsibilities of members of  
professional and youth organizations.  
09.04 Work cooperatively as a group member to achieve  
organizational goals.  
09.05 Demonstrate confidence in leadership roles and  
organizational responsibilities.  
09.06 Demonstrate commitment to achieve organizational goals.