**Adult Roles and Responsibilities Final Review**

**Answer Key**

**Standard 1: Self-awareness, Values, Goals, and Decision-making Strategies**

1. Self-concept is the mental image or perception that one has of oneself.

2. Self-esteem is the pride in oneself and self-respect.

3. Lack of self-esteem can cause:

 a. someone to either allow others to bully them

 b. or cause them to bully other people

4. Bullying also has an effect on self-esteem. Some effects are:

 a. loss of confidence

 b. self-criticism or rejection

 c. isolation

5. Low self-esteem is very closely related to feelings of hopelessness, depression and suicidal ideation.

6. Low self-esteem affects learning and can lead to problems such as:

 a. bullying

 b. delinquency

 c. unhealthy relationships

 d. eating disorders

 e. violence

 f. drug abuse

 g. suicide

7. What are some ways to prevent bullying?

a. education

 b. create a safe environment with policies and rules

 c. talk to an adult

 d. don’t retaliate

 e. respond evenly and firmly

 f. act confident

g. develop friendships

 h. stick up for each other

8. What are the three keys to suicide prevention?

Act, listen and get help

9. Values are qualities, characteristics or ideas about which we feel strongly.

10. Values define what is of worth.

11. Our values affect our decisions, goals, and behavior.

12. Values will help guide your actions and judgements.

13. What are some ways values affect your relationships?

* What a person does with their time, money and family
* How a person treats/relates to others around them
* The dating partner and the mate a person may choose.

14. Goals are the end result of something a person attends to acquire, achieve, do, reach or accomplish sometime in the near or distant future.

13. SMART goals refer to goals that are:

 S Specific

 M Measurable

 A Achievable

 R Realistic

 T Time-bound

15. Goals that are achieved quickly, usually in a year or less are called short-term goals.

16. Long-term goals take more than a year to achieve.

**Standard 2: Effective Communication in interpersonal relationships**

1. Levels of communications are:

a. Superficial-talking about events, what time you will be home, what is for supper, and what you did in school and the weather

b. Personal-opening up and talking about feelings beliefs and opinions that mean something to you.

c. Validating-reinforces peoples’ feelings about themselves.

2. Identify types of destructive communication:

a. Blaming

b. Interrupting

c. Endless

d. Character Assassination

e. Calling in Reinforcements

f. Withdrawal

3. Identify types of constructive communication:

a. “I” Messages e. Reflective Listening

b. Clarifying f. Respect/Consideration

c. Timing g. Avoid Anger

d. Asking Questions

4. Reflective Listening is also known as parallel talk, parroting, and paraphrasing.

5. Active listening is an intent to “listen for meaning”, in which the listener checks with the speaker to see that a statement has been correctly heard and understood. This improves mutual understanding.

6. List positive ways the social media has changed communication skills:

a. Maintain relationships with others

b. Communicate in an easy and convenient way with family and friends

c. Part of a peer/social network that can provide support

d. More social interaction

7. List negative ways the social media has changed communication skills:

a. Less face-to-face communication

b. Weaker ties to people

c. Too open and more trusting with people

d. Cyber bullying

e. Communication overload

f. Privacy can be a concern

8. What is the degree to which we face toward or away from someone with our body, feet, and head?

a. Body-orientation

b. Gestures

c. Eye contact

9. What is it when we control our facial expressions when trying to hid our feelings like the way we move our hands, legs, and feet because these movements are better indicators of how we truly feel.

a. Body-orientation

b. Gestures

c. Eye contact

10. What is it called when the eyes themselves can send several kinds of messages like meeting someone’s glance with your eyes is usually a sign of involvement, while looking away signals a desire to avoid contact?

a. Body-orientation

b. Gestures

c. Eye contact

11. Intimate Zone: from skin contact to 18 inches away from us.

12. Personal Zone: begins at 18 inches to 4”. This space is for those that we like.

13. Social Zone: this zone is 4’-12’. Used for friendly gatherings of acquaintances.

14. Public Zone: this zone is 12’ and beyond. Used by speakers and audiences.

15. What are some of the impacts of nonverbal communication?

a. Without being able to use words, people’s bodies generally express how they feel-nevous, embarrassed, playful, friendly, etc.

b. Nonverbal behaviors can repeat what is said verbally

c. Nonverbal messages may also substitute for verbal ones.

d. Nonverbal behaviors can also accent verbal messages

e. Nonverbal behavior alos serves to regulate verbal behavior

f. Nonverbal behavior can often contradict the spoken word.

g. People usually believe nonverbal communication over verbal communication

16. List positive methods of conflict resolution:

a. Negotiation

b. Mediation

c. Looking at both sides

d. Win/ Win attitude

e. Compromise

f. Eye contact

17. List negative methods of conflict resolution:

a. Yelling

b. Refusing to change or compromise

c. Refusing to work out the conflict

d. Name calling

e. Hitting

f. Walking Out

g. Belittling

18. Communicate needs clearly and strive for a win/win situation is called\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Assertive

b. Aggressive

c. Passive

d. Passive-Aggressive

19. Communicate as if personal needs are the most important and it is all about winning is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Assertive c. Passive

b. Aggressive d. Passive-Aggressive

20. Avoid expressing belief, opinions, and personal is called\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Assertive

b. Aggressive

c. Passive

d. Passive-Aggressive

21. Avoid direct confrontation, but attempt to get point across through indirect and subtle manipulative ways is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a. Assertive

b. Aggressive

c. Passive

d. Passive-Aggressive

**Standard 3: The functions and purposes of dating**

1. The three purposes of dating are socialization, recreation and mate-selection.

2. What personal qualities that will contribute to positive dating?

Various answers

3. What are five characteristics of infatuation?

a) Love at first sight

b) Occurs quickly

c) Doesn’t last long

d) Jealousy

e) Based on physical traits and feelings

4. The four characteristics of love include; grows slowly, lasts a long time, little jealousy and involves the entire character and personality of the partner.

5. List three dating behaviors that support personal values.

a) Dating at a certain age

b) Group dates

c) Exclusive dating

6. Identify the 9 personal responsibilities associated with dating that protect teens.

 a) Never go into a bedroom

b) Do not neck

c) Never park in a deserted area

d) Have a curfew

e) Don’t lie down together

f) Communicate with parents

g) Avoid areas with drugs and alcohol.

7. List refusal skills:

 a) Just say no

 b) Ignore the comment

 c) Make an excuse

 d) Change the subject

e) Turn the idea into a joke

 f) Act surprised

 g) Express your feelings for them

 h) Suggest a different plan

 i) Return the challenge

 J) Leave

8. Draw and label the intimacy funnel and the commitment funnel:

Intimacy Funnel Commitment Funnel

Holding Hands Dating

Kissing Going Steady

Making Out Courtship

Petting Engagement

Intercourse Marriage

9. The three long term benefits of abstinence and fidelity are prepare for the future, postpone parenthood and no STIs.

10. Describe three potential long and short term consequences of sexual irresponsibility:

a) Pregnancy

b) STIs

c) Interrupted future/limited future education, etc.

11. Describe the ways teens are not ready to be parents in the following areas:

a) Biological

b) Emotional

c) Educational

d) Financial

e) Social

12. What are four possible physical risks associated with teen pregnancy?

a) Low birth weight babies

b) More birth defects

c) Improper nutrition for mother and baby

d) Complications with delivery and consequent problems for mother and baby

13. Match the 7 most common types of STI’s to their symptoms:

1- Syphillis 4- Gonorhea 7- Pubic Lice

 2- HPV 5- Herpes

 3- Chlamydia 6- HIV/AIDS

3 a) Bacterial infection, unusual discharge, pain or burning while urinating

4 b) Bacterial, similar symptoms to chlamydia

1 c) Sores, rash, numbness, paralysis, blindness and dementia

5 d) Viral infection, red bumps, blisters, sores and itching

2 e) Viral infection, warts, bumps, itching, bleeding

7 f) Little bugs, itching, visible lice or eggs

6 g) Viral infection, fever, headaches, swollen lymph nodes, weight loss,

 fatigue

14. What are 5 myths concerning STI’s?

a) All are curable

b) You can’t get an STI from oral or anal sex

c) A person always knows when they have an STI

d) You can’t get an STI if you have sex in a pool

e) You can only have one STI at a time

15. 4 dangers or consequences of STI’s are cancer, pelvic inflammatory disease, infertility or an ectopic pregnancy.

16. Two places you can go if you think you have an STI are the doctor or the health department.

17. Any pattern or behavior that involves violence toward another person is called abuse.

18. Domestic violence is against another person within the home or family.

19. How many different types of abuse are there?

Five: physical, social, verbal, emotional and digital

20. What are 5 characteristics of abusers?

a) Jealous

b) Short Temper

c) Reacts physically

d) Controlling

e) Thinks they have the right to abuse

21. What are 5 characteristics of victims of domestic violence?

a) Raised in an abusive home

b) Low self-esteem

c) Feels they deserve abuse

d) Feels guilty

e) Fearful of leaving

22. Draw the cycle of domestic violence:

* Stage 1: Honeymoon Stage
* Stage 2: Tension Buildup
* Stage 3: Battering Stage
* Repeats

23. List 3 possible problems associated with rape, date rape, abuse, etc.

a) PTSD

b) Depression

c) Substance Abuse

Other Answers: Pregnancy, STIs

24. What is rape and what steps should a victim follow after the rape?

* An act of forced oral, anal or vaginal penetration (can also be defined more broadly)
* Seek help immediately (hospital or police), do not clean self, save clothing/any cloth material

25. Printed or visual material containing explicit display of sexual organs or activity intended to stimulate erotic feelings is known as pornography.

26: What are 3 possible effects pornography has on an individual and others?

a) Harms the brain

b) Harms the heart by making intimacy more difficult

c) Harms others in the world by encouraging earlier and more frequent sexual activity.

**Standard 4: Marriage preparation**

1. List and define the 5 Theories of mate selection

a. Theory of Propinquity-we marry the people we know

b. Exchange Theory- we evaluate our worth and then go to barter and see what we can find.

c. Complimentary Needs Theory – we choose someone that complements our needs.

d. Time and Place Theory- we will marry the person we are going with when the time is right.

e. Filter Theory – we filter out people that don’t meet our criteria.

2. The filters in the Filter theory include a

a. Biological filter (age, physical features)

b. Social Filter (race, religion, education)

c. Psychological Filter (needs, childhood experiences, personality)

3. Why is it important to have a list of qualities and values and characteristics that you want in a desired marriage partner?

Various Answers

4. Complete the following marital success factors:

a. Parent’s Marriage: if your parents are happily married

b. Childhood: if you had a happy normal childhood

c. Length of Acquaintance- the longer you have known them

d. Age: in general, the older you are at marriage, the more stable the marriage.

e. Parental Approval: if your parents like the person and agree with your marriage

f. Premarital Pregnancy: if you are pregnant before the marriage you are at risk for divorce

g. Reasons for Marriage- if you are getting married for the wrong reasons you are at risk for divorce

5. Complete the topics that should be discussed prior to marriage

a. Economic matters: managing money, budget, housing, education plans, insurance

b. Recreation / Hobbies: Importance of, his/hers, friends, vacations

c. Religion/No Religion: background/upbringing, beliefs, attendance, and wedding ceremony

d. Children: yes/no, how many, how to raise, etc.

e. Affection: attitude, displays of affection, emotional needs, intimacy, love languages

f. In-laws: interaction, proximity, holidays/transitions

g. Communication/Handling conflicts: role responsibilities, fighting fair, compromising, etc.

f. Values and Goals-: Individual couple goals, prioritize, plans for the future

i. Wedding Plans: where, when , who will come, who will pay

j. The Honeymoon: how much/cost, how long, where to

7. What are the 4 purposes of the engagement period?

a. Identify marital goals and commitment

b. Discuss engagement period.

c. Identify signals of potential marital problems.

d. Identify the purposes of the honeymoon.

8. Define marital roles and related issues.

a. Equalitarian/Egalitarian: the division of labor is equal, share all the responsibilities.

Traditional: masculine and feminine roles (most often not equal)

b. Gender biases for men: breadwinner, defender, strong, independent, and aggressive

c. Gender biases for women- care for children and house, homemaker, emotional, weak

d. Common sources of marital adjustments and conflicts include: dual income, personal needs and expectations, sexual adjustments and in-laws.

9. Specific behavior(s) found in strong marriages-

a. Attitudes: cooperate and compromise

b. In-laws: getting along with \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is super important

c. Common Interests: more likely to do activities together

d. Opposites Don’t Attract: in fact the more you have in common, the better

e. Children: strengthen an already strong marriage but may cause stress and pull apart a struggling one.

f. Communication: happily married couples…

1. talk to each other more often

2. are more sensitive to each other’s feelings

3. use non-verbal communication well.

g. Roles: similar expectations in work, house, and spouse roles. More conflict occurs if the wife is equalitarian and the man is traditional.

h. Personality: emotional stability, self-control, affection, responsibility, self-perception and optimism are crucial characteristics.

i. Religious participation: religiosity and marital success have been proven to be related.

j. Marriage is #1: put your spouse first

10. List the qualities of strong families:

 a. Commitment

 b. Appreciation

 d. Decision-making

 e. Problem solving

11. Describe the different family forms.

a. Nuclear: two parents and their children

b. Single parent: one parent raising one of more children

c. Extended: parents, children and other relatives living in close proximity

d. Childless: two adults with no children

e. Stepfamily/blended: two parents with one of both having children from a previous relationship

12. Family Life Cycle: list the event and age of each stage

a. Single young adult: independent stage

b. Coupling stage: beginning family

c. Childbearing family: children birth to 3 years

d. Family with young children: children 3-6 years

e. Family with school age children: children 6-13 years

f. Family with adolescents: children 13-20 years

g. Launching stage: first to last child leaves home

h. Empty nest stage: no more children at home

i. Aging stage: retirement until death

13. Factors that lead to divorce: addiction, domestic abuse, financial stress, conflict, infidelity, trust issues, loss of interest, communication issues.

14. Some effects of divorce include: lower self-esteem, delinquency, fear, adjustments, and drop in income for the family

15. Statistically children of divorce have more:

a. behavioral and emotional problems

b. increased risk of abuse, drug/alcohol use, and suicide

c. poor academics, higher dropout rates, lower rates of college graduation

d. future relationship problems and trust issues.

16. Help children cope with divorce by…

a. making sure the children get visitation with each parent

b. economic stability

c. reduce conflict

d. provide community support of family and friends.

17. The stages of the grieving process are:

Stage 1: Denial

 Stage 2: Anger

 Stage 3: Bargaining

 Stage 4: Depression

 Stage 5: Acceptance

18. What areas of adjustment are needed after death?

 a. Relationships

 b. Routines

 c. Faith and Religion

 d. Activities and Interests

 e. Support Groups

**Standard 5: Skills and Responsibilities of Parenting**

1. Personal readiness for parenting includes the following considerations.

 a. Social

 b. Moral

 c. Emotional

 d. Physical

 e. Intellectual

 f. Financial

2. The optimal time for a woman to be pregnant is between the ages of 25-30 years.

3. Raising a child to the age of 18 can cost $150,000.

4. Label the male reproductive system



A) Cowper’s Gland

B) Epididymis

C) Penis

D) Prostate Gland

E) Scrotum

F) Seminal Vesicles

G) Testicles/Testes Gland

H) Vas Deferens

I) Urethra

E

G

B

C

I

H

A

D

F

5. The organ that transfers sperm to the female is known as the penis.

6. Ejaculation is when semen carrying sperm spurts out of the penis.

7. The thick, sticky fluid which contains sperm ejaculated by the male from the penis during an orgasm is known as semen.

8. Testosterone is the male reproductive hormone.

9. Label the female reproductive system



A

C

D

E

F

H

B

G

A) Cervix

B) Endometrium

C) Ova

D) Ovaries

E) Fallopian Tube

F) Urethra

G) Uterus

H) Vagina

10. Estrogen is the hormone responsible for secondary sex characteristics and for the sex drive in females. It is also the hormone that produces the ovum.

11. The clitoris is a small, pea shaped bump at the front of the labia that contains erectile tissue (counterpart to the male penis).

12. When a sperm enters an ovum, this is known as fertilization or conception.

13. Menstruation is the release of dead endometrial tissue and blood.

14. The menstrual cycle is the process of passing the blood and tissue lining of the uterus from the body.

15. When an ova is released from the ovary this is ovulation.

16. The hormone, progesterone, is responsible for building up the lining of the uterus to prepare for the fertilized ovum.

17. List the ways you can prevent birth defects.

 a. Take folic acid.

 b. Avoid alcohol, cigarettes, and street drugs.

 c. Prevent infections.

 d. Talk to your doctor about taking medications and getting vaccinations.

e. Maintain a healthy weight.

f. Be cautious about diabetes.

g. See a doctor regularly for prenatal care.

**1st Month of Pregnancy**

18. The fertilized egg reaches the uterus and attaches itself to the uterus.

19. Cell multiplication begins.

20. Internal organs and circulatory system begin to form.

21. Cell division takes place and at the end of two weeks, the zygote is the size of a pin-head.

22. Heart begins to beat.

23. Small bumps show the beginning of arms and legs.

**2nd Month of Pregnancy**

24. At five weeks, the embryo is 1/4 of an inch long.

25. All major organ systems develop.

26. The placenta and the umbilical cord develop.

27. Amniotic fluid surrounds the baby.

28. Face and limbs take shape.

**3rd Month of Pregnancy**

29. The fetus is about 1 inch long.

30. Nostrils, mouth, lips, teeth buds, and eyelids form

31. Fingers and toes are almost complete

32. Eyelids are fused shut.

33. Arms, legs, fingers and toes have developed.

34. All internal organs are present – but are not ready to function.

35. The genital organs can be recognized as male or female.

36. The first three months of pregnancy are known as the 1st trimester.

**4th Month of Pregnancy**

37. The fetus is three inches long and weighs five ounces.

38. The fetus is covered with a layer of thick, downy hair called lanugo.

39. The heartbeat of the fetus can be heard clearly.

40. You may be able to feel your baby’s first kick.

41. The baby can suck their thumb, swallow and hiccup.

**5th Month of Pregnancy**

42. The fetus is about six inches long and weighs four-five ounces.

43. A protective covering called vernix begins to form on the baby’s skin.

44. Eyelashes and eyebrows appear.

45. Organs keep maturing.

46. The fetus is very active.

47. The eyes can open and blink.

**6th Month of Pregnancy**

48. The fetus is 8-10 inches long and weighs 4-5 oz.

49. Your baby’s lungs are filled with amniotic fluid, and he has started breathing motions.

50. If you talk or sing, the baby can hear you.

51. Fat is starting to deposit under the skin.

52. Months 4-6 are known as the 2nd trimester.

**7th Month of Pregnancy**

53. The fetus is 10-12 inches long and weighs about 1-2 lbs.

54. Fetus is active and then rests.

55. The baby now uses the four senses of vision, hearing, taste and touch.

**8th Month of Pregnancy**

56. The fetus is 14-16 inches long and weighs 2-3 lbs.

57. Layers of fat are piling on.

58. Fetus has probably turned head-down in preparation for birth.

59. Fetus may react to noises with a jerking action.

**9th Month of Pregnancy**

60. Fetus is about 17-18 inches long and weighs 5-6 lbs.

61. Skin is smooth because of the fat.

62. Baby’s movement slows down due to a lack of room.

63. “Lightening” occurs when the baby drops in the pelvis.

64. Disease fighting antibodies are taken from the mother’s blood.

65. Months 7-9 are known as the 3nd trimester.

66. Toxemia is a condition that can occur near the 24th week of pregnancy. The body doesn’t use protein correctly, which results in albumin. This can cause convulsions, stillbirths or maternal death.

67. An ectopic pregnancy or tubal pregnancy is when the fertilized egg attaches to the wall of the fallopian tube instead of the uterine wall.

68. The death of a fetus at any time after the 20th week of pregnancy is known as a stillbirth.

69. A spontaneous abortion or miscarriage is when the baby is involuntarily expelled from the body of the woman before it is viable.

70. Placenta Previa is when the placenta is low in the uterus or may even cover the cervix and precedes the baby.

71. The premature separation from the uterine wall is known as placenta abruption.

72. What are the three stages of labor and delivery?

 a. 1st Stage: Cervix dilates to 10 centimeters and becomes effaced

 b. 2nd Stage: Actual birth of the baby

 c. 3rd Stage: Delivery of the afterbirth

73. Crowning is when the baby’s head remains visible during pushing during the birthing process.

74. A breech birth is when a baby’s feet or buttocks are positioned to be delivered first.

75. A cesarean section is a surgical delivery of an infant through an incision in the mother’s abdomen.

76. A medication that is injected into the epidural space of the spinal cord is an epidural.

77. The first test given to an infant is called the APGAR test. APGAR stands for...

 A Appearance- Skin Color

 P Pulse- Heart Rate

 G Grimace- Reflexes

 A Activity- Muscle Tone

 R Respiration- Breathing Rate and Effort

78. Postpartum is the first 6 weeks after childbirth.

79. Involution is the return of reproductive organs to normal size and position.

80. A bloody discharge, in which the lining of the uterus sloughs off after birth and can last up to 10 days is called, lochia.

81. A shifting of hormones after childbirth is called depression.

82. What are some ways you can nurture/bond with your newborn?

Various answers

83. What are some positive ways children are impacted through bonding?

Ability to thrive and survive, ability to learn, relationships, good emotional health

84. What are some negative ways children are impacted through a lack of nurturing?

Delinquent or criminal behaviors, depression, and substance abuse

85. What are the three appropriate ways to soothe and handle an infant?

 a. Touch: swaddling, warm bath, cuddling, pacifier

 b. Motion: rocking, walking, stroller ride, car ride, etc.

 c. Sound: rhythmic chants, ticking clock, singing, humming, etc.

86. Describe signs for the four types of child abuse?

 a. Physical Various responses

 b. Neglect

 c. Sexual

 d. Emotional

87. The injury to a baby caused by being shaken violently and repeatedly is shaken baby syndrome.

88. Shaking a baby can cause swelling of the brain, internal bleeding, and detached retinas leading to blindness, mental retardation and death.

89. Some strategies to prevent child abuse include...

Various answers including: family support, coping strategies, less stress, develop parenting skills, learn what is age appropriate, get professional help, take care of yourself, learn how to control emotions.

90. Describe the following parenting types.

 a. Authoritarian: limits without freedom

 b. Permissive: freedom without limits

 c. Democratic: freedom within limits

91. What are some ways you can foster a child’s self-concept?

Various answers including: provide more successes than failures, give freedom to fail with acceptance, give lots of encouragement, unconditional love, allow independence, eliminate the negative, allow exploration and encourage questions, be a good role model, help children develop talents, don’t set unreasonably high standards, give responsibilities

92. Positive guidance techniques include discipline without anger, rephrase negative statements to be positive, and use natural and logical consequences.

93. A natural consequence is letting whatever follows the behavior happen (“if they don’t eat the food, they go hungry”)

94. A logical consequence is directly related to the behavior in order to correct it (“if they draw on the walls, they have to clean them off”)

95. Giving children something appropriate to do instead of the inappropriate behavior is redirection. (“let’s run and play outside instead of the living room”)