**Adult Roles and Responsibilities Final Review**

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

1. Self-concept is the \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ or perception that one has of oneself.

2. Self-esteem is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in oneself and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. Lack of self-esteem can cause:

 a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

 a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Low self-esteem is very closely related to feelings of hopelessness, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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

 a. bullying

 b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 e. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 f. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. What are some ways to prevent bullying?

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 e. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 f. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 h. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. What are the three keys to suicide prevention?

 1.

 2.

 3.

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

10. Values define what is of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

11. Our values affect our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

12. Values will help guide your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

13. What are some ways values affect your relationships?

14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 M \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 R \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 T \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15. Goals that are achieved quickly, usually in a year or less are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ goals.

16. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ goals take more than a year to achieve.

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

1. Levels of communications are:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Identify types of destructive communication:

1. B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. E\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. W\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Identify types of constructive communication:

1. I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. T\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. A\_\_\_\_\_\_\_\_\_\_\_\_\_\_Q\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_L\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

5. \_\_\_\_\_\_\_\_\_\_\_\_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:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

1. Body-orientation
2. Gestures
3. 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.

1. Body-orientation
2. Gestures
3. 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?

1. Body-orientation
2. Gestures
3. Eye contact

11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zone: from skin contact to 18 inches away from us.

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zone: begins at 18 inches to 4”. This space is for those that we like.

13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zone: this zone is 4’-12’. Used for friendly gatherings of acquaintances.

14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zone: this zone is 12’ and beyond. Used by speakers and audiences.

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

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

16. List positive methods of conflict resolution:

1. N\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. M\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. L\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. W\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. E\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

17. List negative methods of conflict resolution:

1. Y\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. N\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. H\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. W\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

1. Assertive
2. Aggressive
3. Passive
4. Passive-Aggressive

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

1. Assertive
2. Aggressive
3. Passive
4. Passive-Aggressive

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

1. Assertive
2. Aggressive
3. Passive
4. Passive-Aggressive

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

1. Assertive
2. Aggressive
3. Passive
4. Passive-Aggressive

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

1. The three purposes of dating are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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

3. What are five characteristics of infatuation?

a)

b)

c)

d)

e)

4. The four characteristics of love include; grows slowly, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, little jealousy and involves the entire character and personality of the partner.

5. List three dating behaviors that support personal values.

a)

b)

c)

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

 a) Never go into a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b) Do not neck

c) Never \_\_\_\_\_\_\_\_\_ in a deserted area

d) Have a curfew

e) Don’t lie down together

f) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with parents

g) Avoid areas with \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_.

7. List refusal skills:

 a) Just

 b) Ignore

 c) Make

 d) Change

e) Turn

 f) Act

 g) Express

 h) Suggest

 i) Return

 J) L

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

9. The three long term benefits of abstinence and fidelity are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, postpone parenthood and no \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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

a)

b)

c)

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)

b)

c)

d)

13. What are three risks in each area listed below for teen parents?

a) Emotional risks (3)

b) Personal risks (3)

c) Educational risks (3)

d) Financial (3)

e) Societal (3)

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

1- Syphilis 4- Gonorrhea 7- Pubic Lice

 2- HPV 5- Herpes

 3- Chlamydia 6- HIV/AIDS

\_\_\_\_\_\_a) Bacterial infection, unusual discharge, pain or burning while urinating

\_\_\_\_\_\_b) Bacterial, similar symptoms to chlamydia

\_\_\_\_\_\_c) Sores, rash, numbness, paralysis, blindness and dementia

\_\_\_\_\_\_d) Viral infection, red bumps, blisters, sores and itching

\_\_\_\_\_\_e) Viral infection, warts, bumps, itching, bleeding

\_\_\_\_\_\_f) Little bugs, itching, visible lice or eggs

\_\_\_\_\_\_g) Viral infection, fever, headaches, swollen lymph nodes, weight loss, fatigue

15. What are 5 myths concerning STI’s?

a)

b)

c)

d)

e)

16. 4 dangers or consequences of STI’s are cancer, pelvic inflammatory disease, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pregnancy.

17. Two places you can go if you think you have an STI are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ department.

18. Any pattern or behavior that involves violence toward another person is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ violence is against another person within the home or family.

20. How many different types of abuse are there?

21. What are 5 characteristics of abusers?

a)

b)

c)

d)

e)

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

a)

b)

c)

d)

e)

23. Draw the cycle of domestic violence:

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

a)

b)

c)

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

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

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

a)

b)

c)

d)

**Standard 4: Marriage preparation**

1. List and define the 5 Theories of mate selection

a. Theory of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-we marry the people we know

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

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

d. \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. The filters in the Filter theory include a

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Filter (age, physical features)

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Filter (race, religion, education)

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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?

4. Complete the following marital success factors:

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

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: if you had a happy normal childhood

c. Length of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: the longer you have known them

d. Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_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. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: managing money, budget, housing, education plans, insurance

b. Recreation / Hobbies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: background/upbringing, beliefs, attendance, and wedding ceremony

d. Children: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

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

f. Values and Goals: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

i. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: where, when, who will come, who will pay

j. The Honeymoon: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

a. Identify marital \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. Discuss \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ period.

c. Identify signals of potential \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

d. Identify the purposes of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

8. Define marital roles and related issues.

1. Equalitarian/Egalitarian: the division of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is equal, share all the responsibilities.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: masculine and feminine roles (most often not equal)
3. Gender biases for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: breadwinner, defender, strong, independent, and aggressive
4. Gender biases for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: care for children and house, homemaker, emotional, weak

e. Common sources of marital adjustments and conflicts include: dual income, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and expectations, sexual \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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

a. Attitudes: cooperate and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: more likely to do activities together

d. Opposites \_\_\_\_\_\_\_\_\_\_\_\_\_ Attract: in fact the more you have in common, the better

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

f. Communication: happily married couples…

1. talk to each other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. are more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to each other’s feelings

3. use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ communication well.

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

h. Personality: emotional stability, self-control, affection, responsibility, self-perception and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_are crucial characteristics.

i. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ religiosity and marital success have been proven to be related.

j. Marriage is #1: put your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. List the qualities of strong families:

 a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 b. Appreciation

 d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 e. Problem solving

11. Describe the different family forms.

a. Nuclear:

b. Single parent:

c. Extended:

d. Childless:

e. Stepfamily/blended:

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

a. Single young adult:

b. Coupling stage:

c. Childbearing family:

d. Family with young children:

e. Family with school age children:

f. Family with adolescents:

g. Launching stage:

h. Empty nest stage:

i. Aging stage:

13. Factors that lead to divorce: addiction, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ abuse, financial stress, conflict, infidelity, trust issues, loss of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ issues.

14. Some effects of divorce include: lower \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, delinquency, fear, adjustments, and drop in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_for the family

15. Statistically children of divorce have more:

a. behavioral and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ problems

b. increased risk of abuse, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and suicide

c. poor academics, higher \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_rates, lower rates of college graduation

d. future relationship problems and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ issues.

16. Help children cope with divorce by…

a. making sure the children get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_with each parent

b. economic stability

c. reduce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

d. provide community support of family and friends.

17. The stages of the grieving process are:

Stage 1: D

 Stage 2: A

 Stage 3: B

 Stage 4: D

 Stage 5: A

18. What areas of adjustment are needed after death?

 a. R

 b. R

 c. F and R

 d. A and I

 e. Groups

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

1. Personal readiness for parenting includes the following considerations.

 a. S

 b. M

 c. E

 d. P

 e. I

 f. F

2. The optimal time for a woman to be pregnant is between the ages of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ years.

3. Raising a child to the age of 18 can cost \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Label the male reproductive system 

A) Cowper’s Gland E) Scrotum

B) Epididymis F) Seminal Vesicles

C) Penis G) Testicles/Testes Gland

D) Prostate Gland H) Vas Deferens

 I) Urethra

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

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the male reproductive hormone.

9. Label the female reproductive system



A) Cervix

B) Clitoris

C) Endometrium

D) Ova

E) Ovaries

F) Fallopian Tube

G) Urethra

H) Uterus

I) Vagina

10. \_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the release of dead endometrial tissue and blood.

14. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

16. The hormone, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 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 \_\_\_\_\_\_\_\_\_\_ acid.

 b. Avoid \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.

 c. Prevent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 d. Talk to your doctor about taking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and getting

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

e. Maintain a healthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

f. Be cautious about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

g. See a doctor regularly for \_\_\_\_\_\_\_\_\_\_\_\_\_ care.

**1st Month of Pregnancy**

18. The fertilized egg reaches the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and attaches itself to the \_\_\_\_\_\_\_\_\_\_\_.

19. Cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ begins.

20. Internal organs and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ system begin to form.

21. Cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ takes place and at the end of \_\_\_\_\_\_ weeks, the \_\_\_\_\_\_\_\_\_\_ is the size of a pin-head.

22. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ begins to beat.

23. Small bumps show the beginning of \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_.

**2nd Month of Pregnancy**

24. At \_\_\_\_\_\_\_\_ weeks, the \_\_\_\_\_\_\_\_\_\_\_ is 1/4 of an inch long.

25. All major \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ systems develop.

26. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ develop.

27. \_\_\_\_\_\_\_\_\_\_\_\_\_ fluid surrounds the baby.

28. Face and limbs take shape.

**3rd Month of Pregnancy**

29. The \_\_\_\_\_\_\_\_\_\_\_\_ is about 1 inch long.

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

31. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ are almost complete

32. \_\_\_\_\_\_\_\_\_\_\_\_\_ are fused shut.

33. \_\_\_\_\_\_\_\_\_, legs, fingers and \_\_\_\_\_\_\_\_\_\_\_ have developed.

34. All \_\_\_\_\_\_\_\_\_organs are present – but are not ready to function.

35. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_ organs can be recognized as male or female.

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

**4th Month of Pregnancy**

37. The \_\_\_\_\_\_\_\_\_\_\_\_is \_\_\_\_ inches long and weighs \_\_\_\_\_\_\_oz.

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

39. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the fetus can be heard clearly.

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

41. The baby can suck their thumb, swallow and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**5th Month of Pregnancy**

42. The fetus is about \_\_\_\_\_\_ inches long and weighs \_\_\_\_\_\_\_oz.

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

44. Eyelashes and eyebrows appear.

45. \_\_\_\_\_\_\_\_\_\_\_ keep maturing.

46. The fetus is very \_\_\_\_\_\_\_\_\_\_\_\_.

47. The \_\_\_\_\_\_\_\_ can open and \_\_\_\_\_\_\_\_\_.

**6th Month of Pregnancy**

48. The fetus is \_\_\_\_\_\_\_\_\_\_\_\_ inches long and weighs \_\_\_\_\_\_\_\_\_\_\_\_\_\_oz.

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

50. If you \_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_, the baby can \_\_\_\_\_\_\_\_\_\_ you.

51. \_\_\_\_\_\_\_\_\_\_\_\_\_\_is starting to deposit under the skin.

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

**7th Month of Pregnancy**

53. The fetus is \_\_\_\_\_\_\_\_\_\_\_\_\_ inches long and weighs about \_\_\_\_\_\_\_\_\_\_\_lbs.

54. Fetus is \_\_\_\_\_\_\_\_\_\_\_\_ and then rests.

55. The baby now uses the four senses of \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**8th Month of Pregnancy**

56. The fetus is \_\_\_\_\_\_\_\_\_\_ inches long and weighs \_\_\_\_\_\_\_\_\_\_lbs.

57. Layers of \_\_\_\_\_\_\_\_\_ are piling on.

58. Fetus has probably turned \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in preparation for birth.

59. Fetus may react to noises with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ action.

**9th Month of Pregnancy**

60. Fetus is about \_\_\_\_\_\_\_\_\_\_\_\_\_\_inches long and weighs \_\_\_\_\_\_\_\_\_\_\_\_\_lbs.

61. \_\_\_\_\_\_\_is smooth because of the fat.

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

63. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ occurs when the baby drops in the pelvis.

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

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

66. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_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 \_\_\_\_\_\_\_\_\_\_\_\_ pregnancy or \_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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

70. \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_ abruption.

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

 a. 1st Stage

 b. 2nd Stage

 c. 3rd Stage

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

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

75. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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

 A

 P

 G

 A

 R

78. Postpartum is the first \_\_\_\_\_\_\_ weeks after childbirth.

79. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

81. A shifting of hormones after childbirth is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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

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

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

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

 a.

 b.

 c.

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

 a. Physical

 b. Neglect

 c. Sexual

 d. Emotional

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

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

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

90. Describe the following parenting types.

 a. Authoritarian

 b. Permissive

 c. Democratic

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

92. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ guidance techniques include discipline without \_\_\_\_\_\_\_\_\_\_, rephrase negative statements to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and use natural and logical consequences.

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

94. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (“let’s run and play outside instead of the living room”)