

# What is a family?

## Summary

This lesson introduces students to what a family is, what it should be like, and what their role in one is.

## Time Frame

1 class periods of 70 minutes each

## Life Skills

Communication

## Materials

board and markers, copies of worksheet and powerpoint, family video

## Background for Teachers

See curriculum guide 6.26-- family dynamics. The 6 types of families are: single adult, married couple (with no children), traditional family, single-adult, extended family, blended

## Intended Learning Outcomes

Students will recognize the importance of family and what their family does for them. Students will list one thing they can do to strengthen family relationships.

## Instructional Procedures

1. Write on the board before class: What is the most challenging career? As students guess, list answers that fit the role of a mother or father such as boss, cook, doctor, teacher, etc. List other "jobs" that parents do for their children because they love them. Then discuss ways students can "pay" their parents back such as say "I love you", write a note, etc. Have students list one way to show their parents appreciation for what they do and challenge them to do it. 2. Pass out "What is a family?" worksheet. Explain that families aren't perfect, but that we will discuss ways that make a family more successful. They can think about whether their own family matches each idea while discussing. Encourage students to look at their own behavior and what they can do to improve their home life. When talking about the different types of families, I stress the importance of children having both a father and a mother for well-being in later life. As this is often not the case, I encourage kids to seek out adult male and female role models who they can trust and truly care about them. I encourage kids to stay away from "gang" families, and explain why they don't make good role models. 3. Show a movie about a family that is learning how to get along and understand each other. Afterwards, discuss what the family members learn about each other.

## Extensions

1. Poll your students anonymously about specific family problems or questions they have and plan specific activities/discussion to address them. 2. Discuss family traditions-- good and bad. Talk about how to end bad traditions while building positive ones.

## Assessment Plan

Read students' lists of what their family does for them, and one thing that they can do to show thanks. Offer extra credit for students who take the challenge to do something nice for their parents.

## Bibliography

TLC Curriculum Guide: topic 6: Family Dynamics #6.26

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