

Changing Families



Synopsis

Students discuss changes that occur in all families and then diagram changes that occur in "A Family Tale," a short story about how a blended family was formed.

Key Concepts

Growing and aging changes in families

Objectives

Students will identify changes that occur as a result of growth and aging.

Students will describe influences that create change in families.

Students will identify resources for individuals and families.

Skill Emphasis

Accessing Information

Time Requirements

One 35-minute session.

Materials & Preparation

Make transparency:

- Portrait of a Family (from Lesson 1)

Copy student page (one for each student):

- Minus and Plus One

Copy teacher page:

- A Family Tale

Be prepared to offer students the names and phone numbers of agencies in your community

that assist families.

Background and Web Links

To view current content and background information for this lesson, visit [this Lesson Plan and Teacher Resources at www.HealthTeacher.com](http://this.LessonPlan.and.Teacher.Resources.at.www.HealthTeacher.com).

Teaching Steps

1. Discuss growing and aging.

Transparency: Portrait of a Family

Discuss the growth and aging of family members. Help students focus on the developmental process that is common to all people.



Discussion Points

- Were all parents and grandparents once babies and children?
- Do your parents and grandparents tell you stories about when they were younger?
- Do babies and children grow into adults? Explain.
- Do children think about what they want to do when they become adolescents? adults?

2. Students analyze the growth and development process.

Student Page: Minus and Plus One

Have students complete the student page. Ask for volunteers to share responses to questions 1 and 3 on the student page. Discuss individual growth and development.



Concepts

- Change is inevitable.
- Everyone changes.

3. Discuss changes that occur in families.

Student Page: Minus and Plus One

Review answers to questions 2 and 4 on the student page. List the family changes on the board. Discuss changes that occur in families and places where families can get help to adjust to changes. Have students brainstorm about additional changes that may occur in families.

Possible Responses:

- Birth
- Marriage
- Divorce
- Illness

- Injuries
- Job change
- Moving
- Going away to school
- Death



Skill Development

- All families experience changes.
- Some changes are made easily; some are difficult.
- Family members and school and community resources help students adjust to change.

4. Students diagram changes that may occur in families.

Teacher Page: A Family Tale

Read the story to students and have them diagram the family changes. Have students compare their diagrams and discuss the family changes that occurred. Ask students to identify resources that can help Brook's family adjust to the changes that occur.

Teacher Tip: Discuss the purpose of school counselors, if they are available at your school, as well as names and phone numbers of local agencies that assist families.

5. Reflect, summarize, and discuss.

Review the changes that occur in families.



Concepts

- People change as they grow and develop.
- Families change due to many factors, such as birth, death, marriage, and divorce.



Skill Development

- School and community resources provide help for families.

Assessment

Have students imagine themselves at age 30. Then ask them to respond to the following questions:

- Will you be living in a town? in the country? in a large city?
- Will you be working in an office? outdoors? in your home?
- Will you be married?
- Will you have a partner?
- Will you have children?
- Will you be living in an apartment? in a house?

Discuss the individual changes and family changes students expect to experience.

Assessment Criteria



Concepts

Student work demonstrates proficiency by showing the ability to:

- Identify individual and family changes.



Accessing Information

Student work demonstrates proficiency by showing the ability to:

- Identify sources for help in adjusting to individual or family changes.



Analyzing Internal and External Influences

Student work demonstrates proficiency by analyzing:

- Internal influences, such as growth and development, aging, personal interests, and likes and dislikes.
- External influences, such as death, marriage, illness.

Families

A family is a group of persons related by blood, marriage, adoption, or commitment to each other. Many different family structures occur throughout our culture. There is no "desirable" family configuration. Each person's concept of family is personal and is usually based upon his or her experiences as part of a family.

Families are comprised of people who may represent different age groups. Family members' physical maturity and family roles influence their activities, feelings, and responsibilities. As children grow and mature, they are usually expected to assume more responsibility for themselves as well as more numerous and complex family tasks.

Assignment of responsibilities is based upon many factors, including age, past performance, attitude, and ability. When a person assumes a responsibility, he or she demonstrates love, respect, and maturity for the family. Responsibility is usually linked to privileges within the family unit. The more responsibilities a person assumes, the more privileges he or she is awarded.

Portrait of a Family



Families Are Different



Minus and Plus One

Directions: Answer these questions about growing and getting older.

1. Write your age here _____ - 1 = _____ your age one year ago

2. How have you changed in the last year?

Example: I am taller. I am a better soccer player.

3. Have there been any changes in your family during the past year? Explain.

Example: I have a new baby brother. My family moved to a different neighborhood.

4. Write your age here _____ + 1 = _____ your age in one year

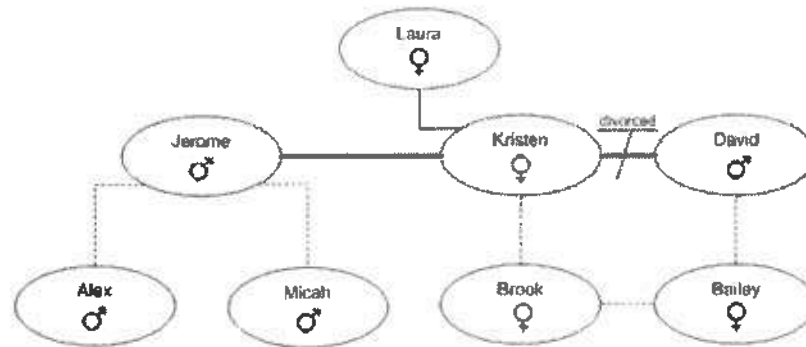
5. Besides being a year older, how do you think you may change in one year?

6. How do you think your family may change in a year?

7. Name one person you could talk to about changes in your family.

A Family Tale

Directions: Read this story or a similar one to the students. Instruct them to diagram the changes in the family while listening to the story by using the following symbols.



Teacher Tip: Be sure the story reflects families in your community. Adapt the story to fit the community you serve. Give the characters names that are common in your community.

This story begins with two people, Kristen and David. They meet at the Pizza Kitchen, where they work, become friends and begin going out. After a year of dating, they decide to get married. A year later, a little girl named Brook is born. When Brook is about four years old, Kristen and David adopt a little girl named Bailey.

Kristen and David both work very hard to afford a house in a safe neighborhood and enough money for groceries and two cars. David works a night shift and rarely spends time with his family. Kristen and David begin to fight over how the money is spent and David's lack of time at home. One afternoon, when Brook is ten years old and Bailey is six, Kristen and David tell the two sisters they have decided to separate. The two girls will live with their mother and see their father on weekends and some holidays.

Six months later, Kristen and David get a divorce. Kristen decides to move back to her home town where her mother, Laura, lives. Kristen explains to Brook and Bailey that living with Laura will be cheaper and less stressful. Laura will be at home when the two girls come home from school.

Brook and Bailey don't want to leave their school and friends and the town where their father lives. After about six months, both girls adjust to the new school and love living with Laura. Laura is kind and tells wonderful stories. Kristen is taking a night class at a community college so she can get a better job. She meets Jerome at the class, and they begin to see each other regularly. Brook and Bailey think Jerome is lots of fun.

David regularly comes to visit his daughters in their new town and they return to their former home to visit him and their friends as well.

After dating two years, Kristen and Jerome get married. Kristen, Brook, Bailey, and Laura move in with Jerome and his two sons, Alex and Micah.

