

A P P E N D I X - I  
=====

CURRICULUM OF FAMILY LIFE EDUCATION  
=====

APPENDIX - ICURRICULUM OF FAMILY LIFE EDUCATIONC O N T E N T SINTRODUCTION TO FAMILY LIFE EDUCATION

## PART 1. PERCEPTION OF THE SELF- BIOLOGICAL

UNIT 1.0 The Biological Self- MALE

- 1.1 The Male Reproductive system
- 1.1.1 Structure
- 1.1.2 Functions
- 1.2 Secondary Sex characteristics
- 1.3 Emotional Reactions to developing male sexuality
- 1.4 Personal Hygiene
- 1.5 Male Climacteric

UNIT 2.0 The Biological Self- FEMALE

- 2.1 The Female Reproductive system
  - 2.1.1. Internal (Structure and Functions)
  - 2.1.2. External (Structure and Functions)
- 2.2 Physiological changes during Pebrty
  - 2.2.1 Menstruation, menstrual mythos, menstrual problems, menstrual care and production.
  - 2.2.2 Ovulation
- 2.3 Secondary sex characterists
- 2.4 Emotional Reactions to developing female sexuality.
- 2.5 Personal Hygiene
- 2.6 Female climacteric
  - 2.6.1. Signs and Symptoms
  - 2.6.2. Misconceptions.

## PART II. PERCEPTION OF THE SELF (PSYCHOLOGICAL AND SOCIAL)

UNIT 3.0 Perception of the Self(Psychological and social)

- 3.1 The Development of Self
  - 3.1.1. Labelling
  - 3.1.2. Social Comparison
  - 3.1.3. Interpersonal Relationships
  - 3.1.4. Significant others
  - 3.1.5. Self-fulfilling prophecy
  - 3.1.6. Criteria for Significant others.
- 3.2 Perception of the Self
  - Components of the self-concept
  - 3.2.1. Degrees of Self-awareness
  - 3.2.2. Multiple Selves
- 3.3 Self-understanding
  - 3.3.1. Self Acceptance
  - 3.3.2. Social Sensitivity
  - 3.3.3. Active Listening
  - 3.3.4. Honest Communication
  - 3.3.5. Self-disclosure
- 3.4 Others' perception of us.
- 3.5 Playing Social Roles
- 3.6 Defence Mechanisms
- 3.7 Maintenance and Change of Self-concept
- 3.8 Self-Actualisation

## PART III. UNDERSTANDING OTHERS

UNIT 4.0 Perception of the other

- 4.1 The transactional nature of Person's Perception
- 4.2 Perceptual Regularities
- 4.3 Accuracy in Perception
- 4.4 Interpersonal Attraction

- PART IV BUILDING UP RELATIONSHIPS
- UNIT 5.0 Building up Relationships
- 5.1 The nature of Relationships
    - 5.1.1. I see you seeing me
    - 5.1.2. The Communication system
    - 5.1.3. Relational Fundamentals
    - 5.1.4. The negotiation of Social Identities
    - 5.1.5. Issues and Relationships
    - 5.1.6. Dimensions of Relationships
    - 5.1.7. Reciprocity
  - 5.2 Improving Relationships
    - 5.2.1. Personal Improvements
    - 5.2.2. Relationship Improvements
- PART V THE BIOLOGICAL, PSYCHOLOGICAL AND SOCIAL ASPECTS OF HUMAN SEXUALITY
- UNIT 6.0 Human Sexuality- Basic Response to Parenthood
- 6.1 An overview to Human Sexuality
  - 6.2 The Four modes of Sexual Expression
  - 6.3 Sexual Aberrations
  - 6.4 The intelligent choice of a Sexual code of conduct.
- UNIT 7.0 Human Reproduction
- 7.1 Sex determination and Sex differentiation
  - 7.2 Human Development
  - 7.3 Birth Process
  - 7.4 Rh Factor
  - 7.5 Practical considerations during Pregnancy
  - 7.6 Lactation

- UNIT 8.0 Population Growth - A Problem
- 8.1 Population growth in the past
  - 8.2 Population growth in different parts of the world
  - 8.3 The population problem
    - 8.3.1. Rates of Growth
    - 8.3.2. Consequences of population Growth
  - 8.4 Urbanization
- UNIT 9.0 Contraception
- 9.1 Surgical Sterilisation
    - 9.1.1. Vasectomy
    - 9.1.2. Tubectomy
  - 9.2 Contraceptive pills
  - 9.3 Intra Uterine devices
  - 9.4 Natural Family Planning method
  - 9.5 Scientific Abortion
  - 9.6 Other methods commonly used
- UNIT 10.0 Venereal Diseases as a Biological and a Social Problem
- 10.1 Syphilis
  - 10.2 Gonorrhea
  - 10.3 Chancroid
  - 10.4 Lympho Granuloma Venereum
  - 10.5 Granuloma inguinale
  - 10.6 Venereal disease as a social problem
- PART VI MARRIAGE AND FAMILY
- UNIT 11.0 Marriage and Family
- 11.1 The Institution of Marriage
  - 11.2 The Decision to marry
  - 11.3 Role Behaviour in Marriage

- UNIT 12.0      Conflict and Adjustment in Marriage
- 12.1      Internal and External problems
  - 12.2      The Sources of Conflict in marriage
  - 12.3      Adjustive responses to marital conflict
  - 12.4      Categories of the well adjusted marriage
  - 12.5      Marriage counselling
  - 12.6      Marriage Failure

- UNIT 13.0      The Nature of the Family
- 13.1      The Character of the Institution
  - 13.2      The Changing Character of the Family in the  
mass society
  - 13.3      Role interaction within the family

- - -