

**College of Micronesia-FSM  
P. O. Box 159  
Palikir, Pohnpei FM 96941**

**Family Life/Sexuality Education**

**SS/ED 285**

**Course Description:**

To introduce students to the concept of family life and sexuality. To examine essential topics in the subject are and develop healthy attitudes about their own life style and family planning.

**Course Prepared by:** U.N. Alan Kondo, Revised: **COM-FSM** Education Staff 1997

	<b>Hours per Week</b>		<b>Number of Weeks</b>		<b>Total Hours</b>	<b>Semester Credits</b>
Lecture	3	x	15	x	45	= 3
Laboratory		x		x		=
Workshop		x		x		=
<b>Total Semester Credits</b>						<u>3</u>

**Purpose of the Course:**

Degree Requirement     r      
 Degree Elective     r      
 Certificate             
 Remedial             
 Other           

**Prerequisite Courses:**  
Science

SS/PY 101 General Psychology and SC 101 Health Science

2/13/97  
Date Approved by Committee

3/17/97  
Date Approved by President

Family Life/Sexuality Education Course

I. General Objectives

1. to increase students' knowledge and understanding of the sexual development of adolescents and problems related to sexuality.

2. to increase students' knowledge and understanding of topics in family life/sexuality education courses, e.g. family roles and responsibilities, needs and resources, marriage, responsible parenthood, family planning, AIDS/STD, home economics, health and nutrition, etc.
3. to enable student to understand and clarify their aims, objectives and rationale of family life and sexuality.
4. to increase students' willingness to deal with human sexuality, family, and inter-personal relationships.
5. to improve students' skills in clarifying their won attitudes and values pertaining to sexuality and in decision-making and communication.
6. to develop the ability to relate in an open trusting manner while discussing appropriate subjects
7. to suggest how education majors can plan lessons on topics related to family life and sexuality.
8. to develop the ability to support and strengthen students ethical development, and ability to make and act upon decisions which reflect social responsibility and concern for others.

## II. Specific Objectives

Students will:

1. define types of families, and identify their characteristics.
2. be able to discuss changing roles of family members in Micronesia today.
3. compare traditional family roles with present day family roles in Micronesia.
4. discuss and explain in writing marriage customs in foreign and Micronesian cultures.
5. describe Micronesian society attitudes about pregnancy before marriage, in terms of the male roles and the female roles.
6. compare Micronesian life spans of today with traditional era life spans, and explain the differences.
7. identify typical family needs and resources available in Micronesia.
8. illustrate how the number of children in a family decide the distribution of family resources.
9. read and discuss the factors of change in human sexuality for males and females.
10. describe in writing the developmental stages of human growth,
11. identify at least five psychological problems of Micronesian adolescents.

12. in class activity, define attitudes towards appropriate sexual activity.
13. read case studies involving sexual activity in youth, and discuss their own attitude to the situations.
14. describe personal opinions to the desirable qualities in a boyfriend or girlfriend.
15. identify from a scientific point of view the reproductive parts of males and females and functions.
16. identify problems which can occur for young people male/female who:
  - a. begin a pregnancy
  - b. prepare for birth
  - c. assume responsibilities of parenthood
  - d. satisfy health and nutrition needs for a young family
17. describe the values of family planning versus unplanned family growth
18. identify methods available for family planning,

### III. Topics in Family Life/Sexuality Education

1. Family - roles and responsibilities
2. Adolescent growth and development/reproductive anatomy and physiology
3. Self-esteem
4. Dating and relationships
5. Marriages
6. Pregnancy and birth
7. Teen parenting
8. Family planning
9. STD/AIDS
10. Sexuality and values.
11. Decisions-making and communication.

### IV. Teaching Techniques/Skills

1. Lecture
2. Discussion
3. Audio-visual
4. Values clarification
5. Case studies
6. Role play
7. Questioning
8. Listening

9. Eliciting responses
10. Other techniques

V. Text: Family Life/Sexuality Education; COM-FSM, United Nations Population Fund.

VI. Evaluation:

Standard COM-FSM evaluation procedures based on attendance, quizzes and class participation.