

Teen Discoveries

Teen Discoveries is an exploratory course for Grade 7 students. Teen Discoveries may be taught as a 35-, 70-, or 140-hour course. It may be offered as a component of a rotation course allowing students to explore different career fields. If a course contains two 70-hour rotations, content standards 3, 4, 5, 6, 7, 8, 11, 13, 15, 17, and 20 must be taught. If a course contains four 35-hour rotations, content standards 3, 6, 8, 13, 15, and 20 must be taught. Emphasis is placed on understanding the physical, intellectual, emotional, and social development of teenagers. Course content provides opportunities for students to explore decision making, problem solving, and goal setting; development of manners, grooming habits, and character education; social and communication skills; interpersonal relationships with family members, friends, and peers; family roles and responsibilities; peer pressure; clothing selection and care; babysitting; arrangement of living space; food choice, food preparation and development of health and wellness habits; technology; and career awareness.

Career and technical student organizations are integral, cocurricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Personal Discoveries

Students will:

1. Describe physical and emotional changes that occur during adolescence.
2. Describe the process of decision making, problem solving, and goal setting.
3. Explain the importance of character education for teenagers.
 - Describing manners used in various settings
 - Identifying grooming habits that lead to a healthy appearance
 - Describing ways to show respect for self, others, and property
4. Compare verbal and nonverbal communication skills used to improve interpersonal relationships.
 - Determining barriers to teen communication
5. Describe characteristics of healthy relationships with family and friends.
 - Explaining the role of family members and friends
 - Describing the significance of family traditions
 - Determining qualities of a true friend
6. Compare positive and negative peer pressure.

Examples: positive—involving friends in community service, tutoring peers negative—bullying, teasing, gossiping

 - Determining causes of teen conflict

Food and Wellness Discoveries

7. Explain the importance of diet, exercise, and rest for teen health.
8. Prepare nutritious snacks.
 - Practicing safety and sanitation techniques in the laboratory
 - Using kitchen equipment in a correct manner
 - Comparing the nutritive value and cost of various foods
9. Demonstrate basic table-setting skills.

Consumer Discoveries

10. Describe ways teenagers can become wise consumers.
Examples: savings, needs versus wants, conserving resources and energy
 - Identifying the role of media in the dissemination of consumer information
11. Describe time management tools and techniques.

Clothing Discoveries

12. Determine factors that influence teen clothing selection.
Examples: individualism, trends, cost, maintenance
13. Practice basic sewing skills.
 - Utilizing sewing equipment in a safe and correct manner
14. Describe appropriate care of clothing.
 - Identifying laundering techniques
 - Explaining how to store clothes properly

Child Care Discoveries

15. Explain responsibilities involved in babysitting related to age, safety, and health of the child..
16. Describe the importance of play to child development.

Housing Discoveries

17. Explain how housing meets the needs of individuals and families.
 - Describing ways to arrange or organize teen living space
18. Determine procedures for basic household maintenance and safety.

Technology and Career Discoveries

19. Determine ways technology improves and impacts the lives of teens.
20. Describe factors that impact choosing a career.