## Family Life Education (FLE) Framework

Across the Lifespan

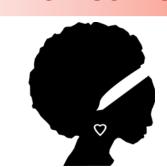
**CHILDHOOD** 

**ADOLESCENCE** 

**ADULTHOOD** 

LATER ADULT









## 1. Families and Individuals in Societal Contexts

**How do families interact with society?** 

Networks • Education • Community • Work • Interacting Systems

### 2. Internal Dynamics of Families

How do individuals function within the family?

Transitions • Roles • Strengths & Vulnerabilities • Choices • Beliefs

## 3. Human Growth and Development across the Life Span

How do people grow and develop across the lifespan?

Social • Emotional • Physical • Cognitive • Well-being

## 4. Human Sexuality

How does sexuality develop across the lifespan?

Intimacy • Reproductive Health • Family Planning FeelingsGender Roles

### 5. Interpersonal Relationships

How are relationships developed and maintained?

Communication • Problem Solving • Relating to Others RespectSelf-Awareness

## 6. Family Resource Management

How do families use resources to survive and thrive?

Needs & Wants • Goals • Decision Making Planning • Resource Allocation

# 7. Parent Education and Guidance

How do parents guide their children?

Strategies • Parenting Styles • Teach & Protect

#### Relationships • Rights & Responsibilities

8. Family Law and Public Policy How do laws and policies impact families?

Justice • Advocacy • Contemporary Issues • Protection • Rights

#### 9. Professional Ethics and Practice

How are families supported through professional ethics and practice?

Respect • Responsibility • Diversity • Objectivity • Prevention Education

#### 10. Family Life Education Methodology **How does FLE enrich and empower families?**

Participant Needs • Evaluation • Learning Styles

Teaching Principles
Educator

#### Sources:

Bredehoft, D.J., & Walcheski, M.J. (2009). Family life education: Integrating theory and practice.

Bredehoft, D. J., & Walcheski, M. J., Eds. (2011). Family Life Education Framework Poster and PowerPoint – 3rd. Ed. Minneapolis, MN: National Council on Family Relations.

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Minneapolis, MN: National Council on Family Relations.

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