

# 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  
• Feelings • Gender Roles

### 5. Interpersonal Relationships

How are relationships developed and maintained?

Communication • Problem Solving • Relating to Others  
• Respect • Self-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:

Bredehoff, D.J., & Walcheski, M.J. (2009). Family life education: Integrating theory and practice. Minneapolis, MN: National Council on Family Relations.

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