



# Lifeskills Lessons

## Unit Two

# Relationships and Family



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

## Lifeskills Curriculum Focusing on Relationships and Family

### Unit Two of a Three-unit Lifeskills Curriculum

Lifeskills curriculum is based on a research project started in 2012. Research data was statistically analyzed and published in three peer reviewed journals. Lesson topics and printed materials were identified as useful during the four semester research project. Each unit contains 12- lessons. Each lesson is designed to be offered as a standalone lesson, offered in workshop format using selected topics based on community or audience need, or combining the three-units to support a 36 CEU class. Each lesson has a Talking Sheet, Lesson Plan and Evaluation Sheet and may be downloaded from the UTTC Extension website. Lesson Plans include a list of resources for instructors to prepare for their presentation and enhance their knowledge about the individual lesson, prior to the presentation. Resources may include You-Tube, websites, State Extension handout materials, DVDs, speakers, or books. Each presenter may select different resources to prepare for or guide the 50 minute sessions.

Several of the lessons include UTTC Extension Handouts prepared as supportive materials. These handouts will also be stored on the UTTC Extension website for educational use by individuals. Although materials do not reflect the culture of any specific tribe, Native American philosophy, quotes, and stories are intertwined into most lessons. The lessons follow Family and Consumer Science standards and intended to be living documents with room for updating. Over the coming years, UTTC Extension staff will gather input from users to make necessary changes. Share your input, comments, or ideas through [landgrant@uttc.edu](mailto:landgrant@uttc.edu).

### UTTC Lifeskills Unit 2 Relationships and Family Topics

**Lesson 13** – Personality – Who Am I?

**Lesson 14** – Ethics and Values

**Lesson 15** – Relationships – Friends, Family and Partners

**Lesson 16** – Time Management

**Lesson 17** – Anger and Bullying

**Lesson 18** – Dream to Succeed

**Lesson 19** – Being a Women

**Lesson 20** – Being a Man

**Lesson 21** – Parenting

**Lesson 22** – Child Development

**Lesson 23** – Food and Family Meals

**Lesson 24** – Addiction

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