

New Mexico GRADS System Competencies
(Revised 8/08)

0. _____ Process Skills	<p>0.1. _____ Manage work and family responsibilities for the well being of self and others</p> <p>0.1.1 _____ Explore the meaning of work and family</p> <p>0.1.2 _____ Compare how work life and family life affect each other</p> <p>0.1.3 _____ Identify management strategies for balancing work and family roles</p> <p>0.2. _____ Apply the problem-solving process to personal and family problems for the well being of self and others</p> <p>0.2.1 _____ Identify personal and universal values*</p> <p>0.2.2 _____ Identify reliable information and resources for solving personal and family problems</p> <p>0.2.3 _____ Create alternative choices for problem solving</p> <p>0.2.4 _____ Evaluate potential consequences of alternative choices</p> <p>0.2.5 _____ Use criteria and standards to make ethical decisions</p> <p>0.2.6 _____ Evaluate outcomes</p> <p>0.3. _____ Relate to others in positive, caring ways</p> <p>0.3.1 _____ Identify significance of caring, respectful, relationships</p> <p>0.3.2 _____ Create strategies for relating to people of different ages abilities, genders and cultures</p> <p>0.3.3 _____ Apply communication skills</p> <p>0.3.4 _____ Use constructive approaches to expressing personal feelings, needs, and ideas</p> <p>0.3.5 _____ Apply conflict management skills</p> <p>0.3.6 _____ Analyze strategies in building stronger, more positive relationships</p> <p>0.4. _____ Assume leadership role as a responsible family member and citizen</p> <p>0.4.1 _____ Identify ways to be a responsible citizen:</p> <p style="padding-left: 20px;">a. At home</p> <p style="padding-left: 20px;">b. At school</p> <p style="padding-left: 20px;">c. Work</p> <p style="padding-left: 20px;">d. Community settings</p> <p>0.4.2 _____ Evaluate societal conditions affecting personal, family and community well being</p> <p>0.4.3 _____ Describe visions and goals for family, community and work life</p> <p>0.4.4 _____ Evaluate consequences of cooperative verses uncooperative actions</p> <p>0.4.5 _____ Demonstrate cooperative skills with others to achieve group goals</p> <p>0.4.6 _____ Use planning processes to establish and achieve individual and group goals</p>
1. _____ Self Formation	<p>1.1. _____ Assess personal development</p> <p>1.1.1 _____ Identify characteristics of adolescent development</p> <p>1.1.2 _____ Analyze changes that occur during transition from adolescence to adulthood and their effects on the individual in the follow areas:</p> <p style="padding-left: 20px;">a. Social-emotional</p> <p style="padding-left: 20px;">b. Cognitive</p> <p style="padding-left: 20px;">c. Personal health*</p> <p>1.1.3 _____ Analyze physical changes that occur during transition from adolescence to adulthood and their effects on the individual</p> <p>1.1.4 _____ Assess the important of values to adolescent development</p> <p>1.1.5 _____ Identify family, peer, and community influences on adolescent development</p> <p>1.1.6 _____ Identify characteristics of adult development</p> <p>1.1.7 _____ Develop a plan for maintaining personal growth and development while meeting parenting obligations</p> <p>1.1.8 _____ Analyze the effects of illegal drugs, alcohol, and tobacco on the formation of adolescent development*</p> <p>1.1.9 _____ Implement positive personal health habits for teen parents*</p> <p>1.2. _____ Analyze factors contributing to the development of self within the family unit</p> <p>1.2.1 _____ Identify characteristics of a healthy family*</p> <p>1.2.2 _____ Identify life events affecting families*</p> <p>1.2.3 _____ Identify common family traditions and cultural patterns*</p> <p>1.2.4 _____ Evaluate effects of family patterns on pregnant/parenting teens*</p> <p>1.3. _____ Analyze self-esteem and its effects</p> <p>1.3.1 _____ Identify factors that impact self-esteem</p> <p>1.3.2 _____ Assess the relationship between self-esteem and positive attitude</p> <p>1.3.3 _____ Assess the role that emotions play in how people accept responsibility</p> <p>1.3.4 _____ Assess factors that influence personal image</p> <p>1.4. _____ Develop a plan to achieve personal goals</p> <p>1.4.1 _____ Differentiate between short range and long range goals</p> <p>1.4.2 _____ Analyze the relationship among wants, needs, values, and goals</p> <p>1.4.3 _____ Establish short range and long range personal goals</p> <p>1.4.4 _____ Set objectives for meeting established goals</p> <p>1.4.5 _____ Identify obstacles to meeting established goals</p> <p>1.4.6 _____ Develop strategies for addressing obstacles to meeting goals</p> <p>1.4.7 _____ Evaluate goal achievement</p> <p>1.4.8 _____ Review/update goals</p> <p>1.5. _____ Manage stressful situations</p> <p>1.5.1 _____ Identify sources of stress</p> <p>1.5.2 _____ Identify various symptoms of stress including:</p> <p style="padding-left: 20px;">a. Physical symptoms</p> <p style="padding-left: 20px;">b. Emotional symptoms</p> <p style="padding-left: 20px;">c. Behavioral symptoms</p> <p>1.5.3 _____ Identify how reactions to stress affect self and others</p> <p>1.5.4 _____ Demonstrate skills for coping with stress in healthful ways</p> <p>1.5.5 _____ Demonstrate methods of stress management</p> <p>1.5.6 _____ Identify sources of social support for managing stress</p> <p>1.6. _____ Human Anatomy and Reproductive Systems*</p> <p>1.6.1 _____ Identify and explain the major structures of the male and female reproductive systems*</p> <p>1.6.2 _____ Identify and explain the functions of the male and female reproductive systems*</p> <p>1.6.3 _____ Identify the male and female secondary sex characteristics*</p> <p>1.6.4 _____ Identify the stages of the menstrual cycle*</p> <p>1.6.5 _____ Evaluate the importance of regular hygiene and self-examinations and regular check ups for male and female reproductive systems care*</p> <p>1.6.6 _____ Explain the basic process of fertilization and implantation*</p>

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Self Formation (Continued)	<p>1.6.7 Explain the roles of the placenta and umbilical cord in pregnancy*</p> <p>1.6.8 Define the terms; amniotic fluid, gestation period, labor, fraternal twins and identical twins*</p> <p>1.6.9 Identify preconceptional health and nutritional factors necessary to produce a healthy newborn*</p> <p>1.6.10 Identify birth defects associated with poor preconceptional health and/or nutrition*</p>
2. _____ Pregnancy, Wellness, & Prenatal Care	<p>2.1. Analyze pregnancy health care</p> <p>2.1.1 Identify signs and symptoms of pregnancy</p> <p>2.1.2 Identify ways to confirm pregnancy</p> <p>2.1.3 Identify the father's role in prenatal care</p> <p>2.1.4 Identify support systems for prenatal care (e.g., extended family, friends)</p> <p>2.1.5 Evaluate methods for choosing prenatal care providers</p> <p>2.1.6 Evaluate the value of ongoing prenatal care</p> <p>2.1.7 Utilize effective communication techniques with health care providers</p> <p>2.1.8 Identify the stages of fetal development</p> <p>2.1.9 Describe the medical procedures conducted during prenatal care</p> <p>2.1.10 Identify factors within own control that are associated with premature birth and low birth-weight babies</p> <p>2.1.11 Identify warning signals of complications during pregnancy</p> <p>2.1.12 Identify the steps for obtaining emergency assistance for dealing with complications</p> <p>2.1.13 Critique misconceptions regarding pregnancy and childbirth</p> <p>2.1.14 Demonstrate ways to relieve the discomforts of pregnancy</p> <p>2.1.15 Identify typical emotional responses of teen mothers, young fathers, grandparents, and other family members to an unplanned pregnancy</p> <p>2.2. Develop a plan to meet the nutritional needs of pregnant women</p> <p>2.2.1 Identify the nutritional requirements for a healthy mother and baby</p> <p>2.2.2 Analyze the function of the placenta</p> <p>2.2.3 Identify standards for appropriate weight gain during pregnancy</p> <p>2.2.4 Identify effects of inadequate or excessive weight gain during pregnancy</p> <p>2.2.5 Assess weight gain against established standards</p> <p>2.2.6 Identify effects of poor nutrition during pregnancy</p> <p>2.2.7 Develop written meal plans appropriate for pregnancy*</p> <p>2.3. Create a positive prenatal environment</p> <p>2.3.1 Identify support systems (e.g., emotional, financial)</p> <p>2.3.2 Implement positive health habits to minimize health risks to mother and infant</p> <p>2.3.3 Identify strategies for lessening the chances of birth defects</p> <p>2.3.4 Evaluate effects of legal and illegal drugs, alcohol, and tobacco on the fetus</p> <p>2.3.5 Identify environmental chemicals that can harm the fetus and mother</p> <p>2.3.6 Identify effects of positive emotional prenatal environment on individual family members and the family unit</p> <p>2.3.7 Evaluate effects of domestic violence on the fetus and mother during the prenatal period</p> <p>2.3.8 Identify resources that provide for the physical and emotional safety of pregnant women</p> <p>2.3.9 Evaluate the need for prenatal exercise and fitness</p> <p>2.3.10 Analyze the advantages and disadvantages of breastfeeding and bottle feeding</p> <p>2.3.11 Identify the high risk factors involved in teenage pregnancy*</p> <p>2.3.12 Analyze effective techniques which enhance fetal development*</p> <p>2.4. Analyze the effect of sexually transmitted diseases (STD's)** (cross matched with 7.11)</p> <p>2.4.1 Identify the symptoms, complications, and treatment for STDs</p> <p>2.4.2 Analyze the impact of STDs on fetal development</p> <p>2.4.3 Explain how STDs are transmitted</p> <p>2.4.4 Identify STD prevention strategies</p> <p>2.4.5 Identify special concerns related to AIDS/HIV-infected persons</p> <p>2.4.6 Identify community resources that provide assistance concerning treatment of STDs</p> <p>2.5. Analyze the labor and delivery process</p> <p>2.5.1 Identify the advantages of participating in childbirth preparation classes</p> <p>2.5.2 Identify the signs of pre-term labor</p> <p>2.5.3 Identify appropriate responses to pre-term labor</p> <p>2.5.4 Identify the medical procedures conducted during labor and delivery</p> <p>2.5.5 Identify the stages of labor and delivery</p> <p>2.5.6 Critique common fears and misconceptions about labor and delivery</p> <p>2.5.7 Compare childbirth preparation methods</p> <p>2.5.8 Identify the implications of premature births</p> <p>2.5.9 Finalize birthing plan</p> <p>2.5.10 Prepare for delivery</p> <p>2.5.11 Tour delivery facility</p>
3. _____ Postpartum & Neonatal Care	<p>3/1. Evaluate infant feeding options</p> <p>3.1.1 Identify the nutritional needs of infants</p> <p>3.1.2 Compare breast- and bottle-feeding options and techniques*</p> <p>3.1.3 Demonstrate feeding and burping techniques</p> <p>3.1.4 Identify the diet-related illnesses of infants</p> <p>3.1.5 Identify community support resources related to feeding options (e.g., WIC, La Leche League)</p> <p>3.2. Assess the postpartum care period</p> <p>3.2.1 Identify the physical changes experienced by the mother following delivery</p> <p>3.2.2 Identify typical emotional responses during the postpartum period of teen mother, young father, grandparents, and other family members</p> <p>3.2.3 Evaluate the importance of a postpartum health examination</p> <p>3.2.4 Analyze the role of the father in postpartum care</p> <p>3.2.5 Analyze the role of support persons in postpartum care (e.g., extended family, friends)</p> <p>3.2.6 Identify community resources that provide assistance during the postpartum care period</p> <p>3.2.7 Identify strategies to facilitate breastfeeding*</p> <p>3.3. Demonstrate care of newborns</p> <p>3.3.1 Identify characteristics of newborns</p> <p>3.3.2 Identify common newborn responses</p> <p>3.3.3 Analyze the role of bonding in regard to newborn care</p>

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Postpartum & Neonatal Care (Continued)	<p>3.3.4 Describe the initial post delivery care that should be provided to newborns</p> <p>3.3.5 Demonstrate ways to express caring and loving messages to newborns during diapering, dressing, bathing, and other everyday interactions</p> <p>3.3.6 Demonstrate diapering of newborns</p> <p>3.3.7 Demonstrate dressing and undressing of newborns</p> <p>3.3.8 Demonstrate bathing of newborns</p> <p>3.3.9 Demonstrate ways to respond to a crying infant</p> <p>3.3.10 Demonstrate safety precautions applicable to the care of newborns</p> <p>3.3.11 Identify health care providers and support services for newborns</p> <p>3.3.12 Identify medical tests and procedures conducted for newborns</p> <p>3.3.13 Identify the risks of and prevention strategies for sudden infant death syndrome (SIDS)</p> <p>3.3.14 Identify strategies for maintaining the wellness of newborns</p> <p>3.3.15 Schedule neonatal checkups</p> <p>3.3.16 Establish an immunization schedule as recommended by health care professionals</p> <p>3.3.17 Maintain immunization and health care records</p> <p>3.4. Analyze sexual decisions ** (Cross matched with 7.12)</p> <p>3.4.1 Set standards for making sexual decisions</p> <p>3.4.2 Evaluate consequences of being sexually active</p> <p>3.4.3 Evaluate birth-control options</p> <p>3.4.4 Analyze consequences of having additional pregnancies during the teen years</p>
4. Parenting	<p>4.1. Analyze attitudes and expectations of parenthood</p> <p>4.1.1 Identify reliable sources of parenting information</p> <p>4.1.2 Critique stereotypical attitudes toward parenting roles</p> <p>4.1.3 Utilize the planning process to establish parenting goals</p> <p>4.1.4 Identify adjustments in daily living caused by parenthood</p> <p>4.1.5 Identify characteristics and consequences of being a caring parent</p> <p>4.1.6 Identify characteristics and consequences of being a neglectful parent</p> <p>4.1.7 Identify characteristics and consequences of being an abusive parent</p> <p>4.1.8 Identify characteristics and consequences of providing a positive home environment</p> <p>4.1.9 Identify characteristics and consequences of providing a negative home environment</p> <p>4.1.10 Assess the role of the extended family in parenting and family relationships</p> <p>4.2. Identify parenting roles, rights, and responsibilities</p> <p>4.2.1 Identify stressors and fears associated with becoming a parent</p> <p>4.2.3 Evaluate the need for pregnant/parenting adolescents to develop parenting skills</p> <p>4.2.4 Identify strategies for participating in lifelong learning of parenting skills</p> <p>4.2.5 Analyze consequences of social and cultural diversity on a family</p> <p>4.2.6 Identify strategies for involving significant people in parenting responsibilities (e.g., teen mother, young father, extended family members, and child care givers)</p> <p>4.2.7 Identify community resources that provide parenting assistance</p> <p>4.2.8 Identify child's need for relationship with both parents</p> <p>4.3. Identify strategies for meeting the challenges of parenting children with special needs</p> <p>4.3.1 Identify types of special needs and screening techniques for identifying children with special needs*</p> <p>4.3.2 Interpret information related to the child's developmental delays and developmental disabilities*</p> <p>4.3.3 Interpret information related to the child's developmental delays and developmental disabilities*</p> <p>4.3.4 Assess the critical importance of bonding with special needs children*</p> <p>4.3.5 Describe problems associated with feeding, clothing, and bathing children with special needs*</p> <p>4.3.6 Identify available health care, child care, and support services for children and parents of children with special needs*</p> <p>4.4. Analyze legal issues related to parenthood</p> <p>4.4.1 Identify the legal rights and responsibilities of mother, father, grandparents, schools, and community agencies</p> <p>4.4.2 Create a safe storage system for birth certificates and other important documents</p> <p>4.4.3 Define <i>parentage, child support, visitation, and allocation of parenting rights and responsibilities</i></p> <p>4.4.4 Define <i>guardianship, minor status, and power of attorney</i></p> <p>4.4.5 Identify resources available for obtaining family legal counsel</p>
5. Enhancing Child Development	<p>5.1. Set goals to meet childhood dependency needs</p> <p>5.1.1 Identify the importance of meeting children's needs to be nurtured</p> <p>5.1.2 Develop strategies for protecting children from harm</p> <p>5.1.3 Establish an environment designed to stimulate children's healthy development</p> <p>5.1.4 Develop age-appropriate strategies for encouraging children to become self-reliant and caring</p> <p>5.2. Recognize parental roles in overall child development</p> <p>5.2.1 Acquire information related to each developmental stage of the child</p> <p>5.2.2 Develop strategies for enhancing the development of infants and young children</p> <p>5.2.3 Identify common developmental assessment tools and their uses</p> <p>5.2.4 Establish an environment designed to promote children's learning of self-care skills</p> <p>5.2.5 Set parental goals designed to enhance children's learning and their preparation for school</p> <p>5.2.6 Identify the role of multi-generation involvement in enhancing children's overall development</p> <p>5.2.7 Identify community resources available to help parents meet children's educational and schooling needs</p> <p>5.3. Enhance children's physical growth and development</p> <p>5.3.1 Identify physical changes that are age-appropriate</p> <p>5.3.2 Assess children's physical development</p> <p>5.3.3 Select activities designed to enhance physical development</p> <p>5.3.4 Select toys and equipment designed to enhance physical development</p> <p>5.3.5 Identify factors involved in physical brain development*</p> <p>5.4. Enhance children's social development</p> <p>5.4.1 Identify children's needs for social interaction</p> <p>5.4.2 Assess children's social development</p> <p>5.4.3 Identify types of social interaction</p> <p>5.4.4 Identify personality characteristics</p> <p>5.4.5 Select activities designed to enhance social development</p> <p>5.5. Enhance children's emotional development</p>

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Enhancing Child Development (Continued)	<p>5.5.1 Critique attachment and bonding behaviors of parents and children</p> <p>5.5.2 Identify children's emotional needs</p> <p>5.5.3 Analyze ways in which children express emotions</p> <p>5.5.4 Identify independent behaviors in children</p> <p>5.5.5 Identify caring behaviors in children</p> <p>5.5.6 Assess children's emotional development</p> <p>5.5.7 Identify the emerging separateness of infant/child</p> <p>5.5.8 Identify the impact of violence on young children*</p> <p>5.5.9 Identify set goals to enhance your child's self-esteem*</p> <p>5.5.10 Identify childhood behaviors related to stress*</p> <p>5.5.11 Identify strategies that will minimize the effects of stress in your child's life*</p> <p>5.6. Enhance children's intellectual development</p> <p>5.6.1 Identify children's intellectual needs*</p> <p>5.6.2 Identify types of intelligence*</p> <p>5.6.3 Develop strategies for supporting the development of multiple intelligence*</p> <p>5.6.4 Develop strategies for stimulating language development*</p> <p>5.6.5 Set goals to support family literacy*</p> <p>5.6.6 Investigate environmental, nutritional and genetic and nutritional factors which influence brain development and intelligence*</p> <p>5.6.7 Develop strategies to improve brain development and intelligence*</p> <p>5.7. Respond to specific parenting challenges</p> <p>5.7.1 Select age-appropriate toilet techniques*</p> <p>5.7.2 Analyze children's needs for bonding and security*</p> <p>5.7.3 Develop a schedule for routines (e.g., eating, napping, bathing)*</p> <p>5.7.4 Analyze effects of media on children*</p> <p>5.8. Employ communication skills in guiding young children</p> <p>5.8.1 Demonstrate active listening skills</p> <p>5.8.2 Demonstrate ways to express caring and loving messages to young children during everyday interaction</p> <p>5.8.3 Demonstrate effective methods to respond to children's questions</p> <p>5.8.4 Apply methods of positive reinforcement</p> <p>5.8.5 Develop strategies to communicate clear instructions to children</p> <p>5.8.6 Analyze effects of respectful and disrespectful messages on children</p>
6. Creation of a Healthy, Safe Environment	<p>6.1. Employ strategies designed to meet the nutritional needs of infants and children</p> <p>6.1.1 Identify the standards for selecting nutritious foods</p> <p>6.1.2 Identify sources of nutrition information</p> <p>6.1.3 Identify effects of nutrition on wellness</p> <p>6.1.4 Analyze the general nutritional needs of infants and children</p> <p>6.1.5 Maintain feeding/meal schedules</p> <p>6.1.6 Maintain food supply</p> <p>6.1.7 Handle/store food</p> <p>6.1.8 Identify cultural, ethnic, and family traditions related to food</p> <p>6.1.9 Develop strategies for establishing a healthy mealtime environment and routines</p> <p>6.1.10 Identify community resources available to help meet family nutritional needs</p> <p>6.2. Employ strategies designed to meet children's hygiene needs</p> <p>6.2.1 Identify elements of wellness</p> <p>6.2.2 Identify the need for healthful hygiene</p> <p>6.2.3 Establish routines for healthy hygienic practices</p> <p>6.2.4 Establish healthful hair care practices</p> <p>6.2.5 Establish healthful dental care practices</p> <p>6.2.6 Clean/sanitize toys and equipment</p> <p>6.2.7 Supervise pet care/handling</p> <p>6.6.3. Employ safety practices to minimize hazards</p> <p>6.3.1 Identify common accidents that occur in the home</p> <p>6.3.2 Establish criteria for a safe living environment</p> <p>6.3.3 Establish criteria for a nonviolent home and community</p> <p>6.3.4 Comply with laws regarding vehicle safety and assure safe car seat use*</p> <p>6.3.5 Check toys for safety and needed repair</p> <p>6.3.6 Identify potential environmental hazards</p> <p>6.3.7 Plan emergency exits for use in the event of fire</p> <p>6.3.8 Dispose of wastes</p> <p>6.3.9 Identify safe criteria regarding infant/children equipment purchase and use*</p> <p>6.4. Demonstrate basic first-aid skills</p> <p>6.4.1 Obtain infant and child CPR training</p> <p>6.4.2 Obtain basic first-aid training</p> <p>6.4.3 Maintain a first-aid kit</p> <p>6.4.4 Identify procedures for obtaining emergency medical assistance</p> <p>6.5. Care for children during illness</p> <p>6.5.1 Identify the signs and symptoms of common childhood illnesses</p> <p>6.5.2 Communicate information about signs and symptoms to medical treatment for ill children</p> <p>6.5.3 Monitor the administration of medication</p> <p>6.5.4 Measure child's temperature using a thermometer</p> <p>6.5.5 Evaluate alternative ways to provide needed care and medical treatment for ill children</p> <p>6.5.6 Identify community resources available to help meet family health care needs</p> <p>6.6. Evaluate child-care services</p> <p>6.6.1 Develop criteria for assessing child-care providers</p> <p>6.6.2 Compare the types, costs, and benefits of child care available in the community</p> <p>6.6.3 Identify potential child care emergencies</p> <p>6.6.4 Identify ways to protect children from harm in a child care environment</p> <p>6.6.5 Identify steps to take if a child is missing</p> <p>6.6.6 Apply problem-solving strategies in determining how to meet child care needs outside the family*</p>

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Creation of a Healthy, Safe Environment (Continued)	<p>6.6.7 Monitor the quality of child care services received</p> <p>6.6.8 Maintain ongoing communication with child care providers</p> <p>6.6.9 Identify community resources available to help meet family child care needs</p> <p>6.7. Contrast discipline techniques</p> <p>6.7.1 Differentiate between discipline and guidance</p> <p>6.7.2 Establish criteria for determining when to begin disciplining children</p> <p>6.7.3 Determine whether discipline or guidance techniques should be used in given situations</p> <p>6.7.4 Select age appropriate discipline techniques</p> <p>6.7.5 Evaluate whether given parental responses to common childhood behaviors are appropriate or inappropriate</p> <p>6.7.6 Identify childhood behaviors related to stress*</p> <p>6.8. Develop strategies for establishing cooperative parenting environments</p> <p>6.8.1 Identify partners in parenting</p> <p>6.8.2 Communicate with partners in parenting</p> <p>6.8.3 Identify ways to elicit support for own parenting role</p> <p>6.8.4 Identify areas of agreement and conflict regarding parenting practices and beliefs</p> <p>6.8.5 Develop strategies for resolving conflict</p> <p>6.8.6 Identify community resources available to help support cooperative parenting partnerships</p>
7. Relationships & Social Support Systems	<p>7.1. Maintain Friendships</p> <p>7.6.1 Determine the importance of friendship*</p> <p>7.1.2 Contrast types of friendships*</p> <p>7.1.3 Assess positive and negative aspects of peer pressure*</p> <p>7.1.4 Analyze problem situations involving friends*</p> <p>7.2. Identify characteristics of healthy partner relationships</p> <p>7.2.1 Analyze factors involved in establishing healthy partner relationships*</p> <p>7.2.2 Identify desirable characteristics of a partner*</p> <p>7.2.3 Demonstrate strategies for saying no*</p> <p>7.2.4 Evaluate the role of friends in a healthy partner relationship*</p> <p>7.2.5 Analyze traits of a healthy vs. potentially violent partner relationship*</p> <p>7.2.6 Establish guidelines for building sound and mutually respectful relationships</p> <p>7.2.7 Evaluate the role of friends in a healthy partner relationship*</p> <p>7.2.8 Analyze effects of power imbalance and violence on each person in the partner relationship*</p> <p>7.2.9 Distinguish the difference between love and infatuation*</p> <p>7.2.10 Identify and demonstrate key elements of effective communication*</p> <p>7.3. Analyze factors related to marriage</p> <p>7.3.1 Identify shared expectations of marriage*</p> <p>7.3.2 Establish guidelines for building sound and mutually respectful marriages*</p> <p>7.3.3 Negotiate the financial responsibilities of marriage*</p> <p>7.3.4 Evaluate the role of friends in a healthy marriage*</p> <p>7.3.5 Analyze traits of a healthy marriage*</p> <p>7.3.6 Analyze effects of power imbalance and violence on each person and on the marriage*</p> <p>7.4. Analyze factors affecting families</p> <p>7.4.1 Identify the interrelationships of family members</p> <p>7.4.2 Analyze the impact of parents' relationship/parent's relationships on children</p> <p>7.4.3 Analyze the impact of children on the parents'/parent's relationships</p> <p>7.4.4 Assess the potential effects on the family of drug, alcohol, or other substance abuse</p> <p>7.4.5 Assess the potential effects of extended/terminal illness on the family</p> <p>7.4.6 Assess the potential effects of rivalry among siblings and extended family members</p> <p>7.4.7 Assess the potential effects of blending families</p> <p>7.4.8 Assess the potential effects of family losses (e.g., divorce, death, miscarriage)</p> <p>7.4.9 Analyze the impact of family financial status on individuals and the family system</p> <p>7.4.10 Analyze the impact of parental employment status on individuals and the family system</p> <p>7.5. Analyze factors related to child abuse and neglect</p> <p>7.5.1 Identify types and signs of abuse and neglect</p> <p>7.5.2 Develop procedures for protecting an abused and/or neglected child</p> <p>7.5.3 Identify community agencies that provide support and/or treatment for abused or neglected children</p> <p>7.5.4 Identify strategies for preventing child abuse or neglect</p> <p>7.5.5 Assess the role of drugs, alcohol, or other substance use in child abuse and/or neglect</p> <p>7.5.6 Identify community resources available to assist families with child abuse and/or neglect problems</p> <p>7.6. Assess dynamics of domestic abuse</p> <p>7.6.1 Identify characteristics of domestic violence and its effects on individuals and the family system*</p> <p>7.6.2 Identify the victims and perpetrators of domestic violence*</p> <p>7.6.3 Assess own personal safety in respect to domestic violence*</p> <p>7.6.4 Develop a plan for personal and family safety in respect to domestic violence*</p> <p>7.6.5 Identify resources available to victim and perpetrators of domestic violence*</p> <p>7.7. Assess dynamics of sexual abuse</p> <p>7.7.1 Define <i>sexual abuse</i>*</p> <p>7.7.2 Identify sexual abuse situations and their effects on individuals and the family system*</p> <p>7.7.3 Develop a plan to protect children from sexual abuse*</p> <p>7.7.4 Identify the legal aspects of disclosure and of reporting incidents of sexual abuse*</p> <p>7.7.5 Identify community resources available to sexual abuse victims and perpetrators*</p> <p>7.7.6 Research current state rules and regulations concerning convicted sexual offenders (e.g., reporting whereabouts to proper authorities, how to find out if there are any offenders in your area, etc.)*</p>

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<p>Relationships & Social Support Systems (Continued)</p>	<p>7.7.6 _____ Research current state rules and regulations concerning convicted sexual offenders (e.g., reporting whereabouts to proper authorities, how to find out if there are any offenders in your area, etc.*</p> <p>7.8. _____ Manage conflict</p> <p>7.8.1 _____ Identify the need for conflict management</p> <p>7.8.2 _____ Identify types of conflict</p> <p>7.8.3 _____ Analyze attitudes toward conflict</p> <p>7.8.4 _____ Demonstrate nonviolent conflict resolution techniques</p> <p>7.8.5 _____ Analyze conflict outcomes</p> <p>7.8.6 _____ Apply problem-solving strategies in negotiating conflict</p> <p>7.8.7 _____ Set behavior standards to use in identifying when conflict is no longer manageable</p> <p>7.8.8 _____ Identify community resources available to help when conflict is no longer manageable</p> <p>7.8.9 _____ Seek outside assistance when conflict is no longer manageable</p> <p>7.9. _____ Investigate family legal issues</p> <p>7.9.1 _____ Analyze the legal aspects of marriage*</p> <p>7.9.2 _____ Identify the need for a will and power of attorney*</p> <p>7.9.3 _____ Identify the importance of family services*</p> <p>7.9.4 _____ Identify resources for seeking affordable legal services*</p> <p>7.9.5 _____ Establish a knowledge base for individual paternity and child support*</p> <p>7.9.6 _____ Identify resources for establishing paternity and child support*</p> <p>7.10. _____ Employ strategies designed to meet the basic needs of a teen-parenting family</p> <p>7.10.1 _____ Enhance three-generation living arrangements*</p> <p>7.10.2 _____ Identify housing needs and options*</p> <p>7.10.3 _____ Identify clothing needs and options*</p> <p>7.10.4 _____ Identify educational needs and options*</p> <p>7.10.5 _____ Identify financial needs and income options*</p> <p>7.10.6 _____ Identify informal and formal support systems available to meet needs*</p> <p>7.10.7 _____ Create a plan for healthy life style for teen parents (nutrition, exercise, stress relief)*</p> <p>7.11. _____ Analyze the effect of sexually transmitted diseases (STD's)** (cross matched with 2.4)</p> <p>7.11.1 _____ Identify the symptoms, complications, and treatment for STDs</p> <p>7.11.2 _____ Analyze the impact of STDs on fetal development</p> <p>7.11.3 _____ Explain how STDs are transmitted</p> <p>7.11.4 _____ Identify STD prevention strategies</p> <p>7.11.5 _____ Identify special concerns related to AIDS/HIV-infected persons</p> <p>7.11.6 _____ Identify community resources that provide assistance concerning treatment of STDs</p> <p>7.12. _____ Analyze sexual decisions ** (cross matched with 3.4)</p> <p>7.12.1 _____ Set standards for making sexual decisions</p> <p>7.12.2 _____ Evaluate consequences of being sexually active</p> <p>7.12.3 _____ Evaluate birth-control options</p> <p>7.12.4 _____ Analyze consequences of having additional pregnancies during the teen years</p> <p>7.13. _____ Birth Control and Pregnancy Options*</p> <p>7.13.1 _____ Explain how various birth control methods work*</p> <p>7.13.2 _____ Evaluate the effectiveness of various birth control methods*</p> <p>7.13.3 _____ Identify advantages and disadvantages of pregnancy options*</p> <p style="padding-left: 40px;">a. Marriage and raising the baby</p> <p style="padding-left: 40px;">b. Single parenting</p> <p style="padding-left: 40px;">c. Adoption</p> <p style="padding-left: 40px;">d. Abortion</p>
<p>8. _____ Economic Independence</p>	<p>8.1. _____ Assess school-to-work needs</p> <p>8.1.1 _____ Identify the importance of completing a high school education or equivalency*</p> <p>8.1.2 _____ Identify obstacles to completing high school for pregnant/parenting teens</p> <p>8.1.3 _____ Develop a plan for overcoming obstacles to completing high school</p> <p>8.1.4 _____ Identify reasons that people work</p> <p>8.1.5 _____ Interpret the needs of employers and employees</p> <p>8.1.6 _____ Identify factors that influence work ethic</p> <p>8.1.7 _____ Identify skills valued by school and employers</p> <p>8.1.8 _____ Identify the importance of lifelong learning</p> <p>8.2. _____ Identify traditional and non-traditional occupational options</p> <p>8.2.1 _____ Identify factors that influence career choices*</p> <p>8.2.2 _____ Obtain information about nontraditional occupational choices*</p> <p>8.2.3 _____ Obtain information about traditional occupational choices*</p> <p>8.2.4 _____ Identify occupational clusters and the range of jobs within those career cluster relevant to own needs, interests, and abilities*</p> <p>8.2.5 _____ Identify myths and realities associated with jobs*</p> <p>8.2.6 _____ Identify obstacles to choosing and succeeding in selected occupations*</p> <p>8.2.7 _____ Participate in hand-on experiences relevant to selected occupations*</p> <p>8.2.8 _____ Evaluate the advantages and disadvantages of working in a nontraditional career*</p> <p>8.3. _____ Assess career interest and skills</p> <p>8.3.1 _____ Identify own personal interests, aptitudes and skills*</p> <p>8.3.2 _____ Identify own career interests and options*</p> <p>8.3.3 _____ Acquire needed information/assistance using career assessment resources/agencies*</p> <p>8.3.4 _____ Determine career options*</p> <p>8.4. _____ Develop a career plan</p> <p>8.4.1 _____ Identify own short term and long-range career goal(s)</p> <p>8.4.2 _____ Define own work needs, values, skills, and interests in relation to the identified career goal(s)</p> <p>8.4.3 _____ Acquire needed information/assistance using career-planning resources</p> <p>8.4.4 _____ Determine career choices and projected changes/trends</p> <p>8.4.5 _____ Identify personality characteristics and how that may influence career choices and or life choices*</p> <p>8.4.6 _____ Identify own strengths and weaknesses*</p> <p>8.4.7 _____ Determine resources available to help achieve career goal(s)*</p> <p>8.4.8 _____ Identify occupations with the greatest number of openings and their educational requirements*</p>

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<p>Economic Independence (Continued)</p>	<p>8.4.9 _____ Develop a career ladder showing career goals at different educational levels*</p> <p>8.4.10 _____ Determine post-secondary preparation needed to achieve career goals*</p> <p>8.5. _____ Manage family income and expenses</p> <p>8.5.1 _____ Distinguish between family needs and wants</p> <p>8.5.2 _____ Identify family factors that affect spending</p> <p>8.5.3 _____ Develop a family financial plan and record keeping system*</p> <p>8.5.4 _____ Identify ways to cope with financial crises</p> <p>8.5.5 _____ Develop shopping skills to maximize income</p> <p>8.6. _____ Assess savings, checking, and credit options*</p> <p>8.6.1 _____ Identify reasons for maintaining savings and checking accounts*</p> <p>8.6.2 _____ Identify the costs associated with different types of savings and checking accounts*</p> <p>8.6.3 _____ Develop a savings plan*</p> <p>8.6.4 _____ Calculate simple and compound interest*</p> <p>8.6.5 _____ Maintain a checkbook and register*</p> <p>8.6.6 _____ Reconcile a bank statement and balance the checkbook*</p> <p>8.6.7 _____ Determine how to select a financial institution and/or banking services that will best meet own financial needs*</p> <p>8.6.8 _____ Endorse, deposit, write, and cash checks correctly*</p> <p>8.6.9 _____ Analyze the pros and cons of credit use*</p> <p>8.7. _____ Define equitable roles, rights, and responsibilities in the school and workplace</p> <p>8.7.1 _____ Describe legislation that ensures equity and employee rights*</p> <p>8.7.2 _____ Identify and analyze discrimination issues</p> <p>8.7.3 _____ Identify and analyze harassment issues</p> <p>8.7.4 _____ Identify stereotyping in the workplace</p> <p>8.7.5 _____ Identify family leave options</p> <p>8.7.6 _____ Identify resources available to help address equity rights and responsibilities</p> <p>8.7.7 _____ Identify benefits of diversity in the workplace*</p> <p>8.7.8 _____ Identify actions that encourage workplace diversity*</p>
	<p>9. _____ Employability</p> <p>9.1. _____ Develop a job-search plan</p> <p>9.1.1 _____ Assess employment realities</p> <p>9.1.2 _____ Contrast job-search methods</p> <p>9.1.3 _____ Identify job leads</p> <p>9.1.4 _____ Determine which job leads to pursue</p> <p>9.1.5 _____ Identify salary options and benefit packages</p> <p>9.2. _____ Apply communication skills employment search</p> <p>9.2.1 _____ Make a telephone contact using appropriate communication skills</p> <p>9.2.2 _____ Prepare a resume</p> <p>9.2.3 _____ Complete a job application form correctly</p> <p>9.2.4 _____ Write a cover letter and thank you letter</p> <p>9.2.5 _____ Gather personal information which shows specific achievements, abilities and/or skills*</p> <p>9.2.6 _____ Assemble a career portfolio*</p> <p>9.3. _____ Demonstrate interview skills</p> <p>9.3.1 _____ Demonstrate grooming appropriate to interview situation</p> <p>9.3.2 _____ Demonstrate question-and-answer techniques</p> <p>9.3.3 _____ Prepare for an interview (e.g. learn about employer and job, list of questions to ask, materials to take, what to wear, prepared for questions, practice for interview, where to go for interview)</p> <p>9.3.4 _____ Prepare to respond to difficult or illegal interview questions</p> <p>9.3.5 _____ Describe the factors to consider before accepting or rejecting a job offer*</p> <p>9.3.6 _____ Participate in an actual or mock interview*</p> <p>9.3.7 _____ Write a follow-up letter after an interview*</p> <p>9.4. _____ Employ strategies designed to meet responsibilities as working parent(s)</p> <p>9.4.1 _____ Identify common concerns of married/single working parent(s)</p> <p>9.4.2 _____ Contrast the responsibilities and commitment to family life and work life</p> <p>9.4.3 _____ Solve practical problems associated with balancing work and family</p> <p>9.4.4 _____ Identify the impact on children of having working parent(s)</p> <p>9.4.5 _____ Develop daily and contingent child care plans</p> <p>9.4.6 _____ Evaluate quality child care establishments*</p> <p>9.4.7 _____ Assess insurance options to meet family needs*</p> <p>9.5. _____ Develop time-management plans</p> <p>9.5.1 _____ Categorize and prioritize time demands</p> <p>9.5.2 _____ Identify wasted time and its impact</p> <p>9.5.3 _____ Identify the value of scheduling personal respite time</p> <p>9.5.4 _____ Resolve time conflicts</p> <p>9.5.5 _____ Develop strategies for improving time management</p> <p>9.6. _____ Identify behaviors required to be successful in school and work</p> <p>9.6.1 _____ Identify strategies for success in school and work</p> <p>9.6.2 _____ Identify factors that influence one's image</p> <p>9.6.3 _____ Analyze the importance of punctuality, dependability, attendance, and productivity level</p> <p>9.6.4 _____ Use positive and negative feedback techniques to develop scholastically and professionally</p> <p>9.6.5 _____ Identify teamwork skills</p> <p>9.6.6 _____ Identify creativity</p> <p>9.6.7 _____ Identify initiative</p> <p>9.6.8 _____ Identify loyalty to others</p> <p>9.6.9 _____ Explain what your employer and/or teachers expect of you as a worker/student*</p> <p>9.6.10 _____ Identify ways to promote good working relationships*</p> <p>9.6.11 _____ Explain the problem-solving process and the impact in the workplace and/or at school*</p> <p>9.6.12 _____ Explain how to manage conflict in the workplace and/or at school*</p>