

Goals for Family

Lesson 3

Life priorities, Life lessons, Life planning

**Current
Stats &
Facts**

**Meets
Education
Standards**

**Great
Starter
Questions!**

**Easy to
Use!**

**Fully
Engaging &
Inclusive**

Meets all your needs!



Topics Covered

**Goals for Self
as Parent**

**Goals for
Family & Home**

**Hierarchy of
Needs**

**Stepping Stones
toward Goals**

**Positive &
Negative
Influences**

**Healthy Choices
to Reach Goals**

Lesson Materials

← Instructor Guide

← National Standards

← Lesson Plans

← Student Workbooks

← Slides

The power of personal goals

If you've heard the term "self-fulfilling prophecies*," someone was probably describing how fears can create that reality.

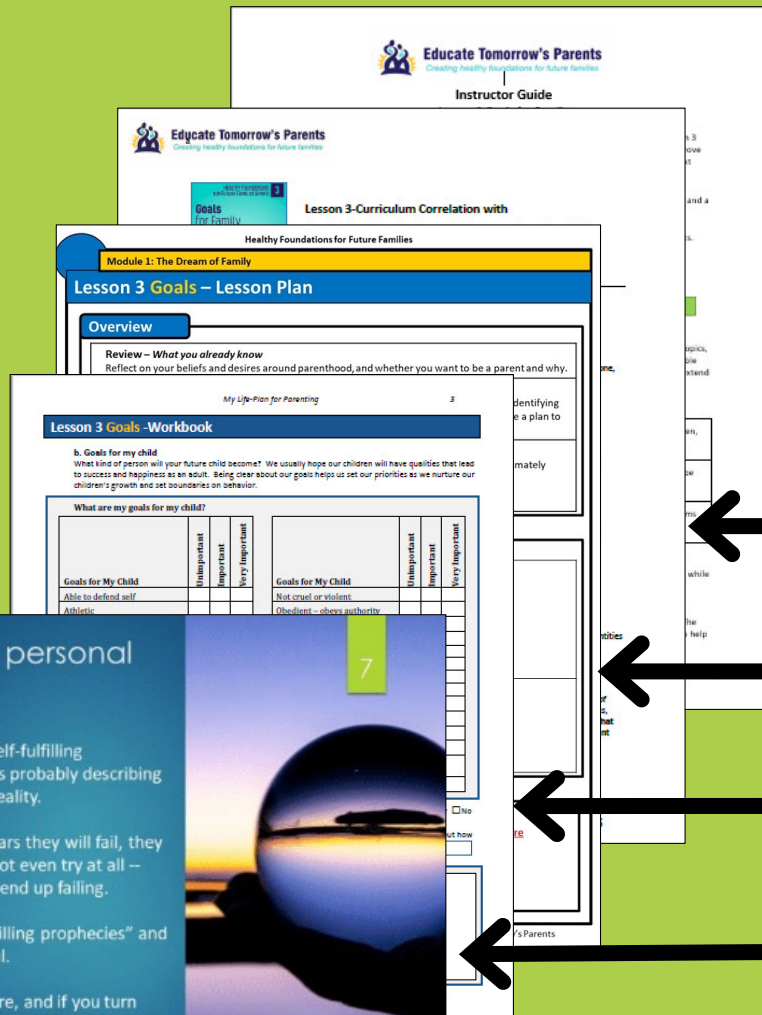
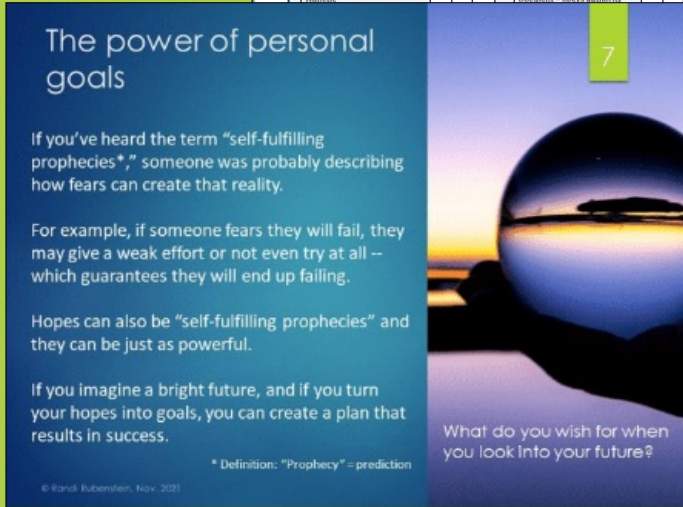
For example, if someone fears they will fail, they may give a weak effort or not even try at all -- which guarantees they will end up failing.

Hopes can also be "self-fulfilling prophecies" and they can be just as powerful.

If you imagine a bright future, and if you turn your hopes into goals, you can create a plan that results in success.

* Definition: "Prophecy" = prediction

© Randi Rubenstein, Nov. 2021



The stack of materials includes:

- Instructor Guide:** Features the logo for 'Educate Tomorrow's Parents' and the title 'Healthy Foundations for Future Families'.
- National Standards:** A document titled 'Lesson 3-Curriculum Correlation with'.
- Lesson Plans:** A document titled 'Lesson 3 Goals - Lesson Plan' with an 'Overview' section and a 'Review - What you already know' section.
- Student Workbooks:** A document titled 'Lesson 3 Goals - Workbook' with a 'My Life-Plan for Parenting' section and a table for 'Goals for My Child'.
- Slides:** A slide titled 'The power of personal goals' with a background image of a hand holding a glowing sphere over a sunset.

Easy to Use!

★ **For Teachers** ★

Lesson 3 Goals for Family

Lesson Overview

Goal	Teens will envision goals for their future family – for themselves, their children, and their dream home – and then plan how they will navigate to their goals.
Rationale	By inspiring teens to imagine their future family-life in rich detail, teens will be highly motivated to make choices that help them reach their goals.
Key Message	“When we turn a hope into a goal, we commit ourselves to making our dreams a reality.”

Instructor Guide
includes:

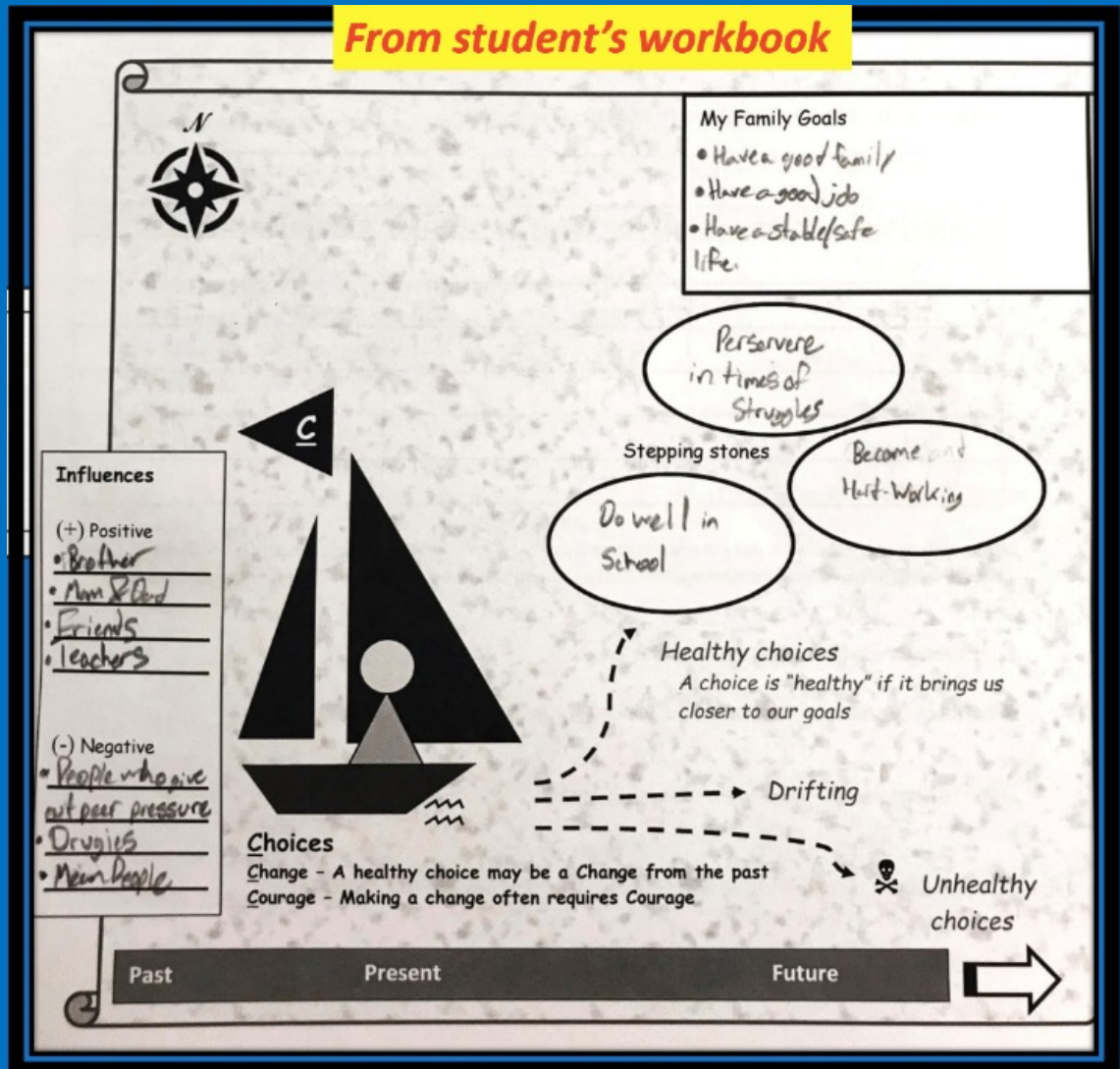
Lesson Overviews
Presentation Notes
Expansion Topics
Activities

Easy to Use!

★ For Students ★



From student's workbook



★ National Standards ★

Health Education *and* Family Consumer Science

Meets dozens of Standards!

EXAMPLE

Standard 1.1: Analyze strategies to manage multiple roles and responsibilities.

Content Standards	Competencies
Area of Study 1.0 – Career, Community and Family Connections	
1.1 Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).	1.1.3 Analyze ways that individual career goals can affect the family's capacity to meet goals for all family members. 1.1.4 Analyze potential effects of various career path decisions on balancing work and family.

Current Stats & Facts!

Your dream of family

43

In this lesson, you will be prompted to envision your goals for your future family in a variety of ways. Then you will be guided to create a plan to realize your goals.

According to the US Health Resources & Services Administration:

A family is a group of two or more persons related by birth, marriage, or adoption who live together.



A family can be:

- Two adults with one or more children
- A single parent with children
- A multi-generational home with extended family members
- An adult couple without children.

Great Discussion Questions and Activities!

Example

What are your goals?

10

Stating your hopes as goals can be a powerful first step in realizing your dreams.

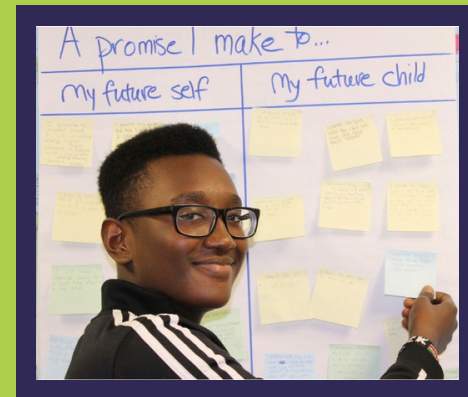
Let's imagine your best possible future ...

- ▶ Goals for yourself as a parent
- ▶ Goals for your child
- ▶ Goals for your family
- ▶ A personal plan to achieve your goals

"A journey of a thousand miles begins with a single step."
Lao Tzu, 6th century B.C.



© Randi Rubenstein, Dec. 2020



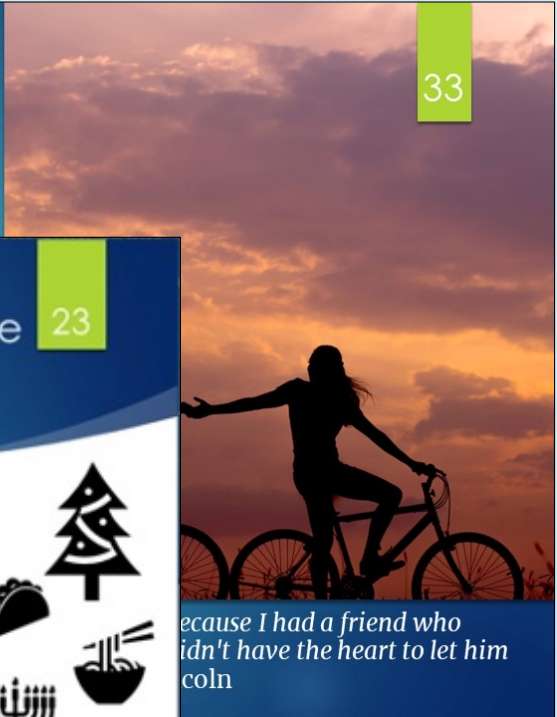
"The students were all very engaged and we were able to stay on track with this help of this resource." - Educator

Fully engaging and inclusive

Respecting diversity in:

- Abilities
- Culture
- Gender
- Faith

Power in positive influences



MLP Workbook – Lesson 2 Purpose
2a. Having a child – Family heritage 23

I look forward to sharing these moments and activities with my future child ...
Describe in words or pictures.

From student's workbook

"I would continue my culture, race, religion"

... family and heritage are intertwined. Our age, foods, and faith can connect us and comfort.

... to raise a child the way you were, and hope to see your traditions, this purpose may be less important to you.



If you can envision blending different ethnic backgrounds with a partner, this reason may be less important to you.

© Randi Rubenstein, February 2023

because I had a friend who didn't have the heart to let him go



Impact on Teens!

Over 27,000 students instructed since 2005.

Over **95% of students** say they will be better prepared to care for a family.

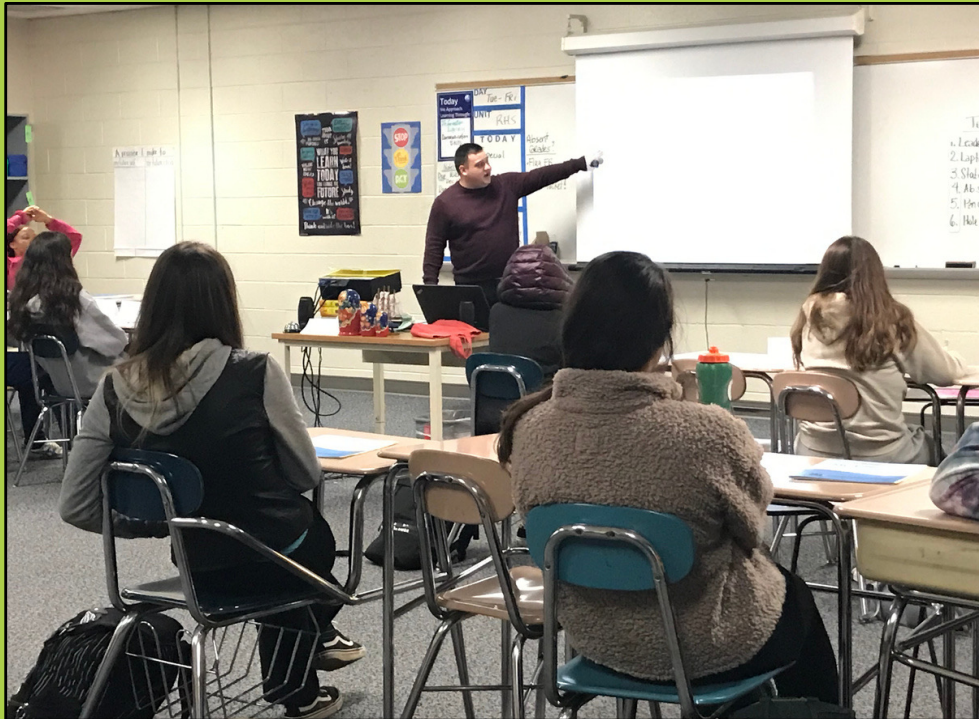
"I learned how to care for a child financially, physically, and emotionally. I learned things I never knew about parenting."

Educators recognize the value!

***"I have seen first-hand
how ETP's lessons have
helped so many kids
make good decisions."
- Educator***



Get it Today, Teach it Tomorrow!



42 slides, 6 workbook pgs

"It's everything I hoped to teach and in one lovely format and useful presentation."

Buy the Lesson!
Save time and energy



*You will LOVE these high-quality
instructional materials!*

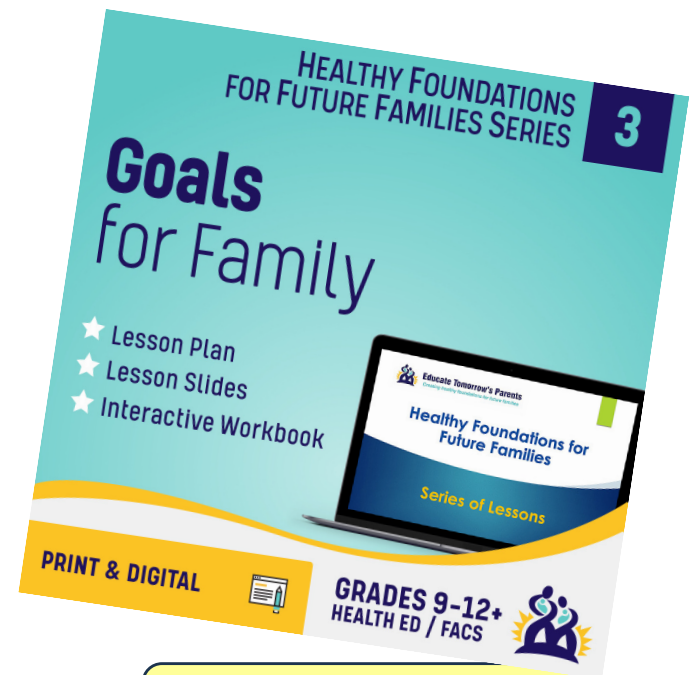
Full link

<https://www.teacherspayteachers.com/Product/Goals-for-Family-Planning-Ahead-for-Family-Life-HS-Health-FACS-Lesson3-6495336>

Learn more www.eduparents.org



**Educate
Tomorrow's
Parents**



[Click here](#)