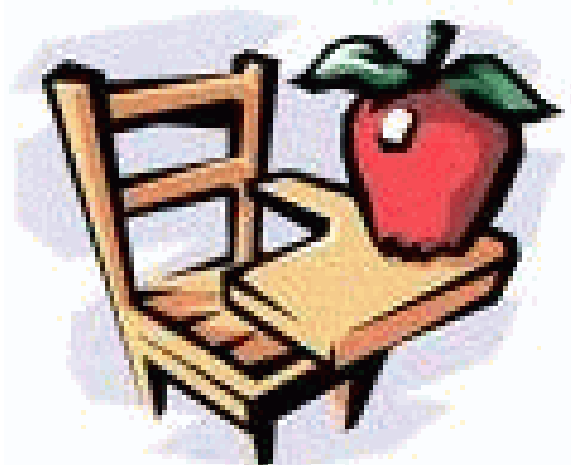
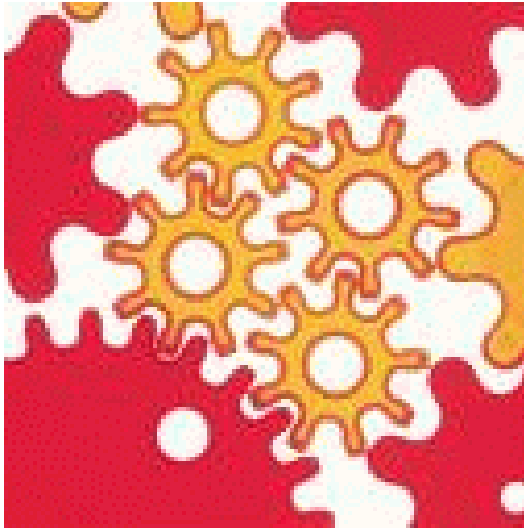


**Family studies education** is an area of study that strives to help families (no matter what they look like) procure, manage and dispose of resources from their near environments (social/cultural, human built and natural) as they strive to meet their basic needs (food, clothing, shelter, family relations and health), and fulfil their basic functions as a social institution.



Family studies education curricula tend to **include the topics** of: foods and nutrition (and more often now health and wellness); clothing, textiles and apparel; housing and shelter; families across the life span (including early childhood, youth studies and aging families); family relations and human development; consumer and resource management, and parenting.

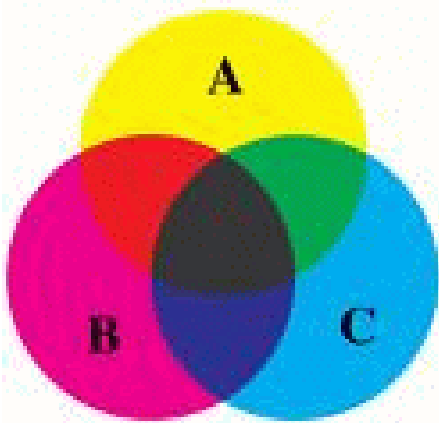




Many **processes and skill sets** are taught in family studies (*in addition to content*), including: resource management, decision making, problem solving, thinking and reflection, self assertion and advocacy, communication, values

clarification, moral reasoning, managing diversity and challenges, career and employment management, citizenship and leadership.

If done well, family studies education teaches people how to find balance between:



(a) **cop**ing with stress and change (getting by using new skills);

(b) understanding and then **adapt**ing to change while enriching intrapersonal and interpersonal relationships; and,

(c) taking political, **social action** to redress uneven power relationships caused by oppression, exploitation and marginalization of other human beings. The intent is to improve well-being, quality of life, human security and augment the human condition, no small task.