



## **Family, Career and Community Leaders of America (FCCLA)**

### **Star Event: Focus on Children**

#### Suggested Example

An Individual or team event recognizes participants who use Family and Consumer Sciences skills to plan and conduct a child development project that has a positive impact on children and the community. Child development encompasses birth through adolescence. Participants must prepare a display and an oral presentation.

#### **FCCLA Planning Process**

##### **Identify Concerns**

- There is a need for better education regarding the “12 month pregnancy” concept
- Peers need to have a better understanding of how the choices they make today will have an impact on their health in adulthood.

##### **Set a Goal**

- Provide information to FACS classes directly related to the Understanding Development section of the child development course outline.

##### **Form a Plan**

- Provide a variety of education tools (videos, power points, interactive activities, etc) to enhance the learning of peers.
- Have peers complete the activities from the Understanding Development section.
- Develop a presentation that could be presented to high school students
- Educate youth about healthy behaviors and lifestyle choices and help them to identify ways of dealing with threats to a healthy lifestyle.
- If possible, set up a field trip to take a group of students to a Neonatal Intensive Care Unit or a labor/delivery unit.

##### **Act**

- Present presentation to different high school classes.
- Talk with teachers and check the March of Dimes website, both are excellent resources.

##### **Follow Up**

- Conduct a survey/questionnaire to see what the participants learned and how they enjoyed your presentation.
- Ask for recommendations for improvement.



### **Addresses a Specific Need**

- The Understanding Development curriculum and the March of Dimes website can be used for research purposes on healthy moms, health pregnancies, and healthy babies.
- Peers need to have a better understanding of how the choices they make today will have an impact on their health in adulthood.

### **Impacts Children and Community Positively**

- Today's high school students will be the parents of the next generation. If they understand the importance of a healthy lifestyle and know the steps everyone can take to improve the chances of having a healthy pregnancy and healthy baby we will hopefully be able to see a significant decrease in the rates of prematurity, low birth weights and infant mortality over the next 20 years.
- The surveys or questionnaires could be used to analyze the impact of the project and peers could use the activities in the curriculum to show an understanding of the lessons learned.

### **Applies Child Development Concepts**

- Identity versus confusion is one of Erickson's psychosocial stages of Development. It states that if you can teach teenagers to care for their bodies by eating healthy, exercising, having a positive self image, etc. they will have a greater sense of independence and will be more likely to care for themselves in adulthood leading to healthier pregnancies.
- Learning to care for yourself and your body even before pregnancy is very important to self identity and self-esteem.

### **Ability of Participants to Work with Children**

- Peers will develop a sense of reason for their own bodies and the impact on future pregnancies and children (they will understand the importance of folic acid and calcium and the impact drugs and STIs have on pregnancies).
- Practice the development of healthy habits as a teen which will be role modeled with children when interacting with children.