

# Different Kinds of Families

A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum

*Fostering respect and responsibility through age-appropriate sexuality education.*

## MD HEALTH FRAMEWORK

### ALIGNMENT:

By the end of 1<sup>st</sup> grade, students will be able to:

**1c.1.1** – Describe differences in families

**1c.1.2** – Identify healthy peer and family relationships.

### NSES ALIGNMENT:

CHR.2.CC.4

**TARGET GRADE:** Grade 1

**TIME:** 40 Minutes

## MATERIALS NEEDED:

- Link to Amaze.org video and device to show it to students.
- Homework: “My Family Tree” – one per student, *assigned as homework prior to this lesson.*
- Homework: “My Family”
- Crayons and other drawing materials for each student, for homework activity

## ADVANCE PREPARATION FOR LESSON:

It is important for the teacher to watch the Amaze.org video, Different Kinds of Families before the class. It would also be helpful to be aware, to the extent possible, of the different family configurations that may be represented in the classroom so that different family structures are discussed. These may include adopted families, extended family (cousins, grandparents, aunts and uncles, etc.), foster families, one parent families, blended families (two adults, each with their own children who come together to form a new family), two separate families sharing custody of a child, families with same gender parents, interracial families and others. It is important to be prepared to discuss these different family configurations with children.

The homework assignment, My Family Tree, should be given out in advance of this lesson so that children have time to think about their families ahead of time and be better prepared to discuss them with the class during the lesson. If the teacher does not know students family structures well, they can collect these a day or two before the lesson and review them to get some sense of the different families that are represented in the room.

Link to video: <https://amaze.org/video/healthy-relationships-different-kinds-of-families/>

## LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. Name, as a group, at least three different types of family structures. [Knowledge]
2. Identify a characteristic of a healthy family relationship [Knowledge]

## PROCEDURE:

**STEP 1:** Explain to students that today’s topic is family. Ask if anyone can explain what a family is and why we need families. (Some sample definitions are: People who live together and take care of each other, or people who love each other and take care of each other, or people going through life and taking care of each other. Families are often made up of adults and the children they care for.) After a brief discussion, introduce the video by saying, **“This book is about families and ways that families are alike and different. As you listen, see if there are things that describe your family.”** (3 minutes)

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**STEP 2:** Show *Different Kinds of Families* to the class. You may wish to stop the video at different points and ask:

- Does this remind any of you of your own family or a family that you know?

After finishing the video, lead a discussion about families by asking:

Who can remember one type of family that we just learned about from the video?

**Note to the Teacher:** *Family structures described in the video include family size, color, families who live together or apart or live in their own house or a shared house, looking alike or different from one another, step parents and step siblings, families with adopted children, same gender parents, single parent families, different food preferences, quiet and noisy families, clean and messy families. If students cannot remember some of these ask prompting questions such as: “Do all families have two parents?” “Do all families have two parents living at home?” “Does everyone have a mother and a father in their family?” etc.*

- Are there ways that families can be that are not in the video? Who can think of other ways families might be the same or different from other families? (There are endless possible answers to this question. Some may include: parents have different jobs, some families may have only girl children, some only boy children or no children, some families may have different last names; some families may include divorced parents; some children may live in two different houses with different parents or with grandparents; families have people with different physical abilities)
- What is important in all families? (Possible answers: Families love each other; families take care of each other; families celebrate special events together.)
- What makes a family healthy? (Possible answers: Families share their feelings with each other in respectful ways; families support each other; families often have rules or boundaries to help guide interactions and behavior). (15 minutes)

**STEP 3:** Ask students: **“Who would like to tell us about who is in their family?”**

Have students take out the homework assignments they completed to help them to describe their families. Tell them they don’t have to use only the information on their sheet when describing their families. Ask for volunteers. If a student gets stuck prompt by asking some questions such as: “How many people are in your family?” “Do all of the people in your family have the same last name?” “What kind of food does your family like to eat?” “What does your family like to do together?” After students have the opportunity to describe their families, say: “We heard a lot of ways that families in our class are the same and a lot of ways that our families are different.” Ask:

- If someone’s family is very different from yours is that okay? (Yes)
- What if your friend’s family likes to eat food that is different from your family. Is that okay? (Yes)
- Is it okay if some families have a lot of children and some have a few? (Yes)

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- Is it okay if some children have a mother and a father? (Yes)
- Is it okay if some children have two mothers or two fathers? (Yes)
- Etc.

**Note to the Teacher:** *This is where knowing what different family structures may be represented in the room can help the teacher to ask specific questions that may pertain to different children so that they can hear their families represented. If this is not possible, the teacher can still ask a variety of questions that touch upon different family structures, values and customs. It is also important for the teacher to be aware that some students may have sad circumstances, such as divorce, illness, or death in their families. It is important to acknowledge that sometimes families can be sad or they may change if someone dies or if someone moves away and that can be hard. Also, it is normal for some students to react to hearing about family structures with which they are unfamiliar by saying “that’s weird” or “that isn’t a family.” In such a situation, it is important to remind the class of the definition of a family they discussed (e.g. people who love each other and take care of each other) and that everyone has their own families that they care about very much. Also remind students that all families are unique and special in their own way and that no two families are exactly alike. (12 minutes)*

**STEP 4:** Share that all families are different and that’s normal. Distribute the My Family Tree worksheet and ask students to draw a picture of all the people in their families, how they’re connected and label each person (and pet if they like). Students may need adult help labeling the pictures. After they complete them, hang them on a wall display with the title “Celebrating all of our Families.”

### RECOMMENDED ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:

Questions in step two will assess objectives one and two.

### HOMEWORK:

Note: This homework is to be completed by students prior to this lesson.

For homework, give students the worksheet entitled “My Family.” Have students work with a family member to fill out the sheet.

## Homework: My Family

Name: \_\_\_\_\_

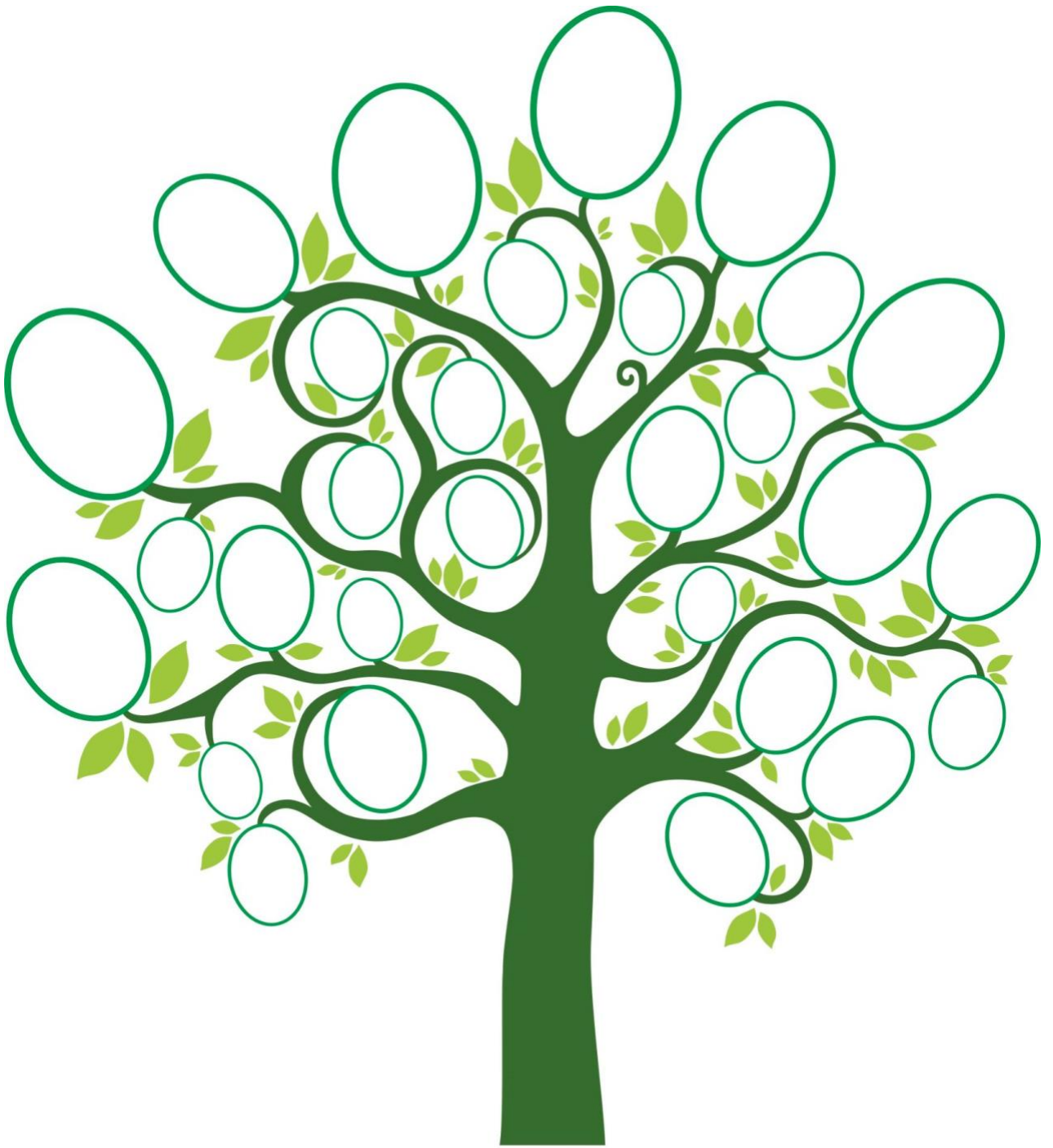
The number of people in my family is: \_\_\_\_\_

Some of the foods we like to eat are:

This is how we celebrate special occasions:

Things we like to do together as a family are:

What I love most about my family is:



# Family Tree