The background of the cover is a dense field of red tulips. In the center-right of the image, there is a single yellow tulip that stands out from the rest. The flowers are in various stages of bloom, and the overall lighting is soft, creating a warm and intimate atmosphere.

Married & Single Life

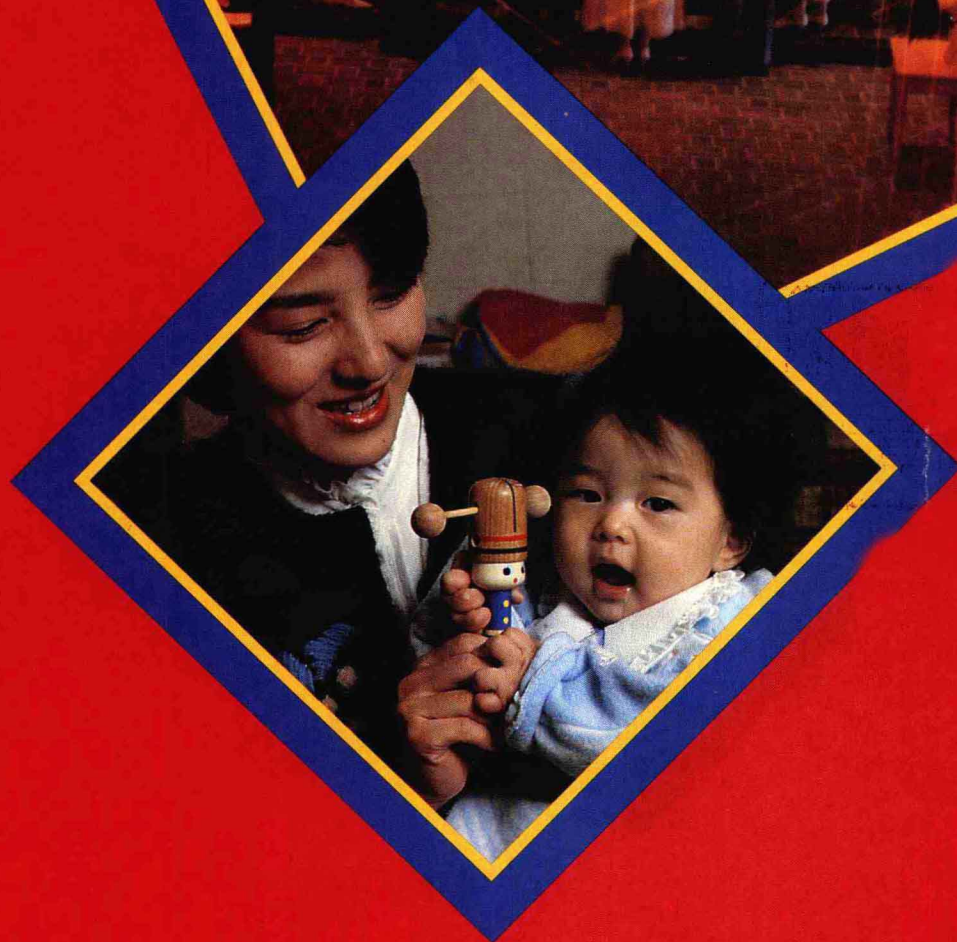
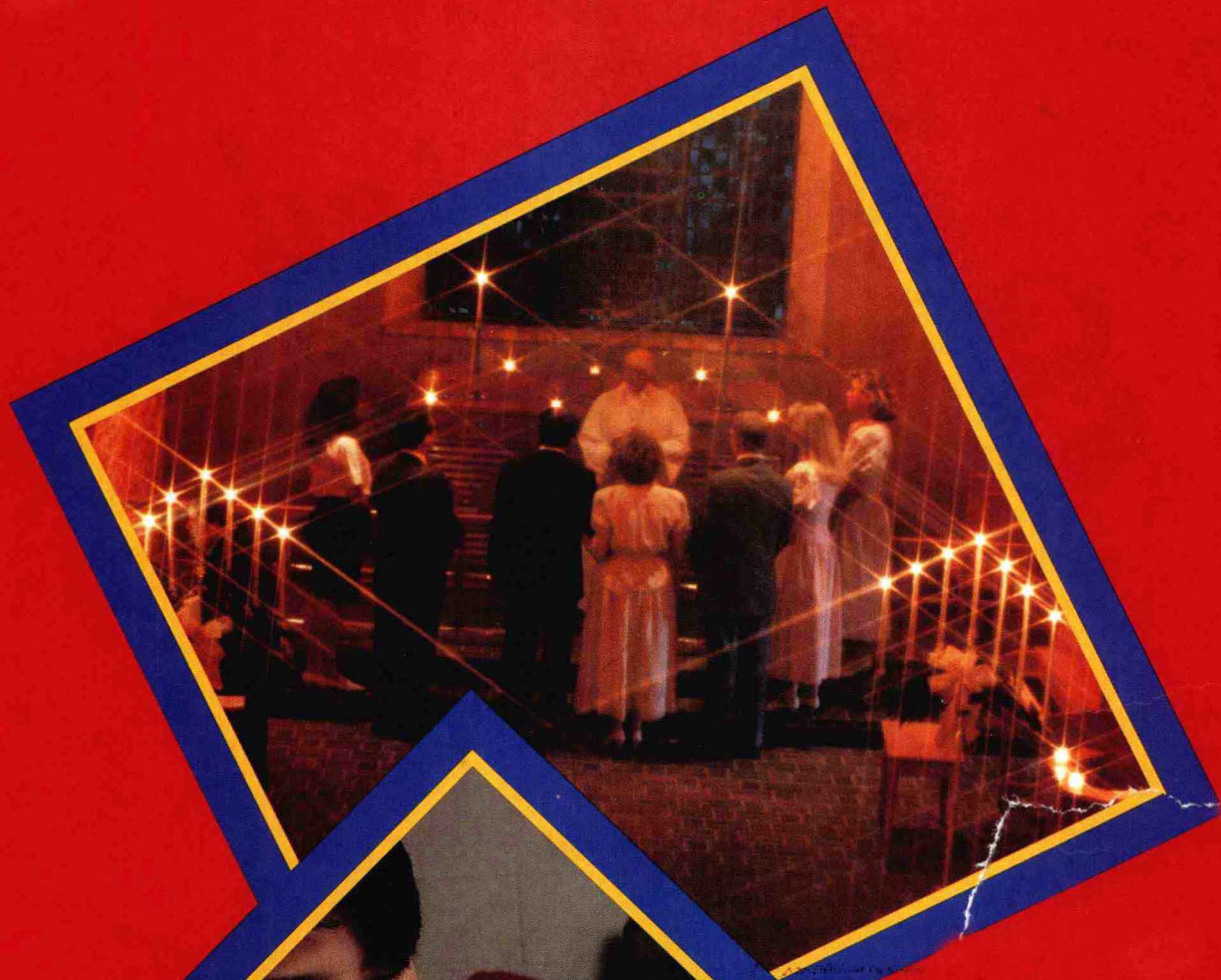
Fifth Edition

Audrey Palm Riker

Holly E. Brisbane

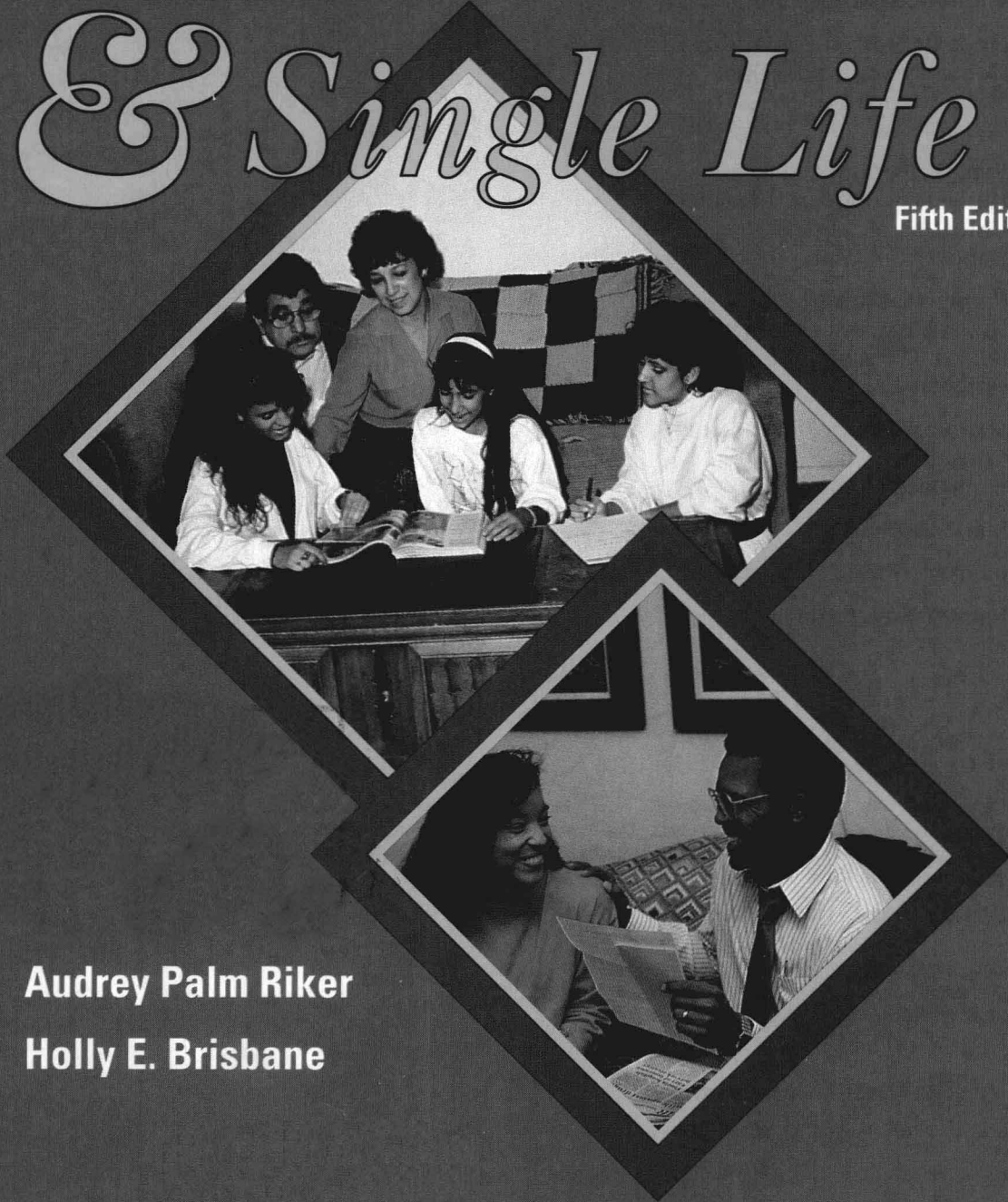
Married & Single Life





Married & Single Life

Fifth Edition



Audrey Palm Riker
Holly E. Brisbane

GLENCoe

Macmillan/McGraw-Hill

New York, New York

Columbus, Ohio

Mission Hills, California

Peoria, Illinois

Contributors

Janis Meek, M.S., C.H.E.
Home Economics Teacher
Warren County High School
Warrenton, North Carolina

Linda R. Glosson, Ph.D., C.H.E.
Home Economics Teacher
Wylie High School
Wylie, Texas

Vicki K. Hornung, M.S.
Home Economist and Teacher
United Local Schools
Hanoverton, Ohio

Carolyn S. Morse, M.S.
Home Economics Teacher
Booker T. Washington High School
Houston, Texas

Sharon S. Smith, Ph.D., C.H.E.
Consultant
Long Beach, California

Mark Bregman

Janet McGrath

Kathryn Spitznagle

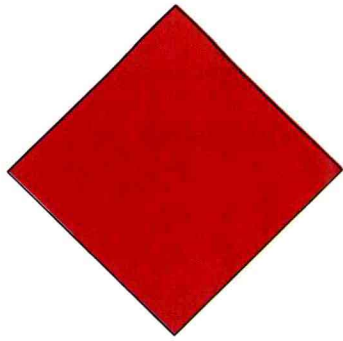
Copyright © 1992 by Glencoe/McGraw-Hill. All rights reserved. Except as permitted under the United States Copyright Act, no part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without prior written permission from the publisher.

Printed in the United States of America.

Send all inquires to:
Glencoe/McGraw-Hill
3008 W. Willow Knolls Drive
Peoria, IL 61614-1083

ISBN 0-02-676051-7 (Student Text)

7 8 9 10 RRW 99 98 97 96



Contents

UNIT ONE: What About You?15

Chapter 1: Your Personality16

- Realizing Your Uniqueness 17
- Personality Traits 18
- Influences on Personality 19
 - Heredity 19
 - Environment 20
- Erikson's Theory 21
- Your Self-Concept 23
- Your Self-Esteem 23
 - Building Self-Esteem 24
- Chapter 1 Review 26

Chapter 2: Your Development28

- The Process of Change 29
- Physical Changes 30
- Your Intellectual Development 30
- Developing Socially 32
- Emotional Development 33
 - Anger 34
 - Fear 34
 - Depression 34
 - Inferiority 35
 - Extreme Emotions 36
 - Developing Morally 36
 - The Family Influence 37
- Chapter 2 Review 38

Chapter 3: Your Character40

- Moving Toward Maturity 41
- Your Personal Code of Ethics 43
- Your Values 44
 - Choosing Values 44
- Your Attitudes 45
 - Integrity 45
 - Respect 45

- Empathy 46
- Prejudice 47
- Stereotyping 47
- Taking on Responsibility 48
 - Responsibility for Self 48
 - Family and Friends 48
 - Community 49
- Chapter 3 Review 52

Chapter 4: Your Health54

- Why Wellness? 55
- Seeking Wellness 56
- Good Hygiene 56
- Proper Nutrition 57
- Plenty of Rest 58
- Regular Exercise 58
- Emotional Health 59
- Defense Mechanisms 60
 - Stress Management 62
- Threats to Wellness 63
 - Tobacco 63
 - Alcohol 63
 - Other Drugs 65
 - Eating Disorders 65
- Chapter 4 Review 66

Chapter 5: Your Future68

- How Do You Feel About the Future? 69
- What Trends May Affect You? 70
- Your Needs and Wants 72
- Your Goals 73
- Your Future 74
 - Taking Control of Your Life 75
- Chapter 5 Review 76

Feature: Ian reaches out to a peer in need. 78

UNIT TWO: What Skills Do You Need?81

Chapter 6: Communicating Effectively . . 82

What Is Communication?	83
How Do People Communicate?	84
Verbal Communication	84
Nonverbal Communication	85
Barriers to Communication	87
The Message Sender	87
The Message Receiver	87
The Message	88
Learning to Communicate Effectively	89
Levels of Communication	89
Attitudes for Effective Communication	91
Skills for Effective Communication	92
The Power of Communication	93
Chapter 6 Review	94

Chapter 7: Making Decisions96

How Decisions Affect You	97
How Your Decisions Affect Others	98
Influences on Decision Making	98
Steps in Decision Making	99
Identify the Decision to Be Made	99
List the Alternatives	99
Consider Advantages and Disadvantages	101
Choose the Best Alternative	101
Put the Decision Into Action	102
Analyze the Results	102
Approaches to Decision Making	102
Pass-the-Buck Decisions	102
Following-the-Crowd Decisions	103
Impulse Decisions	104
No Decision	104
Responsible Decision Making	105
Problem Solving	106
Chapter 7 Review	108

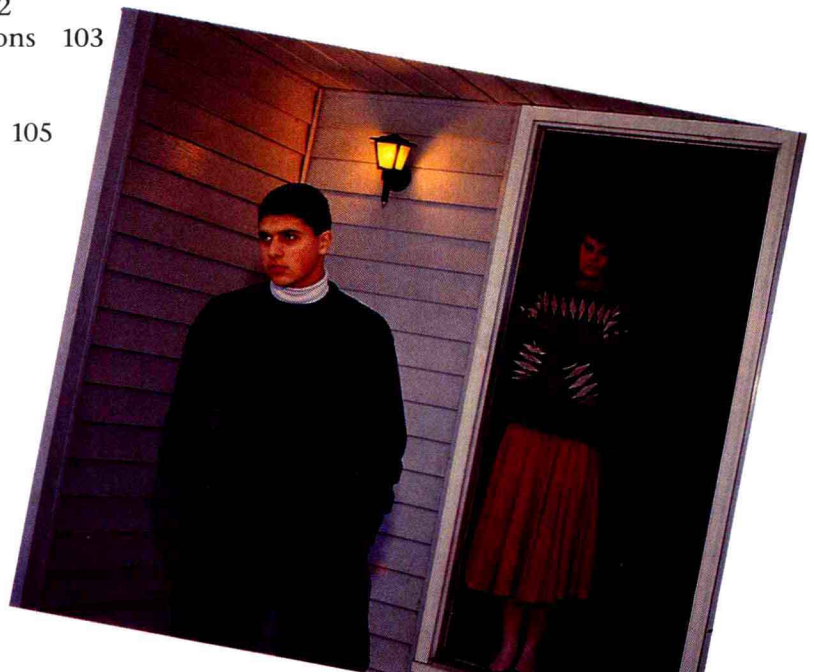
Chapter 8: Handling Conflict110

What is Conflict?	111
Understanding Causes of Conflict	112
Rights Issues	112
Role Expectations	113
Value Violations	113
Personality Clashes	114
Preventing Conflict	114
Approaches to Handling Conflict	115
Negative Approaches	115
Positive Approaches	117
A Look At You	119
Chapter 8 Review	120

Chapter 9: Learning to Manage122

About Management	123
Goal Setting	124
Recognizing Your Resources	125
Human Resources	125
Material Resources	127
Resourcefulness	128
The Process of Planning	130
Brainstorm Concerns	130
Set a Goal	131
Form a Plan	131
Act	132
Follow Up	132
Benefits of Good Management	132
Chapter 9 Review	134

Feature: Gina reaches out to an elderly neighbor. 136



UNIT THREE: What Are Families Like? ...139

Chapter 10: Patterns of Family Living ..140

- What Is a Family? 141
- Family Roles 142
- Types of Families 143
- The Family Life Cycle 144
 - Young Adult Years 144
 - Middle Years 146
 - The Later Years 147
- What Affects Families? 149
 - Technology 149
 - Economic Factors 151
 - Social Factors 151
- The Foundation of Society 151
- Chapter 10 Review 152

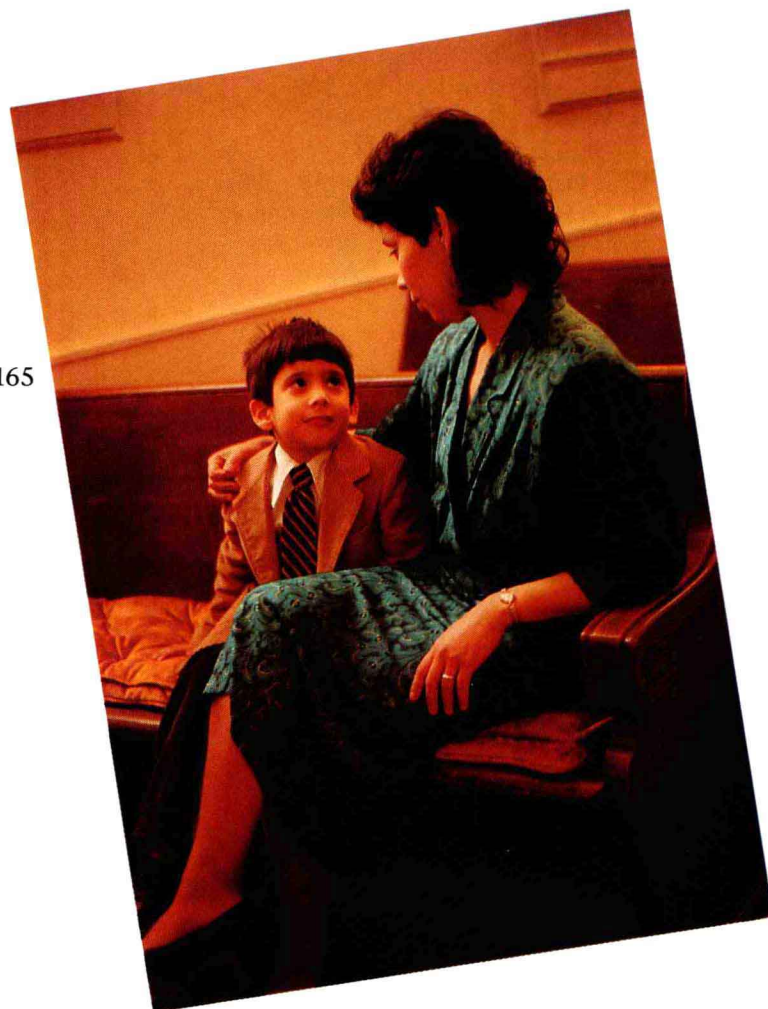
Chapter 11: Living in a Family154

- Early Families 155
- Modern Families 156
- The Functions of Families 157
- Making Families Strong 159
 - Commitment 159
 - Time Together 160
 - Communication 160
 - Appreciation 162
 - Shared Beliefs 163
 - Adjusting to Changing Roles 163
 - Understanding Others 164
 - Coping Skills 164
- Your Family — Today and Tomorrow 165
- Chapter 11 Review 166

Chapter 12: Facing Family Challenges ..168

- The Challenges of Life 169
 - Balancing Work and Family Life 170
 - Unemployment 171
 - Moving 171
 - Illness and Disabilities 172
 - Addictions 173
 - Alcoholism 173
 - Family Violence 175
 - Suicide 177
 - Death 177
- Handling Challenges 179
 - Resources 181
- Family Law 181
- Be Prepared 181
- Chapter 12 Review 182

Feature: Robby reaches out to an unemployed parent. 184



UNIT FOUR: How Can You Handle Relationships? 187

Chapter 13: Friendships 188

- What Is a Friend? 189
 - Characteristics of a True Friend 190
- Who Are Your Friends? 190
- Types of Friendships 192
- Building Friendships 193
- Maintaining Friendships 194
 - Communication 194
 - Caring 194
 - Trust 195
- When Friendships End 195
- Peer Pressure 195
 - Cons 196
 - Pros 196
- Chapter 13 Review* 198

Chapter 14: Dating 200

- Reasons for Dating 201
- Readiness for Dating 202
- Who Do You Date? 202
- Dating Patterns 203
 - Dating Different People 203
 - Dating One Person Frequently 203
 - Exclusive Dating 203
- Successful Dating 204

- Dating Challenges 205
 - Shyness 205
 - Who Asks For a Date? 206
 - Finances 206
 - Parental Concerns 206
 - Abuse 206
 - Date Rape 207
 - Ending Relationships 207
- Chapter 14 Review* 208

Chapter 15: Love and Commitment 210

- What Is Love? 211
 - Types of Love 212
- Defining Love 212
- Infatuation 213
- Love That Lasts 213
 - Dimensions of Lasting Love 215
- Telling the Difference 216
- How Love Develops 217
- Partner Selection 217
 - Proximity 217
 - Opposites Attract 218
 - Similarities 218
- Readiness for Commitment 218
- Careful Commitment 219
- Chapter 15 Review* 220

Chapter 16: Sexuality in Relationships 222

- What Is Sexuality? 223
 - Physical Maturity 224
 - Intellectual Maturity 224
 - Emotional Maturity 224
 - Social Maturity 224
 - Moral Maturity 225
- Understanding Differences 225
- Risks of Sexual Involvement 225
 - Self-Esteem 225
 - Pregnancy 225
 - Health Risks 226
- Taking Responsibility 229
- Handling Desires 231
- Looking for Commitment 233
- Chapter 16 Review* 234

Feature: Beverly reaches out to peers about responsible sexuality. 236



UNIT FIVE: What About Single Life?239

Chapter 17: The Status of Singles240

The Single Lifestyle	241
Reasons for Single Living	242
Choosing Independence	242
Career Opportunities	242
New Conditions for Women	242
Delayed Marriage	244
Divorce	245
Emotional Pain	245
Finding a Partner	245
Family Ties	245
Widows and Widowers	246
Elderly	246
Patterns of Single Living	246
Living Alone	247
Living with Family	247
Joint Living	247
Inaccurate Labels	248
Single Living Ahead	249
Chapter 17 Review	250

Chapter 18: Successful Single Living ...252

Managing Single Life	253
Financial Planning	254
Housing	254
Safety	255
A Healthful Diet	256
Developing Relationships	256
The Desire for Children	258
Special Single Situations	258
Managing as a Single in the	
Family Home	259
Managing Shared Living	260
Managing as a Single Parent	260
Developing Contentment	261
Chapter 18 Review	262

Feature: Darrell reaches out to his mother, a single parent. 264



UNIT SIX: Is Married Life For You?267

Chapter 19: Marriage Customs and Laws268

- Marriage Customs 269
 - Marriage by Capture 269
 - Marriage by Purchase 270
 - Marriage For Love 270
- Marriage Laws 270
 - Monogamy 272
 - Legal Requirements for Marriage 272
 - Marriage Age 272
 - Physical Requirements 273
 - Documents 273
 - Waiting Period 275
 - Marriage Ceremonies and Officials 275
 - Prohibited Marriages 276
 - Common-Law Marriages 277
 - Changing Your Name 277
- The Need for Marriage Laws 277
- Chapter 19 Review* 278

Chapter 20: The Decision to Marry280

- Look Before You Leap 281
 - Examining Reasons for Marriage 282
 - The Attraction 282
 - Maturity Level 283
 - Education 283
 - Mutual Interests 283
 - Qualities and Habits 284
 - Compatibility 285
 - Goals and Desires 285
 - Convictions 285
 - Religion 286
 - Family 286
 - Friends 287
 - Children 287
 - Interracial Marriages 287
 - Different Nationalities 287
 - Role Expectations 288
 - Parental Input 288
 - Counseling 288
- Putting It All Together 289
- The Engagement 289
- The Wedding 289
- Chapter 20 Review* 292

Chapter 21: Successful Marriages294

- Planning for Success 295
- Accepting Each Other 296
- Communicating 296
- Making Decisions Together 298
- Sharing Responsibilities 299
- Resolving Conflicts 300
- Thoughtfulness 302
- Making Time For Each Other 303
- Intimacy 304
- Sexual Compatibility 304
- Making Time for Others 304
- In-Laws 305
- Outside Resources 307
- Making the Commitment 307
- Chapter 21 Review* 308

Chapter 22: Divorce and Remarriage ...310

- Problems in Marriage 311
- Looking for Solutions 312
 - Counseling 312
- Ending a Marriage 313
 - Divorce 313
 - Desertion 317
 - Annulment 317
 - Separation 318
- Remarriage 318
- Blended Families 319
- Chapter 22 Review* 322

Feature: Tracy reaches out to the members of her blended family. 324



UNIT SEVEN: Will You Become a Parent?327

Chapter 23: Parenting Decisions328

- Understanding Parenthood 329
 - Parenting Roles Today 329
 - Readiness for Parenthood 330
- Planning for Parenthood 333
 - Contraception 333
 - Problems with Infertility 333
- Teenage Parenthood 335
 - Health 336
 - Education 336
 - Money 337
- Unplanned Pregnancy 337
- Challenges and Rewards 339
- Chapter 23 Review* 340

Chapter 24: Becoming a Parent342

- Human Reproduction 343
 - Male Reproductive System 343
 - Female Reproductive System 344
- Conception 345
 - Genetics 346
- Signs of Pregnancy 347
- Pregnancy Tests 347
- Development of the Embryo and Fetus 347
- Healthy Pregnancy 348
 - Medical Care 348
 - Nutrition 350
 - Exercise 350
 - Rest 350
 - Complications 350
 - Drugs 351
 - Sexually Transmitted Diseases 352
- Preparation for Birth 352
- The Birth Process 353
- Chapter 24 Review* 354

Chapter 25: Parenting the Young Child356

- Bonding 357
- Understanding Development 358
- Patterns of Development 358

- The Newborn 358
 - Physical Development 358
 - Intellectual Development 360
 - Social and Emotional Development 360
- The Infant 360
 - Physical Development 360
 - Intellectual Development 361
 - Emotional Development 362
 - Social Development 362
- The Two- and Three-Year-Old 363
 - Physical Development 363
 - Intellectual Development 363
 - Emotional Development 364
 - Social Development 364
- The Preschooler 365
 - Physical Development 365
 - Intellectual Development 365
 - Emotional Development 366
 - Social Development 366
 - Moral Development 367
- Chapter 25 Review* 368

Chapter 26: Responsible Parenting370

- Parenting Responsibilities 371
- Parenting Styles 372
- Providing for Physical Needs 373
 - Food and Nutrition 373
 - Clothing for Children 373
 - Sleep and Rest 373
 - A Safe Environment 374
 - Medical Care 375
- Promoting Intellectual Development 375
 - Play 376
 - Language Development 376
- Promoting Social Development 378
- Promoting Moral Development 378
- Promoting Emotional Development 378
- Guidance and Discipline 380
- Protecting Children 381
- Children with Special Needs 383
- Choosing Child Care 384
- Additional Resources 385
- Chapter 26 Review* 386

Feature: Michelle reaches out to a friend in crisis. 388

**UNIT EIGHT: What Will Your Life's
Work Be?391**

Chapter 27: Finding the Right Career ..392

- Attitudes Toward Work 393
- Jobs of the Future 393
- Planning for a Career 394
 - Analyze Yourself 394
 - Look at Job Characteristics 394
- Explore Career Possibilities 396
- Set Goals 399
- Planning for Education and Training 399
 - Where Can You Go? 400
 - Cost Considerations 401
- Getting the Job 402
 - Applying for the Job 402
 - The Job Interview 403
- What's Ahead? 403
- Chapter 27 Review 404

Chapter 28: On the Job406

- Looking Ahead 407
- Adjusting to the World of Work 408
- Developing Your Career 408
 - Setting Goals 408
 - Pay Increases 409
 - Evaluations 409
 - Relocation 409
- Success on the Job 410
 - Do You Have a Positive Attitude? 410
 - Are You Dependable? 410
 - Are You Honest? 411
 - Are You a Willing Worker? 411
 - Can You Get Along with Others? 411
- Challenges on the Job 412
 - Job Loss 412
 - Discrimination 413
 - Balancing Work and Home Life 413
- Professionalism and Ethics 415
- Chapter 28 Review 416

*Feature: Dennis reaches out in an
after-school job. 418*



**UNIT NINE: Will You Be An
Informed Consumer?421**

Chapter 29: Managing Your Money422

The Money You Earn	423
Taxes	423
Social Security	424
Inflation	424
Recession	424
Using Your Management Skills	425
Making a Spending Plan	425
The Saving Habit	427
Managing a Checking Account	427
Joint Checking and Savings Accounts	427
Making Investments	428
Understanding Credit	428
Buying with Credit	429
Establishing Credit	430
Sharing a Household and Expenses	431
Solving Money Problems	431
Bankruptcy	432
Not Enough Money	433
Chapter 29 Review	434

Chapter 30: Buying Know-How436

You Need to Know	437
Your Values and Goals	437
Consumer Rights and Responsibilities	438
Understanding Advertising	438
Where Will You Shop?	441
Resisting Pressure and Gimmicks	441
Reading Labels and Warranties	442
Making Purchases	443
Impulse Buying	444
Solving Consumer Problems	445
Chapter 30 Review	446

Chapter 31: Making Consumer

Decisions448

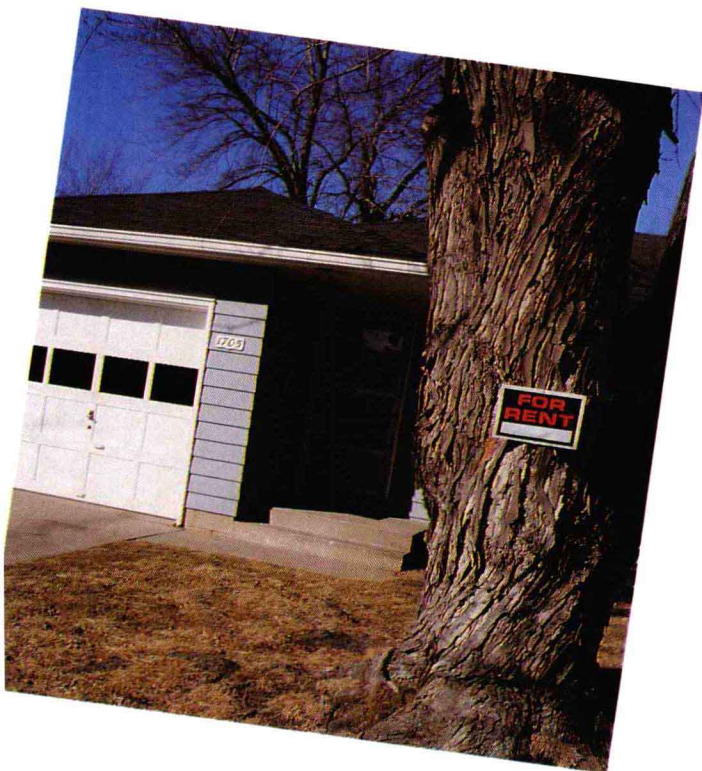
The Responsible Consumer	449
Housing	450
Renting an Apartment or House	450
Buying a House	450
Buying a Condominium	451
Buying a Manufactured Home	451
Buying Furnishings	452
Energy	453
Transportation	453
Food	454
Clothing	455
Recreation and Entertainment	455
Professional Services	456
Wills	456
Insurance	456
Life Insurance	456
Homeowners' Insurance	457
Automobile Insurance	457
Health and Accident Insurance	457
Chapter 31 Review	458

*Feature: Libby reaches out to her
neighborhood through a community
project.* 460

Glossary462

Index470

Credits480



KEENAN
American World Co.
Crestline, OH

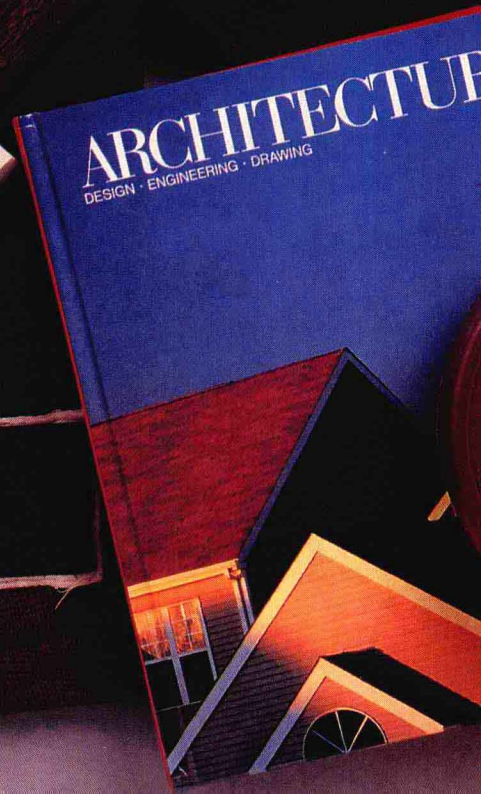
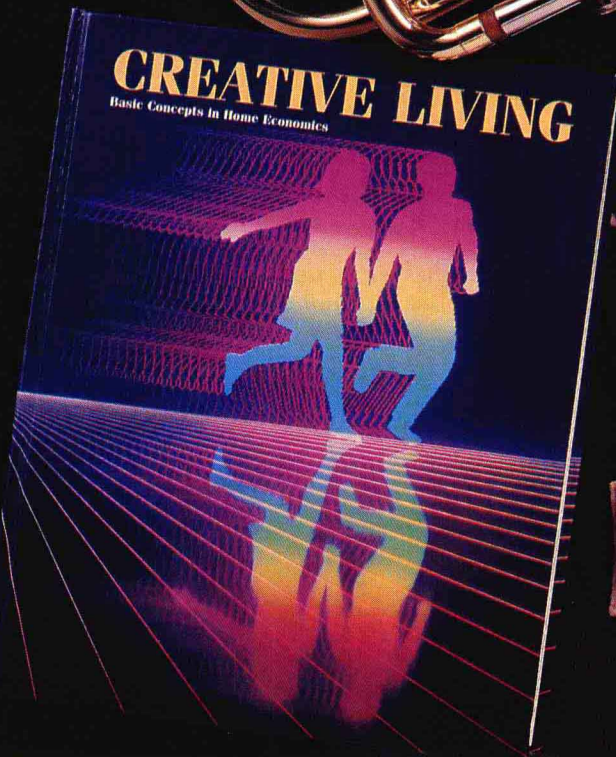
HUGS
ARE BETTER
THAN
DRUGS

PEEPS
Don't
Underestimate
Influence

D.A.R.E.

TO KEEP KIDS
OFF DRUGS

"Say **NO...** to drugs"



UNIT

1

What About You?

CHAPTER

- 1** Your Personality
- 2** Your Development
- 3** Your Character
- 4** Your Health
- 5** Your Future

Looking Ahead

This book is about the rest of your life. As a high schooler, you have many years ahead of you and some important decisions to make. The quality of your life depends on how well you make those decisions. Before you can look ahead, however, you need to look at now. Where are you today? What kind of person are you? Are you satisfied with yourself or are there some improvements you would like to make? In this unit you will get in touch with yourself. This is a first step toward knowing how to manage your future.



Your Personality

Chapter Challenge

Look for These Answers . . .

- Why is every person in the world unique?
- What factors influence one's personality?
- Explain Erikson's theory of personality development.
- What are self-concept and self-esteem?
- How does a person build self-esteem?

Look for These Terms . . .

- adolescence
- assertiveness
- culture
- environment
- extroverts
- heredity
- introverts
- personality
- self-concept
- self-esteem

