2026 EXPLORATORY FAMILY AND CONSUMER SCIENCES & HUMAN SERVICES

Program Standards

CONTENT STANDARD 1.0: PRINCIPLES OF FAMILY CONSUMER SCIENCES

Performance Standard 1.1: Student Leadership in Career Technical Student Organizations (CTSO)

1.1.1 Define the value, role, and opportunities provided through career technical student organizations (e.g., Family, Career and Community Leaders of America [FCCLA], SkillsUSA).

1.1.2 Investigate career exploration and skill development.

CONTENT STANDARD 2.0: FINANCIAL LITERACY AND RESOURCE MANAGEMENT

Performance Standard 2.1: Smart Financial Decisions

2.1.1 Develop strategies to set financial goals, make intentional financial decisions, and maintain spending plans.

2.1.2 Apply decision-making skills to budgeting and consumer purchasing.

CONTENT STANDARD 3.0: FOOD FOR LIFE: NUTRITION, WELLNESS, AND CULINARY SKILLS

Performance Standard 3.1: Nutrition, Wellness, and Culinary Skills

3.1.1 Investigate nutrition practices promoting wellness.

3.1.2 Apply *Eat Real Food* and USDA Dietary Guidelines.

3.1.3 Analyze nutrition labels.

Performance Standard 3.2: Food Preparation Skills

3.2.1 Measure ingredients accurately.

3.2.2 Demonstrate safe food handling.

3.2.3 Read and follow recipes.

3.2.4 Practice basic cooking techniques.

CONTENT STANDARD 4.0: HUMAN DEVELOPMENT AND CAREGIVING

Performance Standard 4.1: Human Growth and Development

4.1.1 Identify developmental stages.

4.1.2 Examine physical, emotional, social, and cognitive development.

Performance Standard 4.2: Caregiving Roles and Responsibilities

4.2.1 Demonstrate caregiving skills.

4.2.2 Practice supervision and safety.

4.2.3 Use age-appropriate language to guide a child's behavior.

Performance Standard 4.3: Safety Preparedness

4.3.1 Identify child safety practices.

4.3.2 Demonstrate appropriate responses to common childcare emergencies.

CONTENT STANDARD 5.0: BUILDING HEALTHY RELATIONSHIPS

Performance Standard 5.1: Interpersonal Relationships and Communication

5.1.1 Explore interpersonal and family relationship concepts.

5.1.2 Identify different types of relationships (e.g. family, friendships, school, and workplace relationships).

5.1.3 Demonstrate effective communication skills and styles.

5.1.4 Apply active listening, through appropriate verbal and nonverbal communication.

Performance Standard 5.2: Healthy vs. Unhealthy Relationships

5.2.1 Identify characteristics of healthy and unhealthy relationships.

5.2.2 Describe personal boundaries, limits, and refusal skills.

5.2.3 Analyze the impact of peer pressure and media influences on relationships.

5.2.4 Develop strategies for making safe, responsible relationship choices.

CONTENT STANDARD 6.0: SPACES FOR LIVING

Performance Standard 6.1: Design Principles and Elements

6.1.1 Identify basic interior design elements (e.g. color, texture, line, space, form, and pattern).
6.1.2 Apply design principles (e.g. balance, proportion, harmony, and contrast).

Performance Standard 6.2: Interior Design Skills and Applications

6.2.1 Demonstrate basic interior design skills through planning and design activities.
6.2.2 Create simple design plans.

CONTENT STANDARD 7.0: FASHION FORWARD: TEXTILE, DESIGN, AND CONSUMER SKILLS

Performance Standard 7.1: Textile Knowledge

7.1.1 Identify basic textile fibers, fabrics, and their uses.
7.1.2 Recognize terminology associated with textiles, fashion, and merchandising.

Performance Standard 7.2: Sewing Skills and Equipment

7.2.1 Identify and safely use hand-sewing and machine-sewing equipment.
7.2.2 Understanding sewing machine parts and operation (e.g. threading, setup).
7.2.3 Apply basic sewing techniques to create or repair a textile product.
7.2.4 Follow written and oral directions when completing sewing projects.

Performance Standard 7.3: Clothing Care and Maintenance

7.3.1 Interpret care labels to select correct cleaning and maintenance methods.
7.3.2 Demonstrate basic clothing care skills (e.g. laundering, ironing, and minor repairs).

IDCTE Document Control Information

Program Standard Revision:

Date	Standard #	Original	Summary of Change	Revised By	Approved By
10/26/26	Performance Standard 4.3	Performance Standard 4.4	Corrected number sequence 4.4 to 4.3	Karen Brown	Chet Andes