



Human Growth and Development

Stress on Families

May 22, 2020



Lesson: May 22, 2020

Objective: Students will be able to understand what stress can do to a family and identify ways to handle stress within the family.

Learning Target: 7.4.1



How to do assignments:

If you created a google doc last week, continue on it. If you did not, then:

- Create a google doc.
- Put today's date and the lesson topic
- Put the questions and answers under that date. (You may need to copy the questions from the lesson and paste them into your doc)



This week is about the challenges that a family may face. Today is about stress on a family, the causes and what it may look like.

Go to the following website and use the information to answer the questions on the next slide.

[Stress on a Family](#)



1. What do “perfect families” on TV and movies develop in families?
2. List the 4 things that stress does to families.
3. List the 5 steps to fight the stress as a family.
4. List the 3 things you can do to limit your stress and explain why.