

# A Life-design for Home Economics to Promote Youth Autonomy in a Sustainable and Cohesive Society : Inter-related Framework of Learning Materials for Home Economics' "Basic Home Economics" and Civics' "Public"

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## Abstract

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The objective of this study is to enrich the academic content of "cohesive society and welfare" in high school home economics which aims to help young people become more autonomous. The concepts of "coexistence" and "cohesive society" were summarized from previous research, curriculum guidelines and textbook contents. "Cohesive society and welfare" unit in home economics covers lifestyle issues in families and regional society that are related to social change from its implementation to problem solving, working together with the lifestyle culture and regional welfare comprised by the region to propose new ways of existence for households, regions, and society, and contribute to building a lifestyle platform for society with sustainable development.

The content of "cohesive society and welfare" unit can be understood through the inter-related framework of self-help, cooperation and public assistance, and with links to public content, which was adopted as a civics subject unit by the new MEXT curriculum guidelines (2018). In addition, a conceptual model was suggested to help students become autonomous by taking charge of designing their own lifestyles, and contribute to creating a sustainable development society. This model was drafted by structuring content around the inter-relatedness of self-help, cooperation and public assistance, from the viewpoint of the inter-relationships among the actions of others, society and environment.

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*Key words;* home economics, civics, sustainable development, cohesive society, self-help/  
cooperation/public assistance