

CORE PRINCIPLES

Human needs, individual well-being, family resilience, and community vitality are core principles of the Family and Consumer Sciences profession because they represent the essential and enduring focus of the profession's work. These interconnected principles unify diverse areas of practice and guide FCS professionals in empowering individuals, strengthening families, and enhancing the quality of life within communities.

- **Human Needs:** Meeting human needs is the starting point for all FCS work. Whether it's food, shelter, safety, belonging, or personal growth, FCS professionals design systems, resources, and interventions that ensure individuals and families can thrive. Every FCS specialization—nutrition, housing, child development, textiles, consumer economics - begins with understanding and responding to basic and complex human needs.
- **Individual Well-Being:** FCS promotes optimal living and lifespan development by addressing the physical, emotional, social, and economic aspects of well-being. Individual well-being is influenced by knowledge, behaviors, environments, and choices - making it a cross-cutting concern regardless of FCS practice areas.
- **Family Resilience:** Families are the primary units of care, education, and socialization. Strengthening their ability to adapt and bounce back from challenges is central to the profession's purpose. FCS views families as dynamic systems, and resilience is essential for sustaining health, stability, and functionality through change or adversity.
- **Community Vitality:** FCS professionals recognize that strong individuals and families exist within healthy, vibrant communities. Promoting community vitality supports equity, access, inclusion, and sustainable development. From policy development to local outreach, FCS works in communities to enhance quality of life and collective well-being.

Why These Are Core Principles for the Profession:

- They unify the diverse specializations within FCS.
- They endure over time, even as tools and delivery methods evolve.
- They reflect the moral and ethical commitments of the field.
- They provide a shared language and purpose for education, practice, and research.
- They guide the profession's impact on individuals, families, and communities.