



NATIONAL RESOURCE CENTER *for*  
HEALTHY MARRIAGE *and* FAMILIES

# Guide to Free and Low-Cost, Research- Based Healthy Marriage and Relationship Education Curricula for Safety-Net Service Providers

U.S. Department of Health and Human Services, Administration for  
Children and Families, Office of Family Assistance  
National Resource Center for Healthy Marriage and Families

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# Guide to Free and Low-Cost, Research-Based Healthy Marriage and Relationship Education Curricula for Safety-Net Service Providers

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## About this Guide

We created this *Guide to Free and Low-Cost, Research-Based Healthy Marriage and Relationship Education Curricula for Safety-Net Service Providers* to support safety-net service providers like you who are exploring, developing, or already integrating healthy marriage and relationship education skills into the services you provide as a holistic approach to strengthening families. Safety-net services are services that Federal, State, Local, and Tribal government entities and their community partners provide to help individuals and families achieve their potential for self-sufficiency and stability. They include workforce services, child welfare, domestic violence prevention, Head Start, child support enforcement, public housing, and education. We selected 32 free or low-cost, research-based curricula focused on healthy marriage and relationship skills such as communication and conflict resolution.

The benefits of healthy marriage to families and communities are well-established. Nationally, family fragmentation due to divorce and unwed childbearing is costing U.S. taxpayers at least \$112 billion each year in Federal, State, and Local government spending on safety-net services as well as foregone tax revenues (Scafidi, 2008). Evidence-based benefits to the physical, social, and emotional well-being of adults and children include:

- Adult outcomes: Better physical and emotional health; greater financial well-being; better relationships with their children; decreased risk of drug and alcohol abuse.
- Child outcomes: Better physical and emotional health; better school performance; fewer behavioral problems in school; better relationship with their mothers and fathers; lower likelihood of drug and alcohol abuse; lower rates of teen pregnancy; decreased risk of divorcing when they marry (Wilcox, 2005).

Healthy marriage and relationship education encompasses a wide array of workshops, courses, and skill-building sessions designed to help individuals, couples, and families experience healthy relationships. Most healthy marriage and relationship education programs focus on building and supplementing key interpersonal skills such as communication and conflict resolution.

Until recently, healthy marriage and relationship education was neither targeted to nor easily accessible to low-income families, despite ample evidence that poverty correlates with multiple negative child and family outcomes. Recognizing this gap and the fact that strong families are the foundation of strong communities, several Federal, Tribal, State, and Local agencies have created healthy marriage initiatives to encourage the formation and maintenance of two-parent families, promote healthy relationships, and reduce divorce and out-of-wedlock childbearing. These initiatives reach a diverse range of populations, including low-income married couples, single parents, foster parents, stepparents, military service members and their families, incarcerated parents, and individuals who are co-parenting but not married. The U.S. Department of Health and Human Services, Administration for Children and Families also has administered funding targeted to specific populations such as its African American Healthy Marriage Initiative, Hispanic Healthy Marriage Initiative, and Native American Healthy Marriage Initiative.

Your efforts and the efforts of safety-net service providers like you are making it possible for low-income individuals and families – those most at-risk of having unhealthy relationships – to experience the benefits of learning and strengthening their relationship skills so they can have healthy marriages – now or in the future. We invite you to use this *Guide* to help find a complete curriculum or selected components that will fit the relationship-strengthening needs of the individuals or families you serve.

### **Curriculum Selection – Criteria We Used**

You have many critical decisions to make before integrating healthy marriage and relationship education or adjusting existing services to strengthen healthy relationship skills. One of the most important decisions is your choice of curriculum. A curriculum provides a designed course of study that allows one to reach learning objectives. Curricula may include instructional booklets, lesson plans, discussion guides, or an outline of topics along with specific activities.

There are many curricula designed to promote healthy marriages and enhance relationship skills, and we could not possibly include all of them here. At a minimum, your efforts should be backed by research and cost effective. With that in mind, we used three simple criteria to select curricula for inclusion:

- 1) learning objectives focused on healthy marriages or relationships (e.g., better communication and conflict resolution);
- 2) low cost; and
- 3) content built on healthy marriage and relationship research.

We defined “low cost” as a curriculum that could be purchased for \$300.00 or less, including materials (e.g., participant workbooks) to serve at least 20 participants. We provide cost details in each curriculum’s synopsis. We determined that content was built on healthy marriage and relationship research based on inclusion of scholarly references within each curriculum’s informational materials (e.g., the content included citations throughout; a reference list was included).

Please note that, although all curricula in this *Guide* were deemed to be *research-based*, they were not necessarily *evidence-based*. Evidence-based curricula are those that have been rigorously tested in the field and deemed to be effective at achieving program goals or objectives based on program evaluations that were conducted in an unbiased manner. Although some of the curricula included in this *Guide* may be evidence-based, we did not limit our assessment and selection to evidence-based curricula. This was intentional as replication of the results obtained during the rigorous testing of the evidence-based curricula assumes fidelity to curriculum and consistent content delivery to similar target audiences. A survey of healthy marriage practitioners working with low-income and culturally diverse populations over the last five years found that the majority of the practitioners found the need to modify the curriculum they selected to make it more educationally or culturally appropriate for their target audiences (Office of Family Assistance & ICF International, 2011).

## Guide Components

We divided the remainder of this *Guide* into three sections:

- 1) **Introduction.** This section provides step-by-step instructions to maximize your benefits from use of the *Guide*.
- 2) **Curricula Summary Table.** This grid contains an alphabetized list of each curriculum along with curriculum content and target populations; and is a quick reference tool to show:
  - a. whether the curriculum contains only “traditional” healthy marriage education components (i.e., communication, conflict resolution) or if it also includes parenting education, financial education, or both; and
  - b. for which target population(s) the curriculum was designed or intended (i.e., individuals, couples, parents, youth, families, special populations).
- 3) **Curricula Synopses.** This section contains a synopsis for each curriculum. Wherever possible, we used the information and recommendations provided in the curriculum material or made by the author(s). If there was insufficient information to complete a synopsis section, then we left that section blank. Each synopsis includes:
  - a. Title
  - b. Author(s) (including affiliation and contact information, if available)
  - c. Learning objective(s)
  - d. Brief description
  - e. URL (website, if available, where further information regarding the curriculum may be found)
  - f. Content category (traditional or traditional + parenting/financial education/both)
  - g. Target population(s)
  - h. Language(s)
  - i. Length (estimated time it takes to deliver the entire curriculum)
  - j. Modules/lessons
  - k. If modules/lessons can be taught independently (whether individual modules can be taught as stand-alone lessons or if the curriculum should be taught as a whole)
  - l. Instructional method (e.g., lecture/presentation, reading of text, coaching, use of website or media to present content, guided activities, guided discussions)
  - m. Delivery method
    - i. Self-taught = an individual, couple, or family can complete the curriculum independently (e.g., self-guided online course; reading a workbook)
    - ii. One-on-one = an educator can teach the curriculum to a single individual, couple, or family
    - iii. Small group = the curriculum can be taught to a group of eight or fewer participants

- iv. Large group = the curriculum can be taught to a group of nine or more participants
- n. Training requirements (qualifications or preparation recommended for the facilitator prior to using the curriculum)
- o. Facilitator instructions provided
- p. Supplemental materials available (e.g., brochures, online resources)
- q. Price (cost of curriculum plus cost of any necessary materials to serve at least 20 participants; what materials are included in cost; where to purchase or obtain).

### Tips for Curricula Selection

The *Guide* offers a practical and easy-to-use process to help you identify healthy marriage or relationship education curricula or modules best suited to strengthen the families and communities you serve. Each curriculum synopsis lists that curriculum's learning objectives and lessons or modules. It also describes the method (e.g., DVD, lecture/presentation) and suitable modes (e.g., self-taught, small group) for instruction. Use the step-by-step process outlined in the Introduction to help you select curricula based on your agency/organization's goals and needs.

#### General Tips

**Research indicates that adult learners learn best when they have the opportunity to experience something directly, can offer their own opinions and stories without feeling threatened, and can engage in material in an informal environment. They also learn best when they can clearly see how the information is relevant to their lives, meets their needs, and can be used to solve problems that they actually experience. Consideration of these adult learning principles may aid in deciding which curriculum content, instructional method, and delivery method is right for your needs.**

Additional tips for deciding on best instructional and delivery methods:

- If you or your agency staff have limited contact with your clients, then consider integrating a healthy marriage and relationship education curriculum that clients can complete independently, such as self-taught workbooks or online delivery.
- If you or your staff have limited client contact and your potential participants have low-literacy, learning disabilities, or other potential barriers to independent learning, consider partnering with an agency or organization that can provide one-on-one or small group (eight or fewer participants) instruction.
- If your agency has capacity to accommodate large groups (nine or more participants), consider hosting small or large group instruction and allowing partner agencies to refer clients to your facility.
- Look for guided activities and visual aids. Individuals may vary greatly in their overall learning styles and may have more success when the learning experience uses a variety of teaching methods.

## Suggested Resources

- The following resources may also be helpful when you are trying to identify appropriate curricula for integrating healthy marriage and relationship education into your services:
- U.S. Department of Health and Human Services, Administration for Children and Families, Healthy Marriage Initiative - <http://www.acf.hhs.gov/programs/ofa/resource/the-healthy-marriage-initiative-hmi>
- The National Resource Center for Healthy Marriage and Families - <https://www.healthymarriageandfamilies.org/>
- U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, National Registry of Evidence-Based Programs and Practices - <http://www.nrepp.samhsa.gov/>

## References

Scafidi, B. (2008). *The taxpayer costs of divorce and unwed childbearing: First-ever estimates for the nation and all fifty states*. New York, NY: Institute for American Values.

Wilcox, W. B. (2005). *Why marriage matters: Twenty-six conclusions from the social sciences* (2nd ed). New York, NY: Broadway Publications.

U.S. Department of Health and Human Services, Administration for Children and Families, Office of Family Assistance & ICF International. (2011). *The impact of healthy marriage programs on low-income couples and families: Program perspectives from across the United States*. Fairfax, VA: ICF International.

## Disclaimer

*The information contained in this guide is provided as a service to the reader. The curricula and resources listed are not all inclusive. Their mention should not be construed as implying, in any way, that the U.S. Department of Health and Human Services or the Administration for Children and Families endorses or favors any organization, company, institution, person, activities, products or services. Similarly, an omission from this list does not indicate or suggest disapproval or censure. There may have been price changes since this information was compiled and the cost of any curricula or resource is subject to change without notice.*

## Introduction

This *Guide* is intended for use as an electronic resource; printing it will limit its functionality. We recommend that you follow the steps below to maximize your use of this *Guide*.

### Step 1:

Determine your target population. Will you serve single or co-parenting individuals? Couples? Youth? Whole families? A culturally-specific population?

### Step 2:

Determine your target participants' strengths and needs, and consider your currently available services. In particular, consider whether any services designed to enhance parenting skills or financial management are suited for your target population. Based on that information, decide whether a traditional healthy marriage or relationship education curriculum (i.e., communication, conflict resolution) will be sufficient to help strengthen the participants' intimate relationship and interpersonal skills or whether you would also like a curriculum that incorporates parenting education, financial education, or both.

### Step 3:

Review the Curricula Summary Table on page 7 to find curricula that are suited for your target population and their healthy marriage or relationship education needs. This table provides a complete list of the curricula that we reviewed and assessed.

### Step 4:

Select the titles of the curricula that are initial matches with your criteria (i.e., you will be prompted to press Ctrl + click with your mouse) to jump to each curriculum's full synopsis to learn more about it. (Curricula Synopses begin on page 11 of this *Guide*.)

### Step 5:

Eliminate curricula from consideration with an instructional method, delivery method, training requirements, or other components that will not work for your setting and service delivery options. Once appropriate curricula are identified, use remaining information to determine which options may be best suited to achieve your goals.

### Step 6:

For technical assistance with the integration of healthy marriage and relationship education into your service delivery system, contact the National Resource Center for Healthy Marriage and Families. For additional information about a particular curriculum, including details that are not included in this *Guide*, please contact the authors directly or refer to the curriculum website.

### **National Resource Center for Healthy Marriage and Families**

[www.HealthyMarriageandFamilies.org](http://www.HealthyMarriageandFamilies.org)

[Info@HealthyMarriageandFamilies.org](mailto:Info@HealthyMarriageandFamilies.org)

Phone: 1-866-916-4672

## Curricula Summary Table

Curriculum Title		Curriculum Content				Population(s) Designed For/Used With					
		Healthy Marriage & Relationship Education Only	Healthy Marriage & Relationship Education + Parenting	Healthy Marriage & Relationship Education + Financial Education	Healthy Marriage & Relationship Education + Parenting + Financial	Individuals	Couples	Parents	Youth	Families	Special Population
1	<a href="#">Basic Family Communication</a>	X					X	X	X	X	
2	<a href="#">Basic Training for Couples: A Black Marriage Education Curriculum for Couples, Instructors and Organizations</a>	X					X	X			X
3	<a href="#">Basic Training for Men: A Black Marriage Education Curriculum for Men, Instructors and Organizations</a>	X				X					X
4	<a href="#">Basic Training for Singles: A Black Marriage Education Curriculum for Singles, Instructors and Organizations</a>	X				X					X
5	<a href="#">Basic Training for Women: A Black Marriage Education Curriculum for Women, Instructors and Organizations</a>	X				X					X
6	<a href="#">Celebrating Families!</a>		X					X		X	X
7	<a href="#">Couple Talk: Enhancing Your Relationship</a>	X				X	X	X			

Curriculum Title		Curriculum Content				Population(s) Designed For/Used With					
		Healthy Marriage & Relationship Education Only	Healthy Marriage & Relationship Education + Parenting	Healthy Marriage & Relationship Education + Financial Education	Healthy Marriage & Relationship Education + Parenting + Financial Education	Individuals	Couples	Parents	Youth	Families	Special Population
8	<a href="#">Family Change: Separation and Divorce</a>		X			X	X	X			
9	<a href="#">Family Foundations</a>		X				X	X			
10	<a href="#">Florida Marriage Preparation Course [Before You Tie the Knot]</a>			X		X	X				
11	<a href="#">Long Live the Healthy Family: A Program for Building and Maintaining Strong Latino Marriages and Families</a>	X					X	X		X	X
12	<a href="#">LoveSmart: Volume 1 (DVD)</a>	X				X		X	X		
13	<a href="#">Loving Relationships</a>	X				X	X	X			X
14	<a href="#">Marriage Moments</a>	X					X	X			
15	<a href="#">Parenting and Paternity Awareness (p.a.p.a.)</a>		X			X			X		X

Curriculum Title		Curriculum Content				Population(s) Designed For/Used With					
		Healthy Marriage & Relationship Education Only	Healthy Marriage & Relationship Education + Parenting	Healthy Marriage & Relationship Education + Financial Education	Healthy Marriage & Relationship Education + Parenting + Financial Education	Individuals	Couples	Parents	Youth	Families	Special Population
16	<a href="#">Power of Two</a>	X				X	X				
17	<a href="#">PREPARE / ENRICH</a>				X		X	X			X
18	<a href="#">Promoting Child Welfare: Training Professionals to Support Healthy Marriages, Relationships and Families</a>	X				X					
19	<a href="#">RQ: Building Relationship Intelligence</a>	X				X	X		X		
20	<a href="#">Saying "I Do" Consider the Possibilities</a>			X		X	X				
21	<a href="#">Smart Steps for Couples in Stepfamilies</a>				X	X	X	X	X	X	X
22	<a href="#">Stepping Stones for Stepfamilies</a>				X	X	X	X		X	X
23	<a href="#">Strong Latino Couple Relationships: Activity Book for Couples</a>	X					X				X

Curriculum Title	Curriculum Content				Population(s) Designed For/Used With					
	Healthy Marriage & Relationship Education Only	Healthy Marriage & Relationship Education + Parenting	Healthy Marriage & Relationship Education + Financial Education	Healthy Marriage & Relationship Education + Parenting + Financial Education	Individuals	Couples	Parents	Youth	Families	Special Population
24	<a href="#">Strong Relationships, Strong Families: A Curriculum for Couples, Individuals and Families</a>	X				X	X			X
25	<a href="#">Survive, Strive, Thrive: Keys to Healthy Family Living</a>	X				X	X	X	X	X
26	<a href="#">The Healthy Marriage Handbook: Keys to a Successful Marriage</a>				X		X			
27	<a href="#">The Marriage Garden</a>	X				X	X			
28	<a href="#">The R Factor: Building Resiliency in Young Adults</a>				X				X	
29	<a href="#">The Real Deal on Love, Relationships and Marriage</a>	X				X	X		X	X
30	<a href="#">Together We Can: Creating a Healthy Future for Our Family</a>				X		X	X		

Curriculum Title		Curriculum Content				Population(s) Designed For/Used With					
		Healthy Marriage & Relationship Education Only	Healthy Marriage & Relationship Education + Parenting	Healthy Marriage & Relationship Education + Financial Education	Healthy Marriage & Relationship Education + Parenting + Financial Education	Individuals	Couples	Parents	Youth	Families	Special Population
31	<a href="#">Utah Divorce Orientation/Should I Keep Trying to Work It Out?: A Guidebook for Individuals and Couples at the Crossroads of Divorce (And Before)</a>				X	X	X	X			
32	<a href="#">Why Buy the Cow? When You Can Get the Milk for Free...A Lesson on Cohabitation</a>	X							X		

## Curricula Synopses

Basic Family Communication	
<b>Author(s)</b>	Charlotte Shoup Olsen, Ph.D., Professor and Extension Specialist, School of Family Studies and Human Sciences, Kansas State University
<b>Objectives</b>	Participants will learn: <ol style="list-style-type: none"> <li>1. How family communication affects family relations</li> <li>2. Effective ways to listen to other family members</li> <li>3. Respectful ways to express themselves</li> <li>4. The impact of unspoken family rules</li> <li>5. How to handle difficult issues</li> <li>6. The benefits of having fun together</li> </ol>
<b>Brief Description</b>	<i>Basic Family Communication</i> is designed for families who are seeking to improve everyday communication among family members. This educational program emphasizes skill-building for improving family communication and interaction. It is NOT a replacement for families who need counseling or therapy to deal with their family problems. The goal of the program is to nurture in family members the capacity to engage in mindful communication with each other.
<b>URL</b>	<a href="http://www.bookstore.ksre.ksu.edu/pubs/s134e.pdf">http://www.bookstore.ksre.ksu.edu/pubs/s134e.pdf</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> Youth <input checked="" type="checkbox"/> Families <input type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Two-hour session
<b>Modules/Lessons</b>	The following six basic concepts are used to describe family communication: <ul style="list-style-type: none"> <li>• Concept 1: Why Family Communication Is Important</li> <li>• Concept 2: Take Time to Listen</li> <li>• Concept 3: How We Say It Makes a Big Difference</li> <li>• Concept 4: The Impact of Unspoken Rules</li> <li>• Concept 5: Handling Tough Times</li> <li>• Concept 6: Having Fun Together</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Group workshop with 6-18 participants
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Review of material
<b>Facilitator Instructions Provided</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Review of material
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No      Description:
<b>Price</b>	Free      Includes: Leader's guide and participant fact sheets

<b>Basic Training for Couples: A Black Marriage Education Curriculum for Couples, Instructors and Organizations</b>	
<b>Author(s)</b>	Dr. Rozario Slack (P.O. Box 11204, Chattanooga, TN 37401; 423-355-0099; <a href="mailto:info@rozarioslack.com">info@rozarioslack.com</a> ) and Nisa Islam Muhammad
<b>Objectives</b>	The series helps participants understand: <ol style="list-style-type: none"> <li>1. The benefits of marriage</li> <li>2. How to improve their communication</li> <li>3. How to manage their conflict</li> <li>4. How to deepen their commitment</li> </ol>
<b>Brief Description</b>	This curriculum contains weekly sessions; exercises that may be used as is, adapted, or replaced; homework you may use, adapt, or replace; weekly affirmations, which the authors recommend using and adapting; as well as new habits to learn, which the authors strongly recommend using and adapting as well.
<b>URL</b>	<a href="http://www.rozarioslack.com">http://www.rozarioslack.com</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Eight sessions – 2 hours total
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Session 1: Why Marriage?</li> <li>• Session 2: From I to We: The Sweetness of Surrender</li> <li>• Session 3: Communication: Getting Your Message Understood</li> <li>• Session 4: Making Marriage Work with Conflict Management</li> <li>• Session 5: Let's Make Love</li> <li>• Session 6: From Yours and Mine to Ours</li> <li>• Session 7: Keeping the F.I.R.E. Burning</li> <li>• Session 8: From This Day Forward: Forever and for Keeps</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Use of DVD to present material
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	None
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                      Description:
<b>Price</b>	\$179.00                      Includes: DVD

## Basic Training for Men: A Black Marriage Education Curriculum for Men, Instructors, and Organizations

<b>Author(s)</b>	Dr. Rozario Slack (P.O. Box 11204, Chattanooga, TN 37401; 423-355-0099; <a href="mailto:info@rozarioslack.com">info@rozarioslack.com</a> )
<b>Objectives</b>	The series helps participants understand: <ol style="list-style-type: none"> <li>1. The benefits of marriage</li> <li>2. How to improve their communication</li> <li>3. How to manage their conflict</li> <li>4. How to deepen their commitment</li> </ol>
<b>Brief Description</b>	This curriculum contains weekly sessions; exercises that may be used as is, adapted, or replaced; homework you may use, adapt, or replace; weekly affirmations, which the authors recommend using and adapting; as well as new habits to learn, which the authors strongly recommend using and adapting as well.
<b>URL</b>	<a href="http://www.rozarioslack.com">http://www.rozarioslack.com</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Eight sessions – 1 hour 40 minutes total
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Session 1: Why Marriage?</li> <li>• Session 2: From I to We: The Sweetness of Surrender</li> <li>• Session 3: Communication: Getting Your Message Understood</li> <li>• Session 4: Making Marriage Work with Conflict Management</li> <li>• Session 5: Let's Make Love</li> <li>• Session 6: From Yours and Mine to Ours</li> <li>• Session 7: Keeping the F.I.R.E. Burning</li> <li>• Session 8: From This Day Forward: Forever and for Keeps</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Use of DVD to present material
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	None
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No      Description:
<b>Price</b>	\$99.00      Includes: DVD

<b>Basic Training for Singles: A Black Marriage Education Curriculum for Singles, Instructors and Organizations</b>	
<b>Author(s)</b>	Dr. Rozario Slack (P.O. Box 11204, Chattanooga, TN 37401; 423-355-0099; <a href="mailto:info@rozarioslack.com">info@rozarioslack.com</a> ) and Nisa Islam Muhammad
<b>Objectives</b>	The series helps participants understand: <ol style="list-style-type: none"> <li>1. The benefits of marriage</li> <li>2. How to improve their communication</li> <li>3. How to manage their conflict</li> <li>4. How to deepen their commitment</li> </ol>
<b>Brief Description</b>	This curriculum contains weekly sessions; exercises that may be used as is, adapted, or replaced; homework you may use, adapt, or replace; weekly affirmations, which the authors recommend using an adapting; as well as new habits to learn, which the authors strongly recommend using and adapting as well.
<b>URL</b>	<a href="http://www.rozarioslack.com">http://www.rozarioslack.com</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	8 sessions – 1 hour 15 minutes total
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Session 1: Why Marriage?</li> <li>• Session 2: From I to We: The Sweetness of Surrender</li> <li>• Session 3: Communication: Getting Your Message Understood</li> <li>• Session 4: Making Marriage Work with Conflict Management</li> <li>• Session 5: What About Sex</li> <li>• Session 6: Forming a Family</li> <li>• Session 7: The F.I.R.E. Drill</li> <li>• Session 8: From This Day Forward: Forever and for Keeps</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Use of DVD to present material
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	None
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No      Description:
<b>Price</b>	\$99.00      Includes: DVD

## Basic Training for Women: A Black Marriage Education Curriculum for Women, Instructors and Organizations

<b>Author(s)</b>	Nisa Islam Muhammad
<b>Objectives</b>	The series helps participants understand: <ol style="list-style-type: none"> <li>1. The benefits of marriage</li> <li>2. How to improve their communication</li> <li>3. How to manage their conflict</li> <li>4. How to deepen their commitment</li> </ol>
<b>Brief Description</b>	This curriculum contains weekly sessions; exercises that may be used as is, adapted, or replaced; homework you may use, adapt, or replace; weekly affirmations, which the authors recommend using and adapting; as well as new habits to learn, which the authors strongly recommend using and adapting as well.
<b>URL</b>	<a href="http://www.rozarioslack.com">http://www.rozarioslack.com</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Eight Sessions - 1 hour 20 minutes total
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Session 1: Why Marriage?</li> <li>• Session 2: From I to We: The Sweetness of Surrender</li> <li>• Session 3: Communication: Getting Your Message Understood</li> <li>• Session 4: Making Marriage Work with Conflict Management</li> <li>• Session 5: Let's Make Love</li> <li>• Session 6: From Yours and Mine to Ours</li> <li>• Session 7: Keeping the F.I.R.E. Burning</li> <li>• Session 8: From This Day Forward: Forever and for Keeps</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Use of DVD to present material
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	None
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No      Description:
<b>Price</b>	\$99.00      Includes: DVD

Celebrating Families!	
<b>Author(s)</b>	National Association for Children of Alcoholics
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To break the cycles of chemical dependency and violence/abuse in families by increasing participant knowledge and use of healthy living skills.</li> <li>2. To decrease participants' use of alcohol and other drugs and to reduce relapse by teaching all members of the family about the disease of chemical dependency and its impact on families.</li> <li>3. To positively influence family reunification by integrating recovery into daily family life and by teaching healthy parenting skills.</li> </ol>
<b>Brief Description</b>	The <i>Celebrating Families!</i> curriculum is a cognitive behavioral, support group model written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect. <i>Celebrating Families!</i> works with every member of the family, from ages three through adult, to strengthen recovery from alcohol and/or other drugs, break the cycle of addiction, and increase successful family reunification. <i>Celebrating Families!</i> fosters the development of safe, healthy, fulfilled, and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts with healthy family living skills.
<b>URL</b>	<a href="http://www.celebratingfamilies.net">http://www.celebratingfamilies.net</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting
<b>Target Population</b>	<input type="checkbox"/> Individuals <input type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input checked="" type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description: The curriculum engages every member of the family, ages three through adult, to foster the development of healthy and addiction-free individuals.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	16 weeks – 2 hour sessions
<b>Modules/Lessons</b>	Family Dinner (precedes each session)  1: Orientation and Getting Started                      2: Healthy Living 3: Nutrition    4: Communication 5: Feelings and Defenses                                      6: Anger Management 7: Facts about Alcohol, Tobacco, and Other Drugs 8: Chemical Dependency is a Disease 9: Chemical Dependency Affects the Whole Family 10: Goal Setting    11: Making Healthy Choices 12: Healthy Boundaries    13: Healthy Friendships and Relationships 14: How We Learn    15: Our Uniqueness 16: Celebration!

Table continued on the following page →

### Celebrating Families! *Continued*

<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Family group sessions
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Review of material, optional training workshop
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No    Description: Free brochures
<b>Price</b>	\$215.00    Includes: Five spiral-bound volumes, master handouts and posters, CD for children sessions, DVD

Couple Talk: Enhancing Your Relationship	
<b>Author(s)</b>	Charlotte Shoup Olsen, Ph.D., Professor and Extension Specialist, School of Family Studies and Human Sciences, Kansas State University
<b>Objectives</b>	<p>The purpose of this program is to strengthen partner relationships by building skills that emphasize growth and behavioral change. Persons using the materials should accomplish the following six objectives:</p> <ol style="list-style-type: none"> <li>1. Understand the role that fighting plays in maintaining a satisfying relationship</li> <li>2. Adopt active listening techniques when communicating with each other about significant issues</li> <li>3. Use “I” statements to express feelings about important matters</li> <li>4. Identify expectations that frequently cause conflict</li> <li>5. Set priorities that will allow the couple to maintain a balance between their relationship and work and family responsibilities</li> <li>6. Identify and adopt practices that strengthen and protect a couple’s friendship</li> </ol>
<b>Brief Description</b>	<i>Couple Talk</i> emphasizes skill-building. It also stresses a process of growth and behavior change to help the relationship become stronger and more satisfying to both partners. The process is risky and it takes time. It requires partners to reveal more of themselves and accept what their mates are revealing.
<b>URL</b>	Teaching guide available at: <a href="https://www.bookstore.ksre.ksu.edu/pubs/MF2296.pdf">https://www.bookstore.ksre.ksu.edu/pubs/MF2296.pdf</a> Personal study course available at: <a href="http://www.bookstore.ksre.ksu.edu/pubs/mf2297.pdf">http://www.bookstore.ksre.ksu.edu/pubs/mf2297.pdf</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Six lessons – 1 hour each
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Lesson 1: How to Fight Right</li> <li>• Lesson 2: Learning to Listen</li> <li>• Lesson 3: Expressing Yourself</li> <li>• Lesson 4: Managing Expectations</li> <li>• Lesson 5: The Balancing Act</li> <li>• Lesson 6: Best Friends</li> <li>• Lesson 7: Survey Evaluations</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Home-study program, public meeting, workshop series (six meetings), public display
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Review of material and teaching guide
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                      Description:
<b>Price</b>	Free                      Includes: Set of six written lessons, survey evaluation, activity cards, teaching guide

Family Change: Separation and Divorce	
<b>Author(s)</b>	Charlotte Shoup Olsen, Professor and Extension Specialist, School of Family Studies and Human Sciences, Kansas State University; Linda Graham, Riley County District Court Trustee; Court-Certified Mediator Trainer; Manhattan, Kansas; and Joyce Jones, Associate Professor and Extension Specialist, Personal Finance, Oklahoma State University
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To inform parents about potential adjustment, legal, and financial issues surrounding divorce</li> <li>2. To nurture in parents the capacity to engage in thoughtful decision making that will reduce stressors for the children and themselves</li> <li>3. To improve each parent's capacity for using communication skills that have the potential to reduce ongoing parental conflict</li> </ol>
<b>Brief Description</b>	<i>Family Change: Separation and Divorce</i> offers the community educator a resource with research-based information and basic recommendations to share with the audience. The workshop format allows participants to be engaged in discussion, but not necessarily at high self-disclosure levels. Suggested teaching strategies provide limited opportunities for participants to practice communication skills. The educator needs to be skilled in communicating information, engaging the group in discussion and the learning process, and facilitating group dynamics.
<b>URL</b>	Leader's Manual: <a href="https://www.ksre.k-state.edu/historicpublications/pubs/MF2543.pdf">https://www.ksre.k-state.edu/historicpublications/pubs/MF2543.pdf</a> Parent's Manual: <a href="https://www.ksre.k-state.edu/historicpublications/pubs/MF2539.pdf">https://www.ksre.k-state.edu/historicpublications/pubs/MF2539.pdf</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	2 hours
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Section 1: Personal &amp; Family                             <ul style="list-style-type: none"> <li>-Emotional Issues</li> <li>-Parenting Concerns</li> <li>-Relationship with Other Parent</li> <li>-Household Management Dilemmas</li> </ul> </li> <li>• Section 3: Financial Matters                             <ul style="list-style-type: none"> <li>-Property, Taxes, Credit</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>• Section 2: Legal Issues                             <ul style="list-style-type: none"> <li>-Legal Process</li> <li>-Child Support</li> <li>-Parenting Time</li> <li>-Parenting Plan</li> <li>-Child Custody</li> <li>-Mediation</li> </ul> </li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Read materials, workshop setting
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Review of material
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No    Description:
<b>Price</b>	Free    Includes: Leader's manual, parent's manual, completion certificate, workshop evaluation

Family Foundations	
<b>Author(s)</b>	Family Foundations
<b>Objectives</b>	Increase parenting teamwork, parenting sensitivity & warmth, child self-regulation, child social competence, and child academic competence. Reduce pre-term birth, parental stress, depression in mothers, conflict between parents, and harsh parenting.
<b>Brief Description</b>	The Family Foundations program is split into two parts: prenatal and postnatal. The prenatal part provides expecting parents with the opportunity to practice tools and strategies before the baby arrives. The postnatal part helps sharpen and extend these skills as parents put them into practice. There is also a slightly adapted version of the program available for new parents. (Author abstract)
<b>URL</b>	<a href="http://famfound.net/the-program/">http://famfound.net/the-program/</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting
<b>Target Population</b>	<input type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Curriculum length not provided.
<b>Modules/Lessons</b>	Module information not provided.
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Read materials, view DVDs
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	None
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                      Description:
<b>Price</b>	\$49.95                      Includes: 6-DVD/workbook home package

Florida Marriage Preparation Course [Before You Tie the Knot]	
<b>Author(s)</b>	Eboni J. Baugh; Deborah Humphries; Donna Peacock; Heidi Radunovich; Diann Douglas; and Meredith Taylor
<b>Objectives</b>	To provide pre-marital couples with information related to communication, conflict management, and finances.
<b>Brief Description</b>	This publication series provides pre-marital couples with information related to communication, conflict management, and finances.
<b>URL</b>	<a href="http://edis.ifas.ufl.edu/topic_program_florida_marriage_preparation">http://edis.ifas.ufl.edu/topic_program_florida_marriage_preparation</a>
<b>Content Category</b>	Healthy marriage and relationship education and financial education
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description: This curriculum would be beneficial to both individuals who plan to marry in the future and to couples who are engaged or newlyweds.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Four tip sheets (Approximate time not available)
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Tip Sheet 1: Can We Talk?                             <ul style="list-style-type: none"> <li>▪ Improving couples' communication: Couples are encouraged to look at the importance of learning and practicing the relationship skill of listening as well as expressing thoughts and feelings</li> </ul> </li> <li>• Tip Sheet 2: Conflict Management and Resolution: Can We Agree?                             <ul style="list-style-type: none"> <li>▪ Couples are encouraged to focus on the positives and manage conflict in a healthy way</li> </ul> </li> <li>• Tip Sheet 3: So You are Getting Married in Florida!                             <ul style="list-style-type: none"> <li>▪ Information regarding obtaining a marriage license in the state of Florida</li> </ul> </li> <li>• Tip Sheet 4: Your Money Matters                             <ul style="list-style-type: none"> <li>▪ Couples are encouraged to talk about money together and figure out a way to manage money as a couple</li> </ul> </li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Individual reading
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	Reading of materials (Additional training not available)
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                      Description:
<b>Price</b>	Free                      Includes: four tip sheets

## Long Live the Healthy Family: A Program for Building and Maintaining Strong Latino Marriages and Families

<b>Author(s)</b>	Charlotte Shoup Olsen, Kansas State University; Linda Skogrand, Utah State University; and W. Jared DuPree, University of Houston-Clear Lake
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To build group cohesiveness</li> <li>2. To support Latino couples and families in having pride in their families and culture</li> <li>3. To realize how Latinos can learn from others in their culture who have strong marriages and families</li> <li>4. To identify and validate existing strengths and shared experiences, including family traditions and legacies</li> <li>5. To promote awareness of the importance of building and maintaining a strong couple relationship that will benefit the family</li> <li>6. To assist participants in thinking about ways to support and love each other within a marriage and family</li> </ol>
<b>Brief Description</b>	<i>Long Live the Healthy Family: A Program for Building and Maintaining Strong Latino Marriages and Families</i> features a complete instructional manual for family life educators to deliver the program in their communities. Developed by Kansas State University Extension and Utah State University Extension, the manual includes instructor preparation, four lessons on relationship skill building within a Latino cultural context, slides, accompanying handouts, and evaluation instruments.
<b>URL</b>	<a href="https://www.ksre.k-state.edu/families/topics/family-relationships/healthy-family.html">https://www.ksre.k-state.edu/families/topics/family-relationships/healthy-family.html</a> A hard-copy with a CD may be ordered at: <a href="mailto:orderpub@ksre.ksu.edu">orderpub@ksre.ksu.edu</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input checked="" type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input checked="" type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Four lessons – 2 to 2½ hours per lesson
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Lesson 1: Our Latino Family Roots: Explores the making of the relationship as a couple and the building of their family.</li> <li>• Lesson 2: Our Latino Family in the Community: Examine the Latino family within the context of a community.</li> <li>• Lesson 3: Communication and Problem-Solving in our Marriage and Family: Focuses on strategies and skills that help families problem-solve and support each other.</li> <li>• Lesson 4: Supporting our Marriage and Family: Focuses on building a lasting couple relationship.</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Workshop
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Review of material, knowledge of Latino culture preferred
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                      Description: CD with PowerPoint slides
<b>Price</b>	Free: Includes: Lessons, PowerPoint slides, handout masters, program evaluation

LoveSmart: Volume 1 (DVD)	
<b>Author(s)</b>	Richard Panzer, Founder of Free Teens USA, Inc., President of the Center for Educational Media
<b>Objectives</b>	To give teens and parents information on relationships, including sex
<b>Brief Description</b>	<i>LoveSmart</i> is a powerful, "hip" introduction to key issues in teen sexuality and relationships, otherwise known as "Relationship Intelligence." Moving interviews of diverse urban and suburban teens mixed with teen rap will break open hearts and minds and lead to concept-changing classroom discussions. This is a unique health education video approach. The content was updated in Spring 2007.
<b>URL</b>	<a href="http://freeteensyouth.org/publications/">http://freeteensyouth.org/publications/</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description: This DVD is targeted toward youth and their parents.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	33 minutes 20 seconds
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Part 1: Choices and Consequences                             <ul style="list-style-type: none"> <li>▪ Discusses the choices that teens make about sex and what the consequences are of those choices</li> </ul> </li> <li>• Part 2: Sex, More than Physical                             <ul style="list-style-type: none"> <li>▪ Discusses the other things that come along with being sexually active, such as emotional attachment to one's partner, even in unhealthy relationships</li> </ul> </li> <li>• Part 3: Fatherhood and Marriage                             <ul style="list-style-type: none"> <li>▪ Discusses the importance of being a good father as well as what a healthy marriage is like</li> </ul> </li> <li>• Part 4: Teen Advice for Parents                             <ul style="list-style-type: none"> <li>▪ Gives advice to parents of teens about the importance of talking to their teen about sex and how to talk to teens about healthy relationships</li> </ul> </li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Use of media to present content
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	No additional training required
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                      Description: Teacher's guide
<b>Price</b>	\$52.00                      Includes: DVD and teacher's guide

Loving Relationships	
<b>Author(s)</b>	Rita DeMaria, Ph.D. (215-628-2450; <a href="mailto:DrRitaDeMaria@aol.com">DrRitaDeMaria@aol.com</a> ) and Veronica Haggerty, MA
<b>Objectives</b>	Participants of this course will learn how to: <ol style="list-style-type: none"> <li>1. Communicate effectively</li> <li>2. Manage conflicts</li> <li>3. Manage anger effectively</li> <li>4. Preserve and enhance commitment, friendship, and intimacy</li> </ol>
<b>Brief Description</b>	The <i>Loving Relationships</i> program is a guide to healthy marriage, which includes a binder of eight lessons and exercise handouts, instructions, and participant worksheets that can be used for individual study or group discussion.
<b>URL</b>	<a href="http://www.marriedoctor.com/training-loving-relationships.htm">http://www.marriedoctor.com/training-loving-relationships.htm</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description: This DVD is targeted toward youth and their parents.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Eight lessons – 1.5 to 2 hours in length
<b>Modules/Lessons</b>	Not specified
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Weekly or biweekly sessions, weekend retreat
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	Review of material
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No      Description:
<b>Price</b>	\$59.00      Includes: Leader’s guide, eight lessons, exercises, and reproducible handouts

Marriage Moments	
<b>Author(s)</b>	Tamara Gilliland, M.S., CFLE, Co-director of the Family Life Education Institute, Provo, UT; Alan J. Hawkins, Ph.D., CFLE, Professor, School of Family Life, Brigham Young University, Provo, UT; Jason S. Carroll, Ph.D., Professor, School of Family Life, Brigham Young University, Provo, UT; Glenda Christiaens, M.S., R.N., Professor of Nursing, Brigham Young University, Provo, UT; and Blaine J. Fowers, Ph.D., Professor, University of Miami, Miami, FL
<b>Objectives</b>	This program is designed to help couples strengthen their relationship as they go through the significant changes of becoming new parents.
<b>Brief Description</b>	Couples who participate in <i>Marriage Moments</i> will learn about building a lasting marriage on four essential marital virtues. The most important parts of <i>Marriage Moments</i> are the recommended personal and partner activities. As couples engage in these activities, they will strengthen the virtues on which a strong marriage is based.
<b>URL</b>	<a href="http://www.marriagemoments.org/">http://www.marriagemoments.org/</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description: This curriculum is meant for couples who are about to become parents or for new parents.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Length of curriculum not provided (4 lessons)
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Lesson 1: More Than a Feeling: Introducing Marital Virtues – Explains that a healthy marriage is more than feelings about the relationship and describes four marriage virtues: friendship, generosity, fairness, and loyalty</li> <li>• Lesson 2: More Than Fun: The Marital Value of Friendship – Discusses the importance of friendship in a marriage and explains how to build and maintain a great friendship</li> <li>• Lesson 3: More Than Giving: The Marital Virtue of Generosity – Explains what generosity in the marriage means and the value that generosity between spouses has in a marriage</li> <li>• Lesson 4: More Than Equality: The Marital Virtue of Fairness – Explains what true “fairness” is in a marriage and explains how to talk openly about roles and expectations in a marriage</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Individual/couple reading online
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	No additional training required
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                      Description: Additional information (free online)
<b>Price</b>	Free                              Includes: Lessons and activities

Parenting and Paternity Awareness (p.a.p.a.)	
<b>Author(s)</b>	Texas Office of the Attorney General
<b>Objectives</b>	Participants will learn: <ol style="list-style-type: none"> <li>1. Responsible parenting</li> <li>2. A basic understanding of paternity and child support laws</li> <li>3. Skills for healthy relationships</li> <li>4. Financial implications of becoming a parent</li> <li>5. Impact of father involvement</li> <li>6. Benefits of stable family relationships on children</li> <li>7. Relationship violence prevention</li> </ol>
<b>Brief Description</b>	The curriculum contains 14 sessions of approximately one hour in length each. Most sessions include a video segment of two to three minutes, and a lesson supported by group activities, handouts, and workbook exercises that may be done in class or as homework. Many sessions have voluntary research assignments.
<b>URL</b>	<a href="https://texasattorneygeneral.gov/cs/parenting-and-paternity-awareness-p.a.p.a">https://texasattorneygeneral.gov/cs/parenting-and-paternity-awareness-p.a.p.a</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input type="checkbox"/> Couples <input type="checkbox"/> Parents <input checked="" type="checkbox"/> Youth <input type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description: <i>Parenting and Paternity Awareness</i> is taught to high school students through the school system in the state of Texas and is designed to reach all students. It was developed for grades 6 through 12. Middle-schoolers may need some extra vocabulary assistance.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input checked="" type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Fourteen 1-hour sessions

Table continued on the following page →

## Parenting and Paternity Awareness (p.a.p.a.) *Continued*

<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Session 1: Introducing p.a.p.a.: Provides an overview of the curriculum</li> <li>• Session 2: What is a parent?: Discusses what a parent is and a little of what it is like to be a teen parent</li> <li>• Session 3: Establishing Paternity: Covers legal terms and their meanings as well as laws concerning paternity</li> <li>• Session 4: Benefits of Legal Fatherhood: Begins with a video of teen parents talking about the joys of watching their baby grow; the importance of a father in a child's life; why and how the teens established paternity; and discusses other legal benefits</li> <li>• Session 5: What Can You Expect?: Promotes realistic expectations based on a child's age and provides information about age-appropriate methods for shaping a child's behavior</li> <li>• Session 6: What it Takes to Be A Parent: Discusses the financial responsibilities of being a parent, including child support for non-custodial parents</li> <li>• Session 7: Single Parenting: Features teen parents discussing the challenges of working long hours, as well as trying to juggle school and finding time for their child</li> <li>• Session 8: Parenting as a Team: Examines the concept of team parenting and student attitudes toward marriage and healthy relationships</li> <li>• Session 9: Parents Who Don't Pay: Discusses different scenarios revolving around a parent not paying child support as well as commitment</li> <li>• Session 10: Love, Marriage, and a Baby Carriage: Discusses how having children while still in high school drastically alters dreams and expectations for the future</li> <li>• Session 11: Choosing Healthy Relationships: Features teen parents talking about how their relationships changed after becoming parents, and how children are impacted by the quality of their parents' relationship</li> <li>• Session 12: Marriage and Families: Features both unmarried and married teen parents talking about marriage and children</li> <li>• Session 13: Looking At Relationship Violence: Informs students about the warning signs of unhealthy and/or abusive relationships, and strategies for dealing with them</li> <li>• Session 14: Building Strong Families: Sets the stage for students to define a strong family using everything they have learned</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Lecture/presentation
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Requires a free 1-day (6-hour) training provided by the Office of the Attorney General. Training can be scheduled by contacting <a href="mailto:papa@texasattorneygeneral.gov">papa@texasattorneygeneral.gov</a> .
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No    Description:
<b>Price</b>	Free    Includes: Videos, group activities, handouts, workbook exercises.

Power of Two	
<b>Author(s)</b>	Susan Heitler, Ph.D. and Abigail Hirsch, Ph.D.
<b>Objectives</b>	For couples to learn how to: <ol style="list-style-type: none"> <li>1. Maintain an emotionally calm, supplemental relationship</li> <li>2. Communicate without arguing or compromising</li> <li>3. Interact without being controlled or feeling controlled</li> <li>4. Listen so their partner feels heard</li> <li>5. Speak so their partner will listen</li> <li>6. Make satisfying win-win decisions together</li> <li>7. Incubate positivity, intimacy, and trust</li> </ol>
<b>Brief Description</b>	The <i>Power of Two</i> curriculum is based on the fundamental belief that, with the right skills, almost every conflict in a relationship can have a win-win solution. People often say that fighting and compromise are inevitable in intimate relationships. <i>Power of Two</i> sets the bar higher by teaching the skills to help couples avoid fights and eliminate compromise with effective communication skills and win-win solutions for their disagreements.
<b>URL</b>	<a href="https://www.poweroftwomarriage.com/">https://www.poweroftwomarriage.com/</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description: This program is designed so a person can complete it alone or a couple can complete it together.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	As little or as much time as an individual desires. Website recommends 5-15 minutes a week.
<b>Modules/Lessons</b>	No specific information given; coaching model
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Online
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	None (online curriculum; no instruction required)
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                      Description:
<b>Price</b>	\$18.00/month                      Includes: Online activities, free relationship quiz

<b>PREPARE/ENRICH</b>	
<b>Author(s)</b>	David Olson, Ph.D., Life Innovations, Inc.; Professor Emeritus, University of Minnesota, Department of Family Social Science and Karen Olson, Life Innovations, Inc.
<b>Objectives</b>	To help couples: <ol style="list-style-type: none"> <li>1. Explore strength and growth areas</li> <li>2. Strengthen communication skills</li> <li>3. Identify and manage major stressors</li> <li>4. Resolve conflict using the Ten Step Model</li> <li>5. Develop a more balanced relationship</li> <li>6. Explore family of origin issues</li> <li>7. Discuss financial planning and budgeting</li> <li>8. Establish personal, couple, and family goals</li> <li>9. Understand and appreciate personality differences</li> </ol>
<b>Brief Description</b>	<i>PREPARE/ENRICH</i> is the leading relationship inventory and couples assessment tool. It has been scientifically validated as a foundational program for premarital counseling, marriage enrichment, couples therapy, marriage mentoring, and marriage education. <i>PREPARE/ENRICH</i> automatically tailors the content of the relationship assessment to fit each couple's unique relationship stage and family structure.
<b>URL</b>	<a href="http://bit.ly/2e5aaKH">http://bit.ly/2e5aaKH</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting and financial education
<b>Target Population</b>	<input type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	45-minute online survey and four to eight feedback sessions
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Session 1: Sharing Strength and Growth Areas</li> <li>• Session 2: Communication: Assertiveness and Active Listening</li> <li>• Session 3: Personal Stress Profile: Identifying Most Critical Issues</li> <li>• Session 4: Conflict Resolution: Ten Steps For Resolving Conflict</li> <li>• Session 5: Financial Management: The Challenges Of Money</li> <li>• Session 6: Leisure Activities: The Dating Exercise</li> <li>• Session 7: Sex and Affection: The Expression Of Intimacy</li> <li>• Session 8: Relationship Roles: Sharing Roles</li> <li>• Session 9: Spiritual Beliefs: Your Spiritual Journey</li> <li>• Session 10: Marriage Expectations: Managing Your Expectations</li> <li>• Session 11: Children and Parenting: Couple Discussion about Children</li> <li>• Session 12: Couple and Family Maps: Mapping Your Relationship</li> <li>• Session 13: Personality: Scope Out Your Personality</li> <li>• Session 14: Goals: Achieving Your Goals...Together</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Group program
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	Optional day-long workshop training or self-guided training packet
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                      Description: Couple's workbook – free PDF download or \$3.00/ copy, Optional group program materials – \$35.00
<b>Price</b>	\$225.00                      Includes: On Demand training certification, facilitator's manual, couple's workbook, access to training videos

Promoting Child Welfare: Training Professionals to Support Healthy Marriages, Relationships and Families	
<b>Author(s)</b>	Keith Alford, Syracuse University School of Social Work (440 Sims Hall, Syracuse, NY 13244, <a href="mailto:kalford@syr.edu">kalford@syr.edu</a> ); Nancy Mudrick; and Sharon Alestalo
<b>Objectives</b>	Students will develop and demonstrate an ability to practice within the ethical standards of their chosen profession and demonstrate an ability to apply knowledge regarding public policy, private and public child welfare services, and systems that influence family health, well-being, and formation.
<b>Brief Description</b>	One of the key purposes of this project was to develop a three-credit, graduate level course to train students to implement strategies that focus on supporting and enhancing the couple relationships with the end goal of improving the safety and well-being of children in the child welfare system. This approach is a new angle from which professionals can approach intervention within the family system. Syracuse University embarked on this journey from an interdisciplinary approach by including material from three fields – Child and Family Studies, Marriage and Family Therapy, and Social Work. The course was developed and refined over three separate implementations to the three cohorts of students. The lessons and handouts can be used to teach college students, train professionals already in the field, or provide a foundation for speaking about the subject in the community.
<b>URL</b>	<a href="http://summit.syr.edu/vwebv/holdingsInfo?bibId=4173291">http://summit.syr.edu/vwebv/holdingsInfo?bibId=4173291</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description: These lessons can be used to teach college students, train professionals already in the field, or provide a foundation for speaking about the subject in your community.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Designed as a semester-long course

Table continued on the following page. →

## Relationships and Families *Continued*

<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Session 1: Context and Policy             <ul style="list-style-type: none"> <li>▪ Lesson 1: Marriage in Context – The introductory or opening session for the course</li> <li>▪ Lesson 2: Policy Impacting Marriages and Relationships</li> </ul> </li> <li>• Session 2: Foundational Theory             <ul style="list-style-type: none"> <li>▪ Lesson 3: Attachment Theory</li> <li>▪ Lesson 4: Child and Family Development</li> <li>▪ Lesson 5: Family Systems</li> </ul> </li> <li>• Session 3: Poverty, Child Welfare System and Those Served             <ul style="list-style-type: none"> <li>▪ Lesson 6: Poverty and the Child Welfare Systems</li> <li>▪ Lesson 7: Society’s Stake in Marriage – What Does it Matter and the Impact on Children</li> <li>▪ Lesson 8: Promising Practices for Working with Low Resource Populations</li> </ul> </li> <li>• Session 4: What Makes Relationships Healthy or Unhealthy             <ul style="list-style-type: none"> <li>▪ Lesson 9: Relationship Development, Healthy Relationships</li> </ul> </li> <li>• Session 5: Financial Management: The Challenges Of Money             <ul style="list-style-type: none"> <li>▪ Lesson 10: Couple Assessment</li> <li>▪ Lesson 11: Marriage and Relationship Education Program Development</li> <li>▪ Lesson 12: Practical Information and Tools for the Child Welfare Worker</li> <li>▪ Lesson 13: Change and Motivational Interviewing</li> <li>▪ Lesson 14: In-depth Look at the Family Wellness Program</li> <li>▪ Lesson 15: In-depth Look at the Relationship Enhancement Program</li> <li>▪ Lesson 16: In-depth Look at PREPARE/ENRICH Inventory and Program</li> <li>▪ Lesson 17: In-depth Look at Structural Family Therapy</li> </ul> </li> <li>• Session 6: Multicultural Understanding             <ul style="list-style-type: none"> <li>▪ Lesson 18: Teaching and Practicing in a Diverse Society</li> <li>▪ Lesson 19: African American Couples and Families</li> <li>▪ Lesson 20: Asian American Couples and Families</li> <li>▪ Lesson 21: Hispanic American Couples and Families</li> <li>▪ Lesson 22: Gay and Lesbian Couples and Families</li> </ul> </li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Lecture/presentation
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Reading of materials
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Description:
<b>Price</b>	Free Includes: 22 online lessons, printable handouts

<b>RQ: Building Relationship Intelligence</b>	
<b>Author(s)</b>	Richard A. Panzer, Ph.D., Founder/ Executive Director, Institute for Relationship Intelligence (P.O. Box 97, Westwood, NJ 07675; (201) 358-1504; (201) 358-9013 (Fax); <a href="mailto:CeMedia@aol.com">CeMedia@aol.com</a> )
<b>Objectives</b>	<p>Relationship Intelligence responds to the criticism of teen health education programs by putting forth a positive vision of healthy relationships, in three sections: Self Leadership, Interpersonal Relationships, and Community Leadership.</p> <p>The curriculum uses an interactive approach including “self-inventory” exercises and student journal questions for personal reflection. It calls upon the power of stories by drawing on selections of past and present authors including E. B. White, Tolstoy, O’Henry, and Stephen Covey, contemporary song writers and heartrending confessions in letters to Ann Landers.</p>
<b>Brief Description</b>	<i>RQ: Building Relationship Intelligence</i> brings together the insights of science, literature, and psychology to guide students through such issues of friendship, family, stages of intimacy and love, male/female differences, dealing with anger and other emotions, core identity, communication skills, and the benefits and pitfalls of marriage.
<b>URL</b>	<a href="http://freeteensyouth.org/publications/">http://freeteensyouth.org/publications/</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input type="checkbox"/> Parents <input checked="" type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Not specified by author – 17 lessons – Estimate: 2-3 hours each

Table continued on the following page →

## RQ: Building Relationship Intelligence *Continued*

<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Part 1: Relationships             <ul style="list-style-type: none"> <li>▪ Lesson 1: Friendship</li> <li>▪ Lesson 2: Exploring Relationships</li> <li>▪ Lesson 3: Initiation Rites</li> </ul> </li> <li>• Part 2: Personal Leadership             <ul style="list-style-type: none"> <li>▪ Lesson 4: Understanding Your Core Identity</li> <li>▪ Lesson 5: Luck, Fate or Choice</li> <li>▪ Lesson 6: Attitude, Habits &amp; Character Creates Destiny</li> <li>▪ Lesson 7: Dealing with Anger and Other Emotions</li> </ul> </li> <li>• Part 3: Interpersonal Relationships             <ul style="list-style-type: none"> <li>▪ Lesson 8: Male and Female</li> <li>▪ Lesson 9: 5 Star Sexuality</li> <li>▪ Lesson 10: Stages of Intimacy: Attraction and Infatuation</li> <li>▪ Lesson 11: The Third Stage of Intimacy – Lasting Love</li> <li>▪ Lesson 12: The Fourth Stage of Intimacy – Sacrificial Love</li> <li>▪ Lesson 13: What’s Your Price Tag</li> <li>▪ Lesson 14: Marriage</li> </ul> </li> <li>• Part 4: Community Leadership             <ul style="list-style-type: none"> <li>▪ Lesson 15: Comprehending the Culture</li> <li>▪ Lesson 16: Synergy</li> <li>▪ Lesson 17: Community Leadership</li> </ul> </li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Group sessions, guided discussion, guided activities
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Review of material
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Description: Optional book: <i>RQ: Relationship Intelligence</i> - \$11.00
<b>Price</b>	\$159.95                      Includes: Teacher’s manual with CD-ROM, student journal, 30 student workbooks

Saying "I Do" Consider the Possibilities	
<b>Author(s)</b>	James P. Marshall, Utah State University Extension
<b>Objectives</b>	The purpose of this course is to provide instruction, resources, skills, and hope to couples who are considering marriage as well as couples desiring to strengthen their marriage so that they can enjoy all of the benefits marriage has to offer. The benefit of doing so is that research shows that couples who participate in marriage preparation or strengthening courses such as this one tend to communicate better, solve problems more effectively, and report better relationships than those couples who do not. In short, marriage education makes for a stronger marriage.
<b>Brief Description</b>	This online, self-paced course provides instruction, resources, skills, and hope to couples who are considering marriage as well as couples desiring to strengthen their marriage. This course addresses the issues that newlywed couples struggle with most often in their relationships and covers topics related to finances, employment, communication, conflict, commitment, personal interests and expectations, sexual relations, and things to watch out for are discussed.
<b>URL</b>	<a href="http://bit.ly/2jq0gXw">http://bit.ly/2jq0gXw</a>
<b>Content Category</b>	Healthy marriage and relationship education and financial education
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Two 75-minute classes per week

*Table continued on the following page →*

## Saying "I Do" Consider the Possibilities *Continued*

<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Session 1: Your Partner – Four modules: The purpose of the four modules in this section is to help individuals think honestly about the way they relate to and treat their partner and the way they think of themselves in their relationship</li> <li>• Session 2: Finances – Seven modules: In this section, individuals will acquire skills that will help them and their partner with some common financial stressors</li> <li>• Session 3: Sexual Relations – Four modules: The purpose of this section is to get couples talking about important issues in open and honest ways so that they feel comfortable and confident about their mutual hopes, goals, and dreams surrounding their sexual relationship</li> <li>• Session 4: Personal Interests &amp; Expectations – Five modules: In this section, individuals learn about expectations and change. While change in relationships certainly is possible, marriage should not be entered with the expectation that a partner will make dramatic changes to suit the other’s needs</li> <li>• Session 5: Things to Watch Out For – Five modules: The purpose of this section is to have couples think seriously and cautiously about some issues that may have an important impact on the quality of their marriage</li> <li>• Session 6: The Busy-ness of Work &amp; Marriage – Two modules: In this section, couples gain some ideas and insights into how to manage the sometimes competing pressures of work and family life</li> <li>• Session 7: Communication, Conflict &amp; Commitment – Four modules: The purpose of this section is to present couples with ideas and exercises on how to build their communication and conflict management skills as well as ideas on strengthening marital commitment</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Online course
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	Optional day-long workshop training or self-guided training packet
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                      Description: Couple’s workbook – free PDF download or \$3.00/ copy, Optional group program materials – \$35.00
<b>Price</b>	\$225.00                      Includes: On Demand training certification, facilitator’s manual, couple’s workbook, access to training videos

Smart Steps for Couples in Stepfamilies	
<b>Author(s)</b>	Dr. Francesca Adler-Baeder, Ph.D., CFLE
<b>Objectives</b>	To help stepfamilies build couple and family strengths
<b>Brief Description</b>	This six-session research-based educational curriculum written by Dr. Francesca Adler-Baeder is designed for remarried or partnering couples and their children. It focuses on building couple and family strengths while addressing the unique needs and issues that face couples in stepfamilies.
<b>URL</b>	<a href="http://www.stepfamilies.info/smart-steps.php">http://www.stepfamilies.info/smart-steps.php</a> <a href="https://secure.touchnet.net/C20021_ustores/web/product_detail.jsp?PRODUCTID=330">https://secure.touchnet.net/C20021_ustores/web/product_detail.jsp?PRODUCTID=330</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting and financial education
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> Youth <input checked="" type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description: Children and adults attend parallel sessions, coming together at the end for a shared activity.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Six adult sessions and six child sessions – 12 hours
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Adult Sessions:                             <ul style="list-style-type: none"> <li>▪ Session 1: Families Today</li> <li>▪ Session 2: Changes in You and Your Family</li> <li>▪ Session 3: Where Are You Coming From</li> <li>▪ Session 4: Strengthening the Couple Relationship</li> <li>▪ Session 5: Connections</li> <li>▪ Session 6: Building Family Strengths</li> </ul> </li> <li>• Child Sessions:                             <ul style="list-style-type: none"> <li>▪ Session 1: Families Today</li> <li>▪ Session 2: Changes in You and Your Family</li> <li>▪ Session 3: Where Are You Coming From</li> <li>▪ Session 4: Managing Conflict</li> <li>▪ Session 5: Connections</li> <li>▪ Session 6: The Challenge</li> </ul> </li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Presentation, group discussion, and multi-media
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	No additional training required
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                      Description:
<b>Price</b>	\$199.00 Includes: Leader lesson guides, background readings, hand-out masters, resource list, pre/post evaluation questionnaires, two videos, CD with power point slides, hand-out files, evaluation questionnaires

Stepping Stones for Stepfamilies	
<b>Author(s)</b>	Millie Ferrer-Chancy, Interim Dean and Director IFAS Extension, Institute of Food and Agricultural Sciences, University of Florida
<b>Objectives</b>	To help adults living in a stepfamily, with children under the age of 18, understand the challenges and realities common to many stepfamilies.
<b>Brief Description</b>	The first lesson in <i>Stepping Stones for Stepfamilies</i> helps individuals think about the myths and realities of living in a stepfamily. The remaining lessons are designed to help individuals focus on specific issues that are important to stepfamilies.
<b>URL</b>	<a href="http://edis.ifas.ufl.edu/topic_program_stepping_stones_for_stepfamilies">http://edis.ifas.ufl.edu/topic_program_stepping_stones_for_stepfamilies</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting and financial education
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input checked="" type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description: Adults living in a stepfamily with children under the age of 18
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Designed to take approximately six weeks
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Lesson 1: Taking Time to Think about My Stepfamily: Helps individuals think about the myths and realities of living in a stepfamily.</li> <li>• Lesson 2: Building a Strong Couple Relationship: Discusses the importance of a healthy couple relationship for the betterment of the children and the family.</li> <li>• Lesson 3: Building Step Relationships: Discusses the difficulties with relationships between children, parents, and stepparents, and gives tips on how to make those relationships successful.</li> <li>• Lesson 4: Understanding a Child's Realities: Discusses ways to support children in handling the stresses of their new stepfamily situation.</li> <li>• Lesson 5: Understanding Financial and Legal Matters: Discusses the knowledge individuals should acquire and steps to take to deal with these issues.</li> <li>• Lesson 6: Working with Others: Discusses tapping into the resources that each family has to provide comfort, support, and joy.</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Home-study program
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	Reading the materials (no additional training required)
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                      Description: Additional lessons – free online
<b>Price</b>	Free                      Includes: Six lessons, supplemental lessons, survey evaluation. Available online or in PDF format.

Strong Latino Couple Relationships: Activity Book for Couples	
<b>Author(s)</b>	Linda Skogrand; Brandon Shumway; Daniel Hatch; Archana Singh; and Reva Rosenband
<b>Objectives</b>	To assist couples in developing: <ol style="list-style-type: none"> <li>1. Family unity</li> <li>2. Communication</li> <li>3. Shared values</li> <li>4. Trust and respect</li> </ol>
<b>Brief Description</b>	This activity book was prepared based on findings from a research study about strong Latino marriages. It describes four strengths—family unity, communication, shared values, and trust and respect—and provides tools to help couples think about their own relationships. Activities are also provided to help couples strengthen these qualities with their partner.
<b>URL</b>	<a href="http://extension.usu.edu/files/publications/publication/FC_Marriage_2011-01pr.pdf">http://extension.usu.edu/files/publications/publication/FC_Marriage_2011-01pr.pdf</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input checked="" type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Not specified by author; Four modules – Estimate: 1 hour per module
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Topic 1: Family Unity: Discusses how to strengthen family unity with or without children</li> <li>• Topic 2: Communication: Discusses how to develop and maintain effective communication</li> <li>• Topic 3: Shared Values: Discusses the importance of caring for each other, developing spiritual and social support, and committing to the relationship</li> <li>• Topic 4: Trust and Respect: Discusses how to develop respect for the relationship, display faithfulness, prevent relative interference, and utilize clear and gentle communication</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Self- taught; guided activities; guided discussions
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	None
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No      Description: None
<b>Price</b>	Free      Includes: Activity book for couples

## Strong Relationships, Strong Families: A Curriculum for Couples, Individuals and Families

<b>Author(s)</b>	National Resource Center for Healthy Marriage and Families	
<b>Objectives</b>	To understand seven key healthy marriage and relationship principles and skills, know the research-based benefits of these skills for families, and apply the principles during client and family interactions as a holistic approach to supporting families.	
<b>Brief Description</b>	This course covers seven key aspects of healthy relationships that interconnect with self-sufficiency and well-being. It is divided into seven modules, with each module including tips, techniques, and resources to equip stakeholders in integrating healthy relationship skill development into existing social services.	
<b>URL</b>	<a href="https://www.healthymarriageandfamilies.org/virtual-training-center">https://www.healthymarriageandfamilies.org/virtual-training-center</a>	
<b>Content Category</b>	Healthy marriage and relationship education only	
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input checked="" type="checkbox"/> Families <input type="checkbox"/> Special Population Description:	
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:	
<b>Length of Curriculum</b>	3.5 hours	
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Lesson 1: Care for Self: Being Physically and Mentally Healthy</li> <li>• Lesson 2: Getting to Know Partners Well</li> <li>• Lesson 3: Nurturing the Relationship</li> <li>• Lesson 4: Showing Affection and Respect</li> <li>• Lesson 5: Developing and Maintaining Friendship</li> <li>• Lesson 6: Dealing with Differences in Healthy Ways</li> <li>• Lesson 7: Engaging in a Positive Social Network</li> </ul>	
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Instructional Method</b>	Online/Virtual	
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group	
<b>Training Requirements</b>	This 3.5 hour online training is designed to prepare social service providers to integrate the content presented into existing services. The online course includes printable activities, practice tools, and informational handouts that can be downloaded and used to educate clients and families.	
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Description: The full print curriculum may be downloaded
<b>Price</b>	Free	Includes: Research-based lessons, practice tools, activities, and informational handouts. Available as an interactive online course and in PDF format.

Survive, Strive, Thrive: Keys to Healthy Family Living	
<b>Author(s)</b>	Marilyn Fox, Extension Educator; Program Coordinator, Building Nebraska Families; Sondra Germer, Extension Educator, Gage County, Building Nebraska Families; Cheryl Fisher, Extension Educator, Platte County, Building Nebraska Families; and Dina Rathje, Former Extension Educator, Building Nebraska Families
<b>Objectives</b>	To take teens and adults from day-to-day surviving to thriving at home, at school, at work, and in their communities by teaching basic life skills in key areas.
<b>Brief Description</b>	<i>Survive, Strive, Thrive: Keys to Healthy Family Living</i> is a 15-unit curriculum. The curriculum is built around three general focus areas: personal improvement, family life, and practical life skills. The three focus areas overlap and support one another but each unit can stand alone. It is anticipated that the curriculum will be valuable to educators working with a wide range of teen or adult audiences, particularly those who need to gain life skills in any of the subject areas.
<b>URL</b>	<a href="https://marketplace.unl.edu/extension/sst.html">https://marketplace.unl.edu/extension/sst.html</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting and financial education
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input checked="" type="checkbox"/> Youth <input type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	15 units – 30 minutes each
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Unit 1: Goal Setting</li> <li>• Unit 2: Making Good Decisions</li> <li>• Unit 3: Self-Esteem</li> <li>• Unit 4: Coping Skills</li> <li>• Unit 5: Anger/Conflict Management</li> <li>• Unit 6: Stress Management</li> <li>• Unit 7: Building Healthy Relationships</li> <li>• Unit 8: Developing Good Character</li> <li>• Unit 9: Communication Skills</li> <li>• Unit 10: Time Management</li> <li>• Unit 11: Child Development</li> <li>• Unit 12: Strong Families</li> <li>• Unit 13: Positive Parenting</li> <li>• Unit 14: Money Management</li> <li>• Unit 15: Creating a Healthy Home</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Coaching; lecture/presentation; guided discussions, guided activities
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	None
<b>Facilitator Instructions Provided</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                      Description:
<b>Price</b>	\$70.00                      Includes: Lesson plans and handouts

The Healthy Marriage Handbook: Keys to a Successful Marriage	
<b>Author(s)</b>	Francesca Adler-Baeder, Ph.D., Director, Center for Children, Youth, and Families, Department of Human Development and Family Studies, Auburn University; Extension Specialist, Alabama Cooperative Extension System; Brian Higginbotham, Ph.D., Assistant Professor and Extension Specialist, Utah State University; David Schramm, Ph.D., State Specialist, Assistant Professor, University of Missouri-Columbia; and Amber Baulk, M.S., Center for Children, Youth, and Families, Department of Human Development and Family Studies, Auburn University
<b>Objectives</b>	To guide married couples toward a healthy marriage with information on managing money and resources, remarriages and stepfamilies, issues that hurt relationships, and domestic violence.
<b>Brief Description</b>	This handbook provides information on the key elements that are beneficial in creating and maintaining healthy marriages. While the target population for the publication is newly marrying couples, the information is applicable to all couple relationships, regardless of marital status. The handbook includes interactive elements so couples can talk together and practice these skills. Helpful information is also provided on strategies to manage specific challenges that many couples face.
<b>URL</b>	Downloadable PDF: <a href="http://www.aces.edu/pubs/docs/H/HE-0858/HE-0858.pdf">http://www.aces.edu/pubs/docs/H/HE-0858/HE-0858.pdf</a> Hard copy (order): <a href="https://store.aces.edu/ItemDetail.aspx?ProductID=13413">https://store.aces.edu/ItemDetail.aspx?ProductID=13413</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting and financial education
<b>Target Population</b>	<input type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description: While the target population for the publication is newly marrying couples, the information is applicable to all couple relationships, regardless of marital status.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	48-page handbook (Approximate time not available)
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Lesson 1: How You Think and What You Do: Discusses how to manage individual thoughts and feelings towards one's spouse in a positive way</li> <li>• Lesson 2: Managing Your Marriage: Discusses managing money, work and family, home and house-care responsibilities, children, and in-laws</li> <li>• Lesson 3: Remarriages: Discusses myths and realities, strategies with stepparenting, and coparenting with ex-partners</li> <li>• Lesson 4: Issues that Hurt Relationships: Discusses substance abuse, gambling, other addictions, mental health problems, and sexual infidelity</li> <li>• Lesson 5: Domestic Violence: Gives an overview of domestic violence, discusses myths and facts, and gives information on where to get help</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Individual/couple reading of text
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	Reading of materials - No additional training offered
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                      Description:
<b>Price</b>	Free PDF download, \$5 hard copy Includes: Handbook, 5 lessons, activities

The Marriage Garden	
<b>Author(s)</b>	H. Wallace Goddard, Ph.D., Professor of Family Life, University of Arkansas Cooperative Extension Service and James P. Marshall, Ph.D., Assistant Professor of Family Life, University of Arkansas Cooperative Extension Service
<b>Objectives</b>	To provide couples with information related to communication, understanding, kindness, forgiveness, and dealing with conflict.
<b>Brief Description</b>	Cultivating a good marriage is like two people growing a healthy garden. To achieve a full and satisfying harvest, the gardeners must work in harmony with one another, using the right tools, gardening wisdom, and a willing spirit. The gardening process teaches us vital – and sometimes painful – lessons about life. The struggle is worth it: both good marriages and healthy gardens can enrich and delight us. But neither happens by chance.
<b>URL</b>	PDF: <a href="http://www.uaex.edu/health-living/personal-family-well-being/couples/marriage-garden.aspx">http://www.uaex.edu/health-living/personal-family-well-being/couples/marriage-garden.aspx</a> Hard copy: <a href="http://pubs.uaex.edu/PubsWebPublic.asp">http://pubs.uaex.edu/PubsWebPublic.asp</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description: This curriculum is designed to apply to all audiences, whether married or not. It teaches basic relationship skills.
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Information not available: Estimate: 1 hour per session
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Session 1: Commit: Make and Honor Promises: Couples can commit regular time and energy to caring for their garden (marriage)</li> <li>• Session 2: Grow: Expand Your Strengths: If individuals do not nurture their personal strengths and abilities – or if they fail to manage their personal weaknesses – they will not be well-prepared to take on their gardening tasks</li> <li>• Session 3: Nurture: Do the Work of Loving: Steady investments in the relationship will assure a bountiful harvest</li> <li>• Session 4: Understand: Cultivate Compassion for Your Partner: Individuals can be gardeners in whose gentle hands their partners heal and grow strong</li> <li>• Session 5: Solve: Turn Differences into Blessings: If individuals choose to stay calm, listen attentively, understand their partner’s view, and use creativity, it is possible to turn differences into strengths</li> <li>• Session 6: Serve: Give Back to Your Community: Marriages are strengthened by couples serving one another and those around them</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Individual reading of text or lecture/presentation
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Reading of materials (additional training optional)
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No    Description: <i>The Marriage Garden: Cultivating You Relationship So It Grows and Flourishes</i> (optional book) - \$15.00
<b>Price</b>	Free PDF download, \$4 hard copy      Includes: Folder, 6 lesson guides

## The R Factor: Building Resiliency in Young Adults

<b>Author(s)</b>	Julie K. Endersbe, M.Ed., Curriculum Consultant and Language Arts Teacher
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. Increase male involvement in relationships, mentoring, fathering, and parenting</li> <li>2. Educate youth about the impact on children when growing up without an involved father</li> <li>3. Provide opportunities for young men and women to practice effective communication and collaboration skills</li> <li>4. Increase preparation and planning for responsible parenting and to advocate for the establishment of legal fatherhood</li> </ol>
<b>Brief Description</b>	Current research in fathering, resiliency, attachment, and change theory is the catalyst for <i>The R Factor</i> . This curriculum examines how the recent trends in fathering and too-early parenting affect children. Innovative simulations and activities engage young adults in positive relationship-building skills. They gain a framework to look at their past in order to plan for an intentional future as healthy individuals, partners, parents, or family members. All young adults benefit from sexuality education that teaches them communication skills, helps them postpone sex until they are ready, and provides information about specific methods to prevent pregnancy and STDs. Young people must develop the skills to assess their own readiness to deal with adult issues. They need to build protective factors, effective communication skills, support systems, and design a plan for their intentional future.
<b>URL</b>	<a href="http://www.dadsmakeadifference.org/HighSchoolCurriculum.html">http://www.dadsmakeadifference.org/HighSchoolCurriculum.html</a> <a href="http://www.dadsmakeadifference.org/index.html">http://www.dadsmakeadifference.org/index.html</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting and financial education
<b>Target Population</b>	<input type="checkbox"/> Individuals <input type="checkbox"/> Couples <input type="checkbox"/> Parents <input checked="" type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Six to ten class periods
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Lesson 1: Defining the Problem: Examines the complexities of fathering in America</li> <li>• Lesson 2: Examining the Causes: Investigates the ways in which new technological discoveries challenge the families' ability to promote healthy messages about sexuality, masculinity, femininity and relationships</li> <li>• Lesson 3: Creating Successful Solutions: Focuses on solutions</li> <li>• Lesson 4: Taking Action: Provides a framework for students to apply the learning by creating a personal plan of action</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Classroom lecture, group workshops
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	Optional; attending a training
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                      Description: DVDs
<b>Price</b>	\$79 (no training), \$150 (w/ training) Includes: Four lessons, reproducible handouts. Optional training also includes: Minnesota graduation standards material and lunch.

The Real Deal on Love, Relationships and Marriage	
<b>Author(s)</b>	Free Teens USA
<b>Objectives</b>	To help educators initiate discussions about healthy relationships, stages of intimacy, and the documented benefits of marriage
<b>Brief Description</b>	The <i>Real Deal</i> has nine segments on a DVD or a three video series for discussion groups of teens, unmarried singles, as well as couples. Sex education in our high schools often spends quite a bit of time discussing diseases and pregnancy prevention, but not so much about the meaning of sexual intimacy. Yet, if we truly want to motivate teens to make smart decisions, we have to help them to understand how too early sex damages lasting emotional bonding and real intimacy.
<b>URL</b>	<a href="http://freeteensyouth.org/publications/">http://freeteensyouth.org/publications/</a>
<b>Content Category</b>	Healthy marriage and relationship education only
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input type="checkbox"/> Parents <input checked="" type="checkbox"/> Youth <input type="checkbox"/> Families <input checked="" type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input checked="" type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Nine week course
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Lesson 1: Healthy vs. unhealthy relationships</li> <li>• Lesson 2: Stages of attraction and intimacy</li> <li>• Lesson 3: Marriage – Benefits and challenges</li> <li>• Lesson 4: The personal story of <i>Real Deal</i> host Yvonne Harvey Williams</li> <li>• Lesson 5: What are warning signs of an abusive relationship?</li> <li>• Lesson 6: Is Living together a good way to see if someone is marriage material?</li> <li>• Lesson 7: What to look for in a date, or a potential marriage partner!</li> <li>• Lesson 8: Is divorce the only solution to a troubled marriage?</li> <li>• Lesson 9: How to prepare for a marriage that will last a lifetime!</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Instructional Method</b>	Discussion groups
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group
<b>Training Requirements</b>	None
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                      Description:
<b>Price</b>	\$55.00                      Includes: DVD and study guide

## Together We Can: Creating a Healthy Future for Our Family

<b>Author(s)</b>	Karen Shirer, Ph.D.; Ching-Ju Chen, Ph.D.; Dawn Contreras, Ph.D.; Saneya Hamler, M.Ed.; Angela Harris, B.S.W.; Holly Lacina, B.B.A.; Erika London, M.A.; and José Rubén Parra Cardona, Ph.D.		
<b>Objectives</b>	<p>This curriculum has five goals:</p> <ol style="list-style-type: none"> <li>1. To prepare unmarried parents to set goals to promote and create a healthy future for their children.</li> <li>2. To help unmarried parents establish a positive co-parenting relationship that enables them to work together in raising their child.</li> <li>3. To ensure the on-going and sustained involvement of both parents, especially the father, whenever possible in their children's lives.</li> <li>4. To encourage the on-going payment of child support and provision of other forms of support by the non-custodial parent.</li> <li>5. To prepare unmarried parents to make healthy decisions (with their child's best interests in mind) about their romantic and couple relationships.</li> </ol>		
<b>Brief Description</b>	This curriculum is designed to improve co-parenting relationships of single parents		
<b>URL</b>	<a href="http://www.togetherwecan.fcs.msue.msu.edu/">http://www.togetherwecan.fcs.msue.msu.edu/</a>		
<b>Content Category</b>	Healthy marriage and relationship education and parenting and financial education		
<b>Target Population</b>	<input type="checkbox"/> Individuals <input type="checkbox"/> Youth Description:	<input checked="" type="checkbox"/> Couples <input type="checkbox"/> Families	<input checked="" type="checkbox"/> Parents <input type="checkbox"/> Special Population
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:		
<b>Length of Curriculum</b>	Six modules- 24-60 minute lessons		
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Module 1: Introduction to the curriculum</li> <li>• Module 2: Positive co-parenting relationships</li> <li>• Module 3: Stress and conflict management strategies</li> <li>• Module 4: Ongoing involvement of both parents</li> <li>• Module 5: Money management/child-support payment</li> <li>• Module 6: Healthy decisions about romantic and couple relationships</li> </ul>		
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No		
<b>Instructional Method</b>	Lecture; guided discussions; guided activities		
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group		
<b>Training Requirements</b>	Yes; Attending an optional 1-day workshop		
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No		
<b>Supplemental Materials</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Description:		
<b>Price</b>	Free	Includes: Six modules with 24 lessons, learning activities, certificate of completion	

Utah Divorce Orientation/Should I Keep Trying to Work It Out?: A Guidebook for Individuals and Couples at the Crossroads of Divorce (And Before)	
<b>Author(s)</b>	Alan J. Hawkins, Ph.D., Chair of the Utah Commission on Marriage; Tamara A. Fackrell, J.D., Attorney Mediator, Utah; and Brian Higginbotham, Ph.D., MFT, Extension Specialist and Associate Professor, Utah State University
<b>Objectives</b>	To assist individuals who may be thinking about getting a divorce or whose spouse is thinking about divorce
<b>Brief Description</b>	This program was designed to be a resource to individuals who may be thinking about divorce. These individuals are at the “crossroads of divorce,” facing a challenging decision that has consequences for the future of their own lives and the lives of family members.
<b>URL</b>	Online version: <a href="http://divorce.usu.edu/">http://divorce.usu.edu/</a> Text version: <a href="http://www.divorce.usu.edu/files/uploads/ShouldIKeepTryingtoWorkItOut.pdf">http://www.divorce.usu.edu/files/uploads/ShouldIKeepTryingtoWorkItOut.pdf</a>
<b>Content Category</b>	Healthy marriage and relationship education and parenting and financial education
<b>Target Population</b>	<input checked="" type="checkbox"/> Individuals <input checked="" type="checkbox"/> Couples <input checked="" type="checkbox"/> Parents <input type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description:
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:
<b>Length of Curriculum</b>	Eight lessons – Approximately 30 minutes
<b>Modules/Lessons</b>	<ul style="list-style-type: none"> <li>• Lesson 1: Why a divorce orientation education program?</li> <li>• Lesson 2: Can your marriage be repaired and can you be happy again?</li> <li>• Lesson 3: How common is divorce?</li> <li>• Lesson 4: Does divorce help adults become happier?</li> <li>• Lesson 5: What are the consequences for children?</li> <li>• Lesson 6: What are the consequences for adults?</li> <li>• Lesson 7: What are the financial consequences?</li> <li>• Lesson 8: What are the legal options and what should you expect during the divorce process?</li> </ul>
<b>Modules/Lessons can be Taught Independently</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Instructional Method</b>	Website, guided activities
<b>Delivery Method</b>	<input checked="" type="checkbox"/> Self-taught <input checked="" type="checkbox"/> One-on-one <input type="checkbox"/> Small group <input type="checkbox"/> Large group
<b>Training Requirements</b>	None
<b>Facilitator Instructions</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No                      Description: Domestic violence resources, finding a marriage counselor, helpful statewide resources, legal resources, websites designed to strengthen relationships, plus more. Available at: <a href="http://divorce.usu.edu/htm/additional-resources">http://divorce.usu.edu/htm/additional-resources</a>
<b>Price</b>	Free                      Includes: Eight online video lessons

## Why Buy the Cow? When You Can get the Milk for Free... A Lesson on Cohabitation

<b>Author(s)</b>	Jessica Pool, M.S.	
<b>Objectives</b>	Teens learn: <ol style="list-style-type: none"> <li>1. Common assumptions – why couples decide to live together</li> <li>2. Research results – the real impact on marriage, satisfaction, and children</li> <li>3. Tips for building successful long-term relationships</li> </ol>	
<b>Brief Description</b>	<i>Why Buy the Cow?</i> is an easy to teach, 60–90 minute PowerPoint lesson about living together. In an engaging, teen-friendly way, it explores both the common assumptions about cohabitation—and what research reveals about these ideas. Students discover some surprising potential consequences—both for couples and for their children. This lesson is based on the report “Should We Live Together?” from the National Marriage Project at Rutgers University.	
<b>URL</b>	<a href="http://www.dibbleinstitute.org/why-buy-the-cow/">http://www.dibbleinstitute.org/why-buy-the-cow/</a>	
<b>Content Category</b>	Healthy marriage and relationship education only	
<b>Target Population</b>	<input type="checkbox"/> Individuals <input type="checkbox"/> Couples <input type="checkbox"/> Parents <input checked="" type="checkbox"/> Youth <input type="checkbox"/> Families <input type="checkbox"/> Special Population Description:	
<b>Languages</b>	<input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:	
<b>Length of Curriculum</b>	60-90 minute lesson plan	
<b>Modules/Lessons</b>	N/A	
<b>Modules/Lessons can be Taught Independently</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
<b>Instructional Method</b>	Guided discussions, guided activities, lectures	
<b>Delivery Method</b>	<input type="checkbox"/> Self-taught <input type="checkbox"/> One-on-one <input checked="" type="checkbox"/> Small group <input checked="" type="checkbox"/> Large group	
<b>Training Requirements</b>	None	
<b>Facilitator Instructions</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Supplemental Materials</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Description: DVDs, PowerPoint presentation, group activities, and materials
<b>Price</b>	\$50.00	Includes: 60-90 minute lesson plan, PowerPoint CD presentation, individual and group activities, discussion questions, lesson review materials, reproducible student materials

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[www.HealthyMarriageandFamilies.org](http://www.HealthyMarriageandFamilies.org)

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