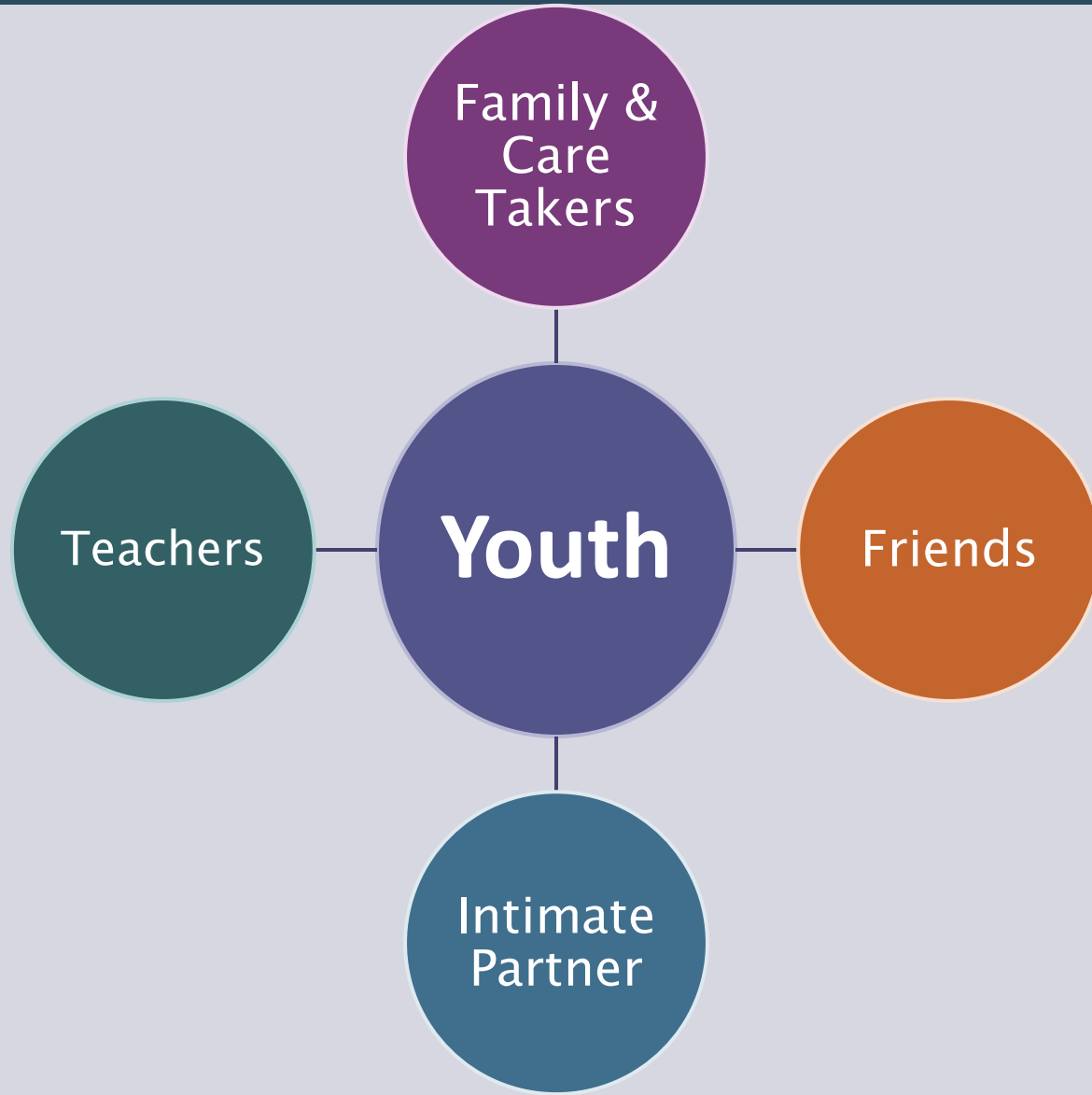


Relationships Matter

Strategies for Practitioners to Talk with Youth about Intimate Relationships



Relationships with whom?

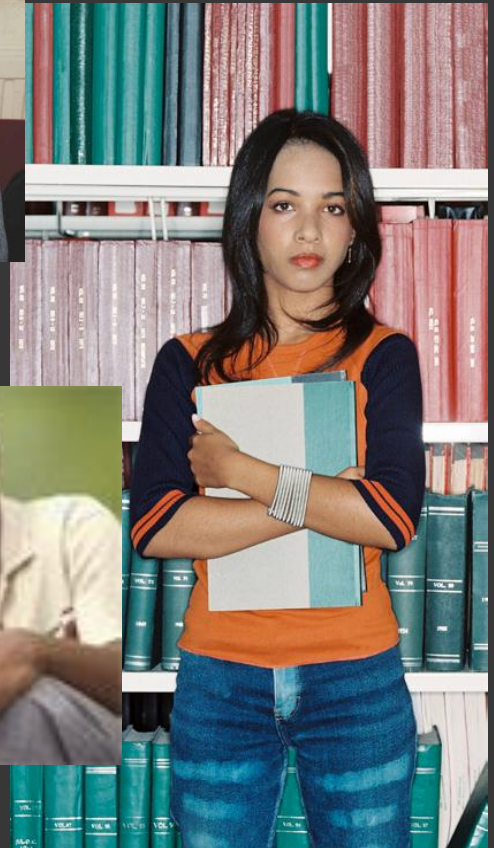


Relationships Matter



- Romantic relationships are an important part of life for teens and young adults
- Patterns and habits formed in adolescents can affect later adult relationships

ACTIVITY



Relationships Matter



- 7 in 10 teens say that most of their friends are in romantic relationships
- Teens know what a healthy relationship should look like
- Many don't think they have a chance of experiencing that type of relationship
- Have few examples of healthy adult relationships

What is relationship education?



- Most often delivered as a curriculum through an experiential learning model
- Relationships addressed in terms of self-efficacy, interpersonal communications, problem solving skills, and safety

Curricula content may include concepts and skills related to:

- Self knowledge
- Handling crisis
- Characteristics of healthy relationships
- Getting to know someone
- Communication
- Conflict resolution
- Mate selection
- Breaking up
- Evaluating your relationship
- How sex impacts a relationship
- Expectations



- Commitment
- Relationship safety
- How relationships grow, develop, and change over time

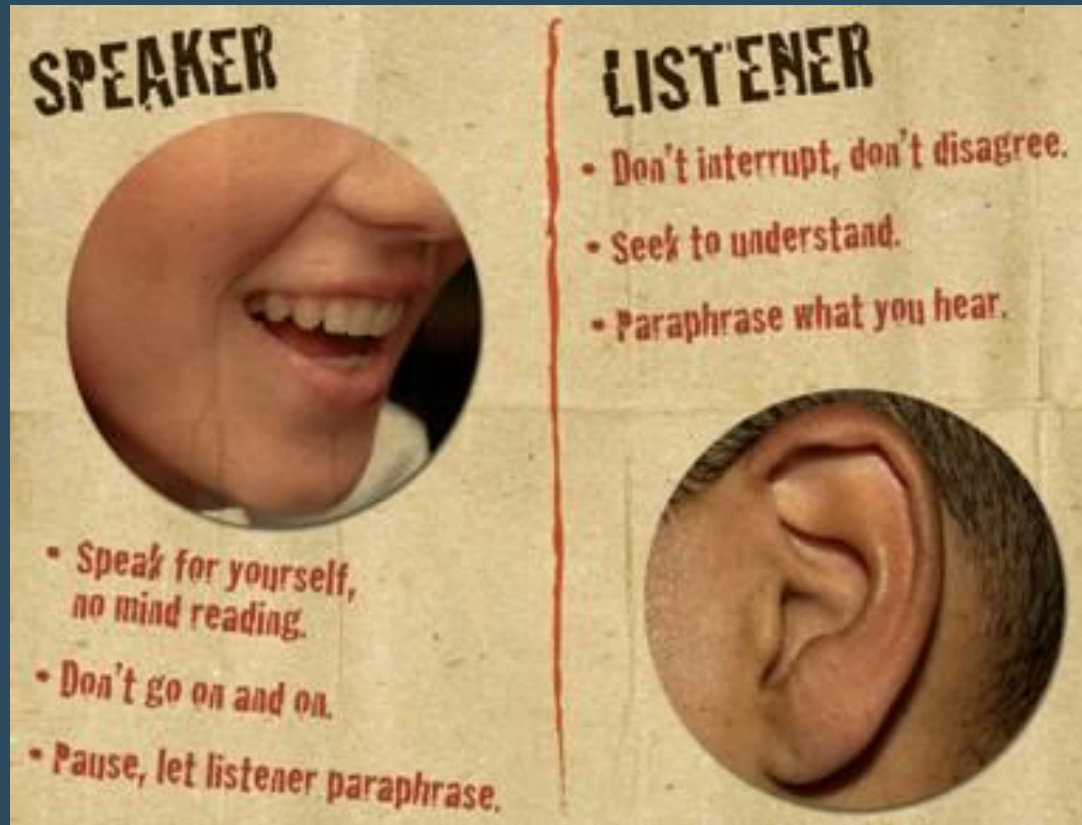
Are you Deciding or...

Sliding?



Curriculum Example

The Speaker Listener Technique



From Young People:

“... I learned how and where to break up with him... I am with someone new now that treats me right, but if I ever start seeing some of the red flags or warning signs, I will leave him immediately.”

- Female teen from Pennsylvania

“I wish I could have used this information when I was in high school.” - 26-year old pregnant mom in Wichita

"The workshops are preparing me for the real world and I'm learning skills that I use every day." - Male, high school student in Memphis

Where and when can we offer relationship education?



- Education
- Labor
- Pregnancy Prevention/Awareness
- Youth Aging Out of Foster Care
- Juvenile Justice



How Can This Enhance Your Work?

Additional Resources

National Healthy Marriage Resource Center

- Youth & Healthy Relationships Collection by Topic
- *Relationships Matter: Strengthening Vulnerable Youth* (Proceedings Paper, 2009)
- *Relationships Matter: Partnering to Prevent Unplanned Pregnancy* (Proceedings Paper, 2010)
- Tip Sheets & How-to-Guides

Available at: healthymarriageinfo.org

QUESTIONS?

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