



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



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Healthy Dating Leads to Healthy Marriage

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Healthy Dating Leads to Healthy Marriage A Note from the Director

Greetings,

When we think of February, we often think of Valentine's Day which invokes thoughts of young love and heart-shaped candy. February is also [Teen Dating Violence Prevention Month](#) which serves as a stark reminder that not all relationships are healthy. Helping young people decipher between healthy and unhealthy relationship behavior is critical for establishing healthy relationship patterns that can last throughout their lives. Youth who have grown up in homes exposed to healthy relationships are more likely to experience healthy relationships themselves. Unfortunately, not all youth have been exposed to healthy relationships and are therefore more at risk of tolerating abusive behaviors such as intimidation or violence. In support of establishing healthy dating habits, the Resource Center is pleased to announce a Special Collection of resources that focus on youth and young adults. We are also partnering with [National Marriage Week USA](#) to promote National Marriage Week, February 7-14, 2018. I hope the tips and resources highlighted below will be helpful to you and the families you serve in establishing healthy dating habits that lead to long-term healthy relationship patterns.

Best regards,
Robyn Cenizal, CFLE
Project Director

Tip of the Month

Your monthly tip to strengthen the relationships of those you serve. Share it - Post it - Pass it on!

Every relationship looks different. Whether you are 14, 24, 34, or older, what you may look for in a partner and a relationship may be different. Healthy dating is a stable and satisfying relationship built upon varying levels of friendship, safety, security, love, passion, commitment, respect, and trust; characterized by an ability to negotiate differences and resolve conflict, with the absence of domestic violence.

What are some of the things you should look for in a partner? Here are some questions worth asking from loveisrespect.org.

- Treats you with respect.
- Doesn't get angry if you spend time with your friends or family.
- Listens to your ideas and is able to compromise with you.
- Is proud of your accomplishments and successes.
- Respects your boundaries and does not abuse technology.

Check out the [rest of the list](http://loveisrespect.org) on loveisrespect.org. [Loveisrespect's](http://loveisrespect.org) purpose is to engage, educate and empower young people to prevent and end abusive relationships. Loveisrespect also mobilizes parents, educators, peers and survivors to proactively raise awareness on healthy dating behaviors and how to identify unhealthy and abusive patterns.

Featured Resources

The Resource Center's **Virtual Library** has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **Special Collection: Healthy Dating Leads to Healthy Marriage**
Our virtual library interactive Special Collection highlights tools and research focused on healthy relationship skills for teens and young adults, including resources for young people, tools for those working with youth, reports on the changing dynamics of youth relationships, and research on programs and interventions that serve young people.
- **Are you in a healthy relationship: Quiz**
Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is healthy? This interactive quiz from loveisrespect.org is designed for youth, leading you through a series of yes or no questions on indicators of

whether your relationship is healthy and how to score answers. It's also available in [PDF form](#).

- **Healthy Dating Leads to Healthy Marriage**

This Resource Center fact sheet presents many of the factors that youth and young adults, along with the safety-net service providers who work with them, need to be aware of in order to help build the healthy dating friendships that can lead to healthy long-term marital friendships.

Events

The Resource Center's **Events Calendar** offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **Resource Center Webinar: Healthy Dating Leads to Healthy Marriage: Feb. 8, 2018**

Join the National Resource Center for Healthy Marriage and Families for a free webinar that discusses how instilling healthy dating habits in teens and young adults can lead to healthy marriage. Learning how to recognize unhealthy relationship behaviors and understand healthy relationship skills while dating can better prepare young adults for healthy relationships throughout their lives. Speakers will share information on how service providers can integrate healthy relationship education into their existing services for both preventative and restorative purposes.

- **National Marriage Week USA, Feb. 7-14, 2018**

National Marriage Week USA (February 7th to 14th) is a collaborative campaign to strengthen individual marriages, reduce the divorce rate, and build a culture that fosters strong marriages. We know that marriage greatly benefits children and prevents poverty. We work with any group or organization that has resources to strengthen marriages. Join us - host a special event, launch a marriage class and get the word out in your community during National Marriage Week USA.

Feedback and Technical Assistance

To learn more about the Resource Center, visit us at <http://www.healthymarriageandfamilies.org/>.

The National Resource Center for Healthy Marriage and Families supports human service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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