



National Resource Center for Healthy Marriage and Families

The Director's Corner

Greetings,

August can be an exciting time for young people going back to school! Youth look forward to meeting new friends and reconnecting with old ones. As youth mature, navigating dating and other interpersonal relationships becomes even more important. High schools in Utah have integrated healthy relationship education skills into their high school system as a way to assist youth with this transition. Visit our [Success Stories](#) section to read more about their efforts.

Moving away to college can be exciting and scary for both the student and the parent. In addition to the interpersonal skills, college students can also benefit from financial education as they learn to manage their own money. Our [Asset Building](#) section has a link to MyMoney.gov, a website filled with budgeting tips and tools to benefit students and their parents.

I hope you will take advantage of the other resources listed below to assist the youth and families you serve as they prepare for school.

Best Regards,

Robyn Cenizal, Project Director



Tip of the Month

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

During the dating stages of a relationship, exchanging information is important not only to **establish healthy communication** but also to **explore long-term compatibility**. Research says that key areas to discuss include: family backgrounds, core values and beliefs, current relationship expectations and past patterns, spending and saving habits, and conflict management styles.

Find more details, practitioner-client conversation starters, and activity worksheets through our [Virtual Training Center's](#) comprehensive **new course**, *Integrating Healthy Relationship Education*



Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 600 materials in a variety of formats - including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

Select the links below to view our featured August resources:

- [Healthy dating leads to healthy marriage \(Tip Sheet\)](#)
This 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
- [Why marriage and relationship education matters to youth \(Tip Sheet\)](#)
This tip sheet discusses how marriage and relationship education can assist youth as they initiate and manage their romantic relationships. It also provides helpful information for safety-net service providers on selecting appropriate programs and resources, as well as on engaging youth during the process.
- [Spotlight on integration: Youth services \(Tip Sheet\)](#)
This tip sheet highlights common program challenges, strategies for forming successful partnerships, and benefits based on interviews with stakeholders that have successfully implemented youth-focused relationship education.



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:

- [NARME's Marriage & Relationship Education: Champions for Marriages, Families, Parents and Children Conference in Anaheim, CA August 27-30, 2013](#): The National Association for Relationship and Marriage Education (NARME) 3rd Annual Marriage & Relationship Education: Champions for Marriages, Families, Parents and Children Conference offers 14 trainings and workshops designed to foster education for healthy marriages, responsible fatherhood, and strong families. The National Resource Center will be exhibiting and conducting a workshop at this conference.
- The Resource Center will be hosting a free Webinar, ***Moving Healthy Marriage Education "Up and Out,"*** on Thursday, August 22, 2013 at 2pm ET. This Webinar will highlight strategies for engaging and gaining "buy-in" from supervisors, colleagues, and community partners in integrating healthy marriage and relationship education and feature research, tips, and ideas on how to educate, inform, and include both internal and external partners in the integration process. [Register](#) for this event.
- The Resource Center will be hosting a free Webinar, ***Promoting Child Well Being and Permanency through Healthy Relationships*** on Thursday, September 12, 2013 at 2pm ET. This webinar will feature Federal, State, and local speakers who will describe their experiences with the Healthy Relationship and Marriage Education Training project, a multi-state effort funded by the Children's Bureau and is open to all stakeholders working with/interested in learning strategies to strengthen parenting and co-parenting

relationships. [Register](#) for this event.

Feedback and Technical Assistance:

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. If you would like to request Technical Assistance, please submit a [Training and Technical Assistance Request Form](#) and our Technical Assistance Coordinator will contact you.

To learn more about the Resource Center visit us at www.healthymarriageandfamilies.org

The National Resource Center for Healthy Marriage and Families supports safety-net 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.

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