



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



## Healthy Relationship Skills: Helping Build Stronger Families and Leading to Increased Success in the Workplace

**Robyn Cenizal, CFLE**  
**Project Director**



U.S. Department of Health and Human Services  
Administration for Children and Families  
Office of Family Assistance

**Our Mission: Connecting healthy marriage education  
skills and safety-net services as an integrated  
approach to strengthening families.**

# Free Web-based Resources

- Website features include:
  - Media Gallery
  - Webinar and E-Newsletter Archives
  - Calendar of Events
  - Resource Library
  - Virtual Training Center

Special Collection



Special Collections: [Healthy Dating Leads to Healthy Marriage](#) [f](#) [t](#) [g+](#) [in](#) [t](#)

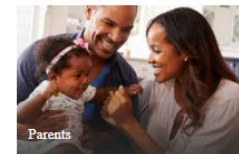
Young adults are more likely to cohabitate than marry. Those who do marry, marry later. Unmarried, cohabitating couples are more likely to suffer domestic violence and unfavorable economic situations. Recognizing unhealthy relationship behaviors and learning healthy relationship skills while dating can better prepare young adults for healthy marriages.

If you are interested in using these materials for your own programs or have trouble viewing any materials, please contact the Resource Center at [info@HealthyMarriageandFamilies.org](mailto:info@HealthyMarriageandFamilies.org)

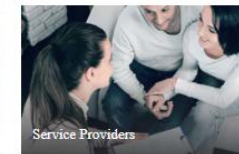
[See All Results within Special Collections](#)



VIEW RESOURCES BY AUDIENCE



Parents



Service Providers



Teens

VIEW RESOURCES BY TOPIC



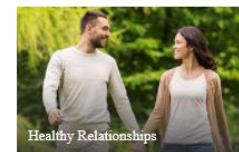
Dating & Technology



Dating Violence



Gender & Sexuality



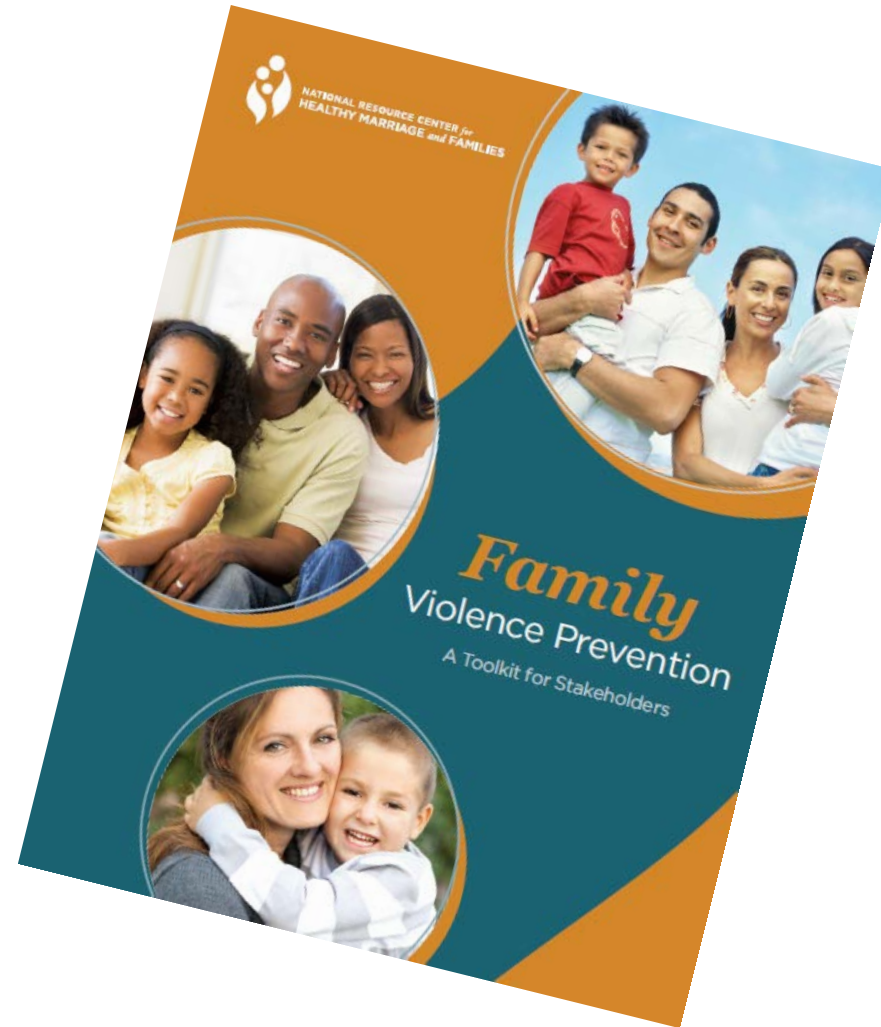
Healthy Relationships



Teen Pregnancy/Parenting

# Family Violence Prevention Toolkit

- Downloadable PDF or Virtual Training Course
- Designed to help safety net service providers better understand the issues that low-income families face and consider how strengthening healthy relationships and promoting safety can complement existing programs and services.



# Stakeholder Specific and Culturally Responsive Products

- Toolkits
- Fact Sheets
- Research to Practice Briefs
- Tip Sheets
- Guides



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

# Virtual Training Center:

- *Family Violence Prevention Toolkit*
- *Strong Relationships, Strong Families Curriculum Series*
  - Module I: Introduction to Healthy Relationship Education Skills for Stakeholders
- *Core Healthy Marriage and Relationship Skills (Four-part Series)*
  - Communication
  - Conflict Management
  - Parenting
  - Financial Education

Home > My courses > Training Courses > Introduction to Healthy Relationship Education Skills > General > Strong Relationships, Strong Families: Introductio...

EXIT ACTIVITY

## Strong Relationships, Strong Families: Introduction to Healthy Relationship Education Skills for Stakeholders

National Resource Center for Healthy Marriage and Families

Resources

Strong Relationships, Strong Families:  
Introduction to Healthy Relationship Education Skills for Stakeholders

Why Was This Course Developed?

Educate stakeholders

Select Next to continue.

Menu Transcript

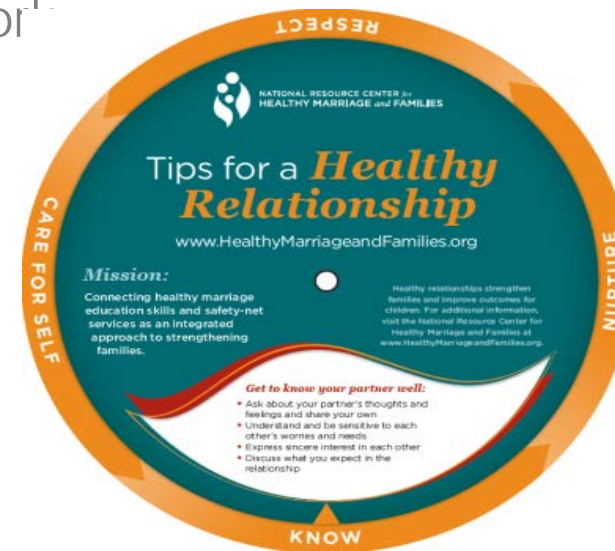
- Introduction to Healthy Relationship Education Skills for Stakeholders
- Welcome
- Course Introduction
- Why Was This Course Developed?
- What is Healthy Marriage and Relationship Education?
- Considering Family Safety
- Why Do Healthy Marriages and Relationships Matter?
- Benefits of Healthy Relationships and Marriages
- Costs of Unhealthy and Unstable Relationships and Marriages
- Knowledge Check
- Making the Case for Integration (1 of 2)
- Making the Case for Integration (2 of 2)
- What Does Integration of Healthy Marriage and Relationship Education Look Like?
- Knowledge Check
- Conclusion

Search...

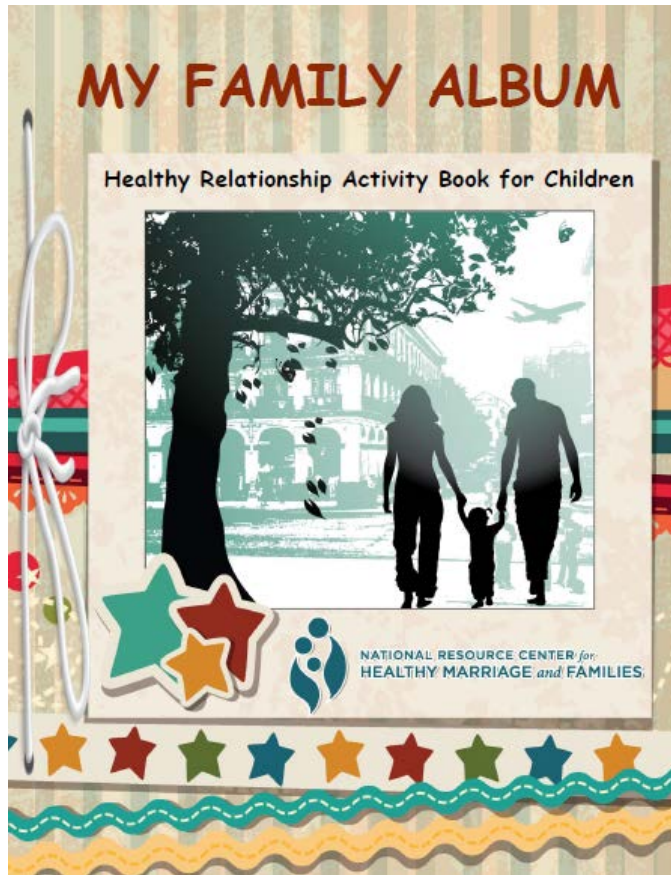
PREV NEXT

# Strong Relationships, Strong Families

- Free, research-based curriculum adapted from the Healthy Relationship and Marriage Education Training curriculum, which was developed under a grant from the Children's Bureau in the U.S. Department of Health and Human Services, Administration for Children and Families, in partnership with the National Extension Relationship and Education Network
  - Learning Objectives.
  - Key Concept.
  - Practice Tools.



# Children's Activity Book



- Creates opportunities for discussion
- Promotes healthy relationship skills
- Encourages positive interactions

# Resource Center Technical Assistance

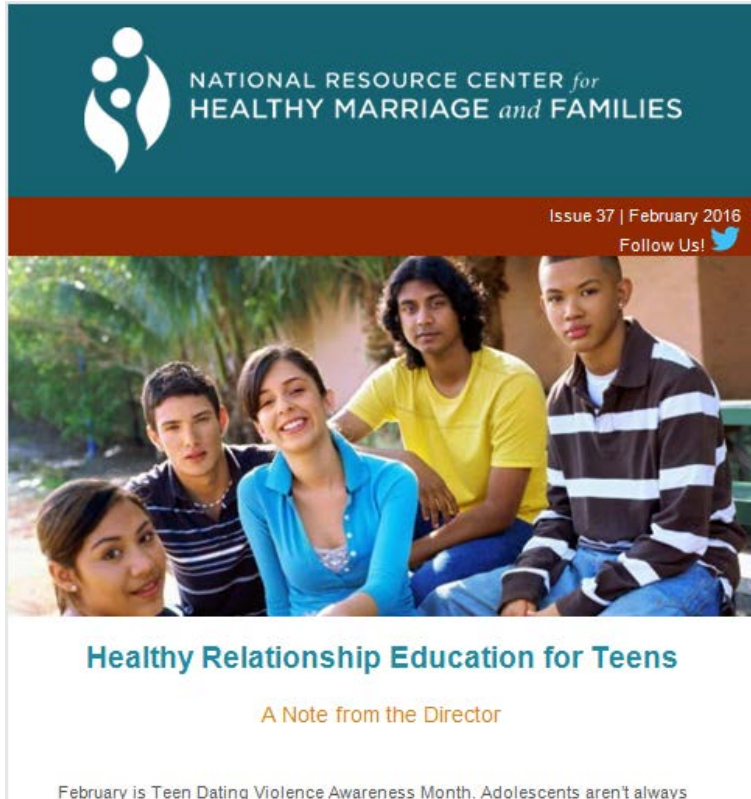
- Individualized Technical Assistance Plans
- Targeted Webinars
- Virtual Training Center
- Written Products and Research
- Conference Calls





# Let's Stay Connected

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



## [Monthly Newsletter](#)

- Highlight tips, resources, and upcoming events



## [LinkedIn](#)

- Connect with professionals across the country



## [Twitter](#)

- Share information and engage more dynamically

**@MarriageResCtr**



## [Youtube](#)

- Share information and engage more



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