

# Healthy Relationships Initiative

Newsletter

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## Relationship Risk Factors

Scott Stanley and Howard Markman are leading researchers studying relationships. They have investigated the concept of Risk Factors, which are something that makes your relationship more likely to be unhappy and less likely to work out. They describe Static Risk Factors- not likely to change, and Dynamic Risk Factors- can learn to change.

### Static Risk Factors include:

- Personality Factors
- Parental Divorce,
- Religious Dissimilarity
- Previous Divorce
- Young Age at Marriage
- Economic Status
- Major Mental Health Problems
- Cohabitation History

### Dynamic Risk Factors include:

- Communication Danger Signs
- Unrealistic Expectations
- Substance Abuse,
- Communication Ability
- Conflict Management
- Commitment and Motivation

Okay, so what? The key is to focus on what matters and is changeable. Markman and Stanley have created a program, Preventative Relationship Enhancement Program (PREP) that addresses most of these Dynamic Factors. Our resource Healthy Relationships incorporates these same strategies in a way that teens can use to enhance their relationships.

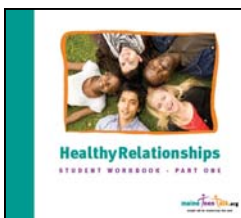


MaineTeenTalk.org is where Maine teens can learn the skills they need to form healthy relationships. Based on research and input from Maine teens, the website offers:

- Communication skills
- Peer advice and information,
- Trained Healthy Relationship Coaches
- Relationship quizzes
- Healthy Relationships course

Help spread the word about this innovative, supportive website for teens....

## Healthy Relationships Resource



The Healthy Relationships program is a teach-out-of-the-box (TOOB) resource. This means that a teacher, youth leader, parent, or interested adult can easily follow the guide and present the information with very little preparation time. Attractive, easy to follow chapters provide proven strategies and intentional models for relationship and communication skill-building. This resource can be used in a variety of classroom settings, or it can serve as an essential asset-building program. **It will help young people acquire practical skills for emotionally healthy relationships.**

### Online Auction

*Healthy Relationships Initiative Online Auction  
Oct. 22 - Nov. 19*

*We hope you will consider supporting our efforts by placing a bid on-line.*

*Check out our auction website:  
[www.hri.cmarket.com](http://www.hri.cmarket.com)*

### NEWS:

#### ◆ Request for Proposals

Mini grant applications to receive "Healthy Relationships" resource are available on our website.

#### ◆ WCYY Holiday Bizarre

We will be co-sponsoring this annual event for all ages. Hope to see you there!

#### Healthy Relationships Initiative:

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