

# Healthy Relationships Initiative

Newsletter

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## NEW INITIATIVE IN MAINE – “MINI GRANTS” FOR RELATIONSHIP EDUCATION

The Healthy Relationships Initiative was started this past year with a Federal Grant Award under the Administration of Children and Families. Teachers will soon have the opportunity to apply for “mini grants” to receive free curricula and support to offer relationship education in their high school classrooms toward fulfillment of their **Maine Health Education Learning Results** goals.

Students generally receive education regarding physical aspects of relationships, but little about creating healthy, life-long relationships. Our goal is to impart communication and relationship skills that can be used to enhance every

relationship in their present and future lives. These skills are especially significant in building solid marriages and reducing the incidence of divorce with associated negative consequences.

We are excited to offer PREP® (Prevention Relationship Enhancement Program) for Teens as a part of our curriculum. PREP is a research-based program that offers proven methods to counter relationship eroding patterns. Our curriculum is based on four separate modules that can easily be integrated into classroom activities.

As a grant funded project, program materials and



support are **free**. Also, our trained educators can deliver programs to students outside of the school setting and are available for special events.

Don't miss out on the opportunity to provide evidence-based relationship education in your classroom!

Contact our office and watch for the “mini grants” RFP in May.

*The good news is that communication patterns are learned and thus can be unlearned and replaced with healthier patterns.*

## SAMPLE RELATIONSHIP LESSONS

- **Healthy vs. Unhealthy Relationships**
- **Emotional differences between guys and girls**
- **Who do I want to be?**
- **Four toxic ways to communicate**
- **Angry Brains aren't smart brains**
- **Filters**
- **Speaker Listener Technique**
- **Love Bank**

### Coming soon :

- ♦ **Request for Proposals (RFP) for “mini grants” will be published in May.**
- ♦ **In our next newsletter, learn what the latest brain research shows and how teens can use that information to better communicate.**

**Healthy Relationships Initiative:**

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