

Healthy Relationships Initiative

Newsletter



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“Healthy Relationships” Resource is Here!

The **Healthy Relationships Initiative** is launching maineteentalk.org. Research in Maine and around the country illuminates the need for relationship education that will impart knowledge, build skills, and change behavior in teens.

Maineteentalk.org offers cutting edge, evidence-based resources to help teens enhance their relationships and enrich their lives. Our Healthy Relationships “teach out of the box” resource is available to high school teachers for use in their classrooms beginning Sept. 2007. This educational program can help fulfill **Maine Health Education Learning Results** goals.

Some of the objectives of this resource are to help teens:

- Recognize an unhealthy relationship
- Learn research-based skills essential for good communication
- Develop healthy relationships in preparation for successful marriages

We are excited to offer PREP® (Prevention Relationship Enhancement Program) as a part of our resource. PREP® is a research-based program that offers proven methods to counter relationship eroding patterns.

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 this new relationship education in your classroom!



Save The Dates!

Healthy Relationships Initiative will be holding an Online Auction, Oct. 22 - Nov. 19. We hope you will consider supporting our efforts by donating an item, becoming a sponsor, or placing a bid on-line. Check out our auction website: www.hri.cmarket.com

What We Know About the Brain

- Physical, mental, and cognitive maturity is not completed until around age 25.
- The cortex controls critical thinking, judgment and reasoning, and is the last part of the brain to reach cognitive maturity.
- The lower brain, the mid and brainstem regulates our reactive impulses. When we are angry, we operate from our lower brain and react impulsively.
- Infatuation releases neurochemicals that can cloud rational thinking.

What does this mean for teens? It is important to teach them how to communicate using their higher brains and to take relationships slow. Our Healthy Relationships resource contains valuable information that will help teens use their smart brain.

NEWS:

◆ Request for Proposals

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

◆ Maine Mall Event:

Concert and Contest

Sept. 29, maineteentalk.org launches “She Said/He Said”, Girls vs Guys with Q 97.9 and WCYY.

Healthy Relationships Initiative:

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