

Promoting Health and Happiness of Families in Kentucky

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On July 22, 2008 Community Action Kentucky hosted the training titled, Relationship Skills Education: A Cultural Roadmap. Twenty-six participants representing community action, faith-based organizations, University of Kentucky, and IDEALS of Kentucky took part in the training. Irene Varley, MA from the Dibble Institute provided the group with insights and instructions on two researched based programs for adolescents.

CONNECTIONS is a relationship and marriage curriculum written for the purpose of reaching junior-senior level school age adolescents. The fundamental components of the curriculum are to establish healthy and stable interpersonal relationships with family, friends, dating partners, and eventually husbands and wives.

Love U 2 curriculum provides adolescents with practical guidance for developing positive relationships. The 7 principles offered are simple and clear and apply as much to healthy teen relationships as they do to adult relationships. Activities are provided to the adolescents to aide their learning and insights to real world teen relationships.

Through funding and partnerships between the community action agencies, universities, and faith-based organizations the healthy marriage network has grown to 75 counties. For more information in your community visit www.kyhealthymarriage.org.