

# Keys to a Healthy Relationship: Helping Youth Connect the Pieces

A 3D puzzle of a human head profile, rendered in a glowing blue and white color scheme. The puzzle pieces are interlocking, and the head is shown in profile, facing right. The background is a dark blue gradient with some abstract, glowing blue shapes.


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# Core Elements of Successful Programs

According to the New Urban Institute Guidebook, successful healthy relationship programs for youth share six core elements.

1. They attempt to modify teens' knowledge, attitudes, and behavior so that the perceived rewards of engaging in a healthy behavior outweigh the perceived costs.



# Core Elements of Successful Programs cont..

2. The programs also target specific behavior goals with a clearly delineated plan.
3. Programs are designed to teach skills, not just information, using student-to-student or instructor-to-student methods.
4. The programs include a written curriculum and instructor training and feedback.



# Core Elements of Successful Programs cont..

5. Successful programs often last weeks or months and involve multiple sessions.
6. They use a variety of techniques and instruction methods, including, for example, combinations of formal instructors, parents, and peers.

Elson, M. et al. (2000). Teen Risk-Taking: promising prevention programs and approaches. The Urban Institute.



# Connecting RTV to the Core Elements

ReCapturing the Vision connects to each of the 6 core elements of a successful through a three-tier approach that reaches youth and their families in school, the community and the home.

**Tier 1**-School, the base operation (curriculum delivery).

**Tier 2**-Community, outreach Projects (media, music).

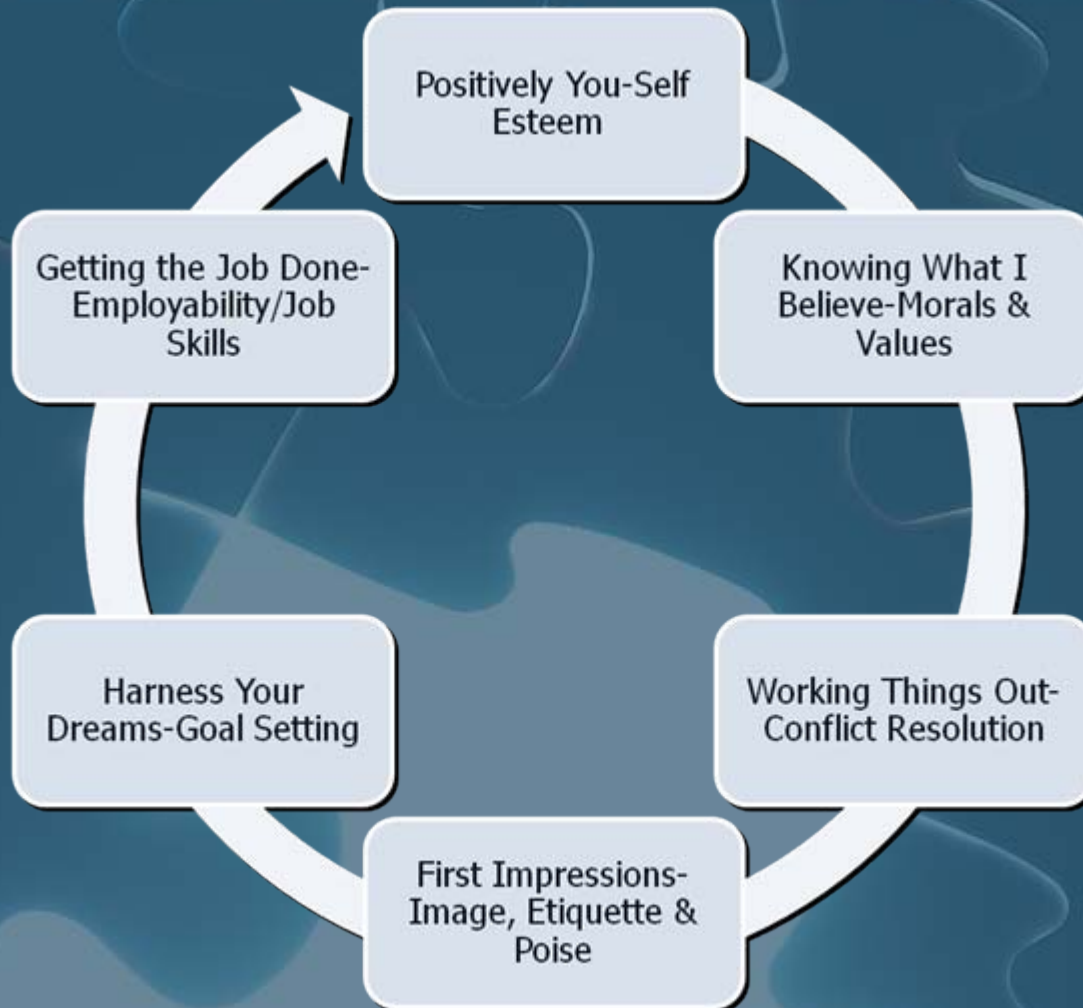
**Tier 3**-Home/Family, strengthening families (mentoring, counseling).



# **TIER 1: SCHOOL**



# “Capturing the Vision” Life Skills and Character Ed.





# "Vessels of Honor"

## Abstinence & Healthy Marriage

### Honor

- My honorable role model

### Consequences

- STD Pre/Post test

### Sexual Conflict Resolution

- Tone, body language, facial expressions

### Sexual Abuse

- Date rape, domestic abuse, molestation

### Finding A Mate that's Worth the Wait

- Appearance, Personality, Values

### Marriage 101

- Fidelity, Respect, Commitment, Goals, Values, the hope chest

### Family, Parenting & Divorce

- Caring for baby, Rating Parenthood, Dealing with Divorce

### Healthy Marriages

- Reflective Listening, Empathy, Compromise



# Interactive Fieldtrips/Events

Designed to broaden horizons by exposing students to settings that they are not otherwise afforded, an opportunity to apply classroom based learning, and build confidence.

- RTV Makeovers
- Hygiene
- Skin Care
- Table Etiquette
- Teen Talk Symposium
- Vessels of Honor rally
- Teen Empowerment Summit



# **TIER 2: COMMUNITY**



# Community Outreach Projects

- Media Outreach-Teen Vision Magazine
- Raise It Talk Show
- Teen Talent Search
- CD Projects- 🔔
- Community Presentations & Partnerships
- Summer Camps/Afterschool Care
- Vision Academy of Excellence



# **TIER 3: HOME/FAMILY**



# Strengthening Families

## Breaking the Cycles

- **Monthly Home Visits**
  - a) Referral Services
  - b) Counseling
  - c) Mental Health Services
  - d) Case Management
  - e) Alcohol & Substance
  - f) Treatment



# Strengthening Families

## Breaking the Cycles

- **Family Mentoring**-3 day weekend getaway
  - a) Parent Training
  - b) Marriage Training
  - c) Family Mentoring and Guidance



# What's Important

- Youth must know who they are- values, vision
- must learn to find compatible mates-similar values, vision
- Develop skills that support healthy marriages-critical thinking, communication skills, conflict resolution, and commitment/responsibility