

NOTE: For your convenience this form is provided and “filled out” regarding the Active Marriage and Best Practices 8-12 Hour Program so that you will know how this program may meet your goals and ACF’s suggestions.

1. Name of curriculum:

Active Education and Best Practices: for Healthy Marriages and Relationships (Company name: Active Relationships)

2. Identify the learning goals for participants as stated in the curriculum. The following are goals from Active Marriages and Best Practices program

- State the importance of commitment in successful long-term relationships
- State the importance of long-term vision, patience and perseverance in successful long-term relationships
- List components of successful communication, including listening and speaking skills for effective communication and to reduce conflict
- Identify specific behaviors that promote successful relationships and those that do not, including body language and non-verbal communication
- Identify steps to manage personal emotions
- List steps of the S.M.A.R.T. process conflict resolution tool to manage disagreements
- Identify beliefs, attitudes and values about marriage or family
- Identify values, attitudes associated with long-term, low-conflict partnerships
- List research-based qualities of healthy relationships and healthy marriages
- List benefits of marriage for adults, children, community

Number of sessions required or recommended in curriculum: (For Active Marriage and Best Practices) 5, 2, or 1 session. Hours per session recommended in curriculum: 2.25 (for 5 sessions) or 4.75 (for 2 sessions) or 8 hours (for 1 day-long session) Total hours: 8-12

(REMINDER: For many ACF funded projects, it is required that participants experience a minimum of eight hours of instruction delivered over time, or that program hours be aligned with the recommended duration based on the guidelines of the curriculum itself.)

5. Number of participants per session recommended in curriculum: **(For Active Marriage and Best Practices) 10-30 individuals (5 to 15 couples)**

6. Estimated preparation time by instructor per session suggested by curriculum: **1 hour or less (after initial learning phase)**

7. Briefly describe the recommended qualifications of instructors: **Experienced presenter. Recommended highly by Senior Staff of organization that this candidate serves. Ability to read, write, speak fluently in the language of the curriculum and of the participants served.**

8. Special training in the curriculum for presenters is: **(B) RECOMMENDED, but may be learned (A) “out of the box”**

- a) not required (teach “out of the box” curriculum)
- b) recommended but not required
- c) required

	Materials: X=required by Active Relationships (AR)x=highly recommended by AR O=optional for use by facilitators		Instructional Methods		Learning Activities
X	Facilitator guide or workbook	X	Lecture or similar presentation (by facilitator or co-facilitators)	X	Communication or conflict resolution skills practice
X	Participant workbook	X	Guided discussion (between partners, within groups, whole group)	X	Role play or other creative, musical or artistic activity
	Take-home resources or homework		Guest speakers on special topics	O	Written exercise (in session or for homework)
	Additional document, book or text		Reading of text	O	Journal entry
O	Audio Visual aids (Computer, DVD, CD, VCR, overhead projector, TV)	X	Coaching or demonstration of skills by instructor, peer or mentor couple	X	Survey, quiz or relationship assessment inventory
	Internet or web-based resource(s) including podcast, webcast	X	Use of pictorials for low-literacy groups	X	Situational analysis of case study, couple interaction, role play
O	Flipchart or posters	O	Use of AV to present educational content (video, DVD, CD, audiotape)	X	Other individual exercise(s)
	Other material(s) - list (prop, supplies, learning tools, resource, etc.):		Other instructional method(s) – list:	X	Other couple or group interactive exercise(s) – list:

10. Is the curriculum available in other languages? **YES** If so, which one(s)? **SPANISH**

11. Are supportive materials (video, DVD, CD, etc.) available in other languages? **YES**
If so, which one(s)? **DVD, CD, PPT., Teaching aids**

12. Describe any special features or other noteworthy aspects of this curriculum that are important to your project:

Active Relationships curriculums are currently used in the general population and for unique populations: refugee communities (Somali, Russian, Boat People, Cambodian), military (Army, Air Force, National Guard), Schools (Independent School Districts and Private Schools), Native American Community, Hispanic Community (in Spanish or English), in Head Start Communities, Federally Funded Healthy Marriage Coalitions and Agencies (including YWCA). Active Relationships Company is a federally awarded, Healthy Marriage agency for the Lower Rio Grande Valley-Cameron County, Texas to serve Hispanic Couples and Youth. Active Relationships classes are in (but not limited to) to the following countries: U.S., England, Germany, South Korea, Italy, Turkey.

Research for Active Relationships curriculums includes positive outcomes, pre, post and follow up as recently as 2006 in the U.S. Air Force Europe and across Lower Income Families in seven Texas cities. Research was conducted by Baylor University School of Social Work. Research is on-going for high school and adult populations by healthy marriage federally funded sites.

<p>Instructions</p> <p>Review the curricular materials and identify the range of topics and skills associated with each curricular resource (facilitator’s guide, participant’s workbook, other documents or media)</p>	
Assess Info	<p>Put a checkmark (✓) in the “Info” column next to each topic that is presented or addressed at least once in the curriculum. Remember topics and associated content may represent subject matter that is represented explicitly as well as implicitly in the skill-building activities and information of each lesson, session or module.</p> <p>Put a checkmark (✓) in the “Skills or Activities” column when you find a skill-building exercise or activity that enhances knowledge or understanding of that particular topic. Skill exercises and activities encourage participants to “learn by doing or discussing” and serve to enhance knowledge, values, self-awareness or relationship skills. These practices require interaction or dynamic participation by individuals, among couples or within groups. When “Skills or Activities” are clearly associated with information on a specific topic, place a checkmark in both columns. Examples of skill exercises and activities are:</p>
Assess Skills or Activities	<ul style="list-style-type: none"> • Practicing communication skill exercises (examples: structured dialogs, guided conversations, listening/speaking skills practice, etc.) • Discussing a case study and problem-solving strategies in pairs or groups • Completing homework on steps to conflict reduction for couples • Filling-out a self or couple-relationship assessment • Participating in a role-play, game or other creative activity

	Skills or Activities	Minimum Required Content
✓ (p.49-53)	✓ (p.50)	Commitment to healthy marriage (for current or future relationship)
✓ (p.37-39)	✓ (p.39-40)	<ul style="list-style-type: none"> • Role of commitment, long-term vision on relationship qualities, dynamics
✓ (p.37)	✓ (p.37)	<ul style="list-style-type: none"> • Perseverance and patience in relationship
✓ (p.27-32)	✓ (p.30)	Communication
✓ (p.27-32)	✓ (p.30-32)	<ul style="list-style-type: none"> • Listening and/or speaking skills, effective communication dynamics
✓	✓	<ul style="list-style-type: none"> • Body language, non-verbal communication
✓ (p.85-99)	✓ (p.88-89)	Conflict resolution
✓ (p.85-99)	✓ (p.97)	<ul style="list-style-type: none"> • Dealing with issues, events, disagreements, quarrels and arguments
✓	✓ (p.88-89)	<ul style="list-style-type: none"> • Speaking and listening skills to reduce verbal conflict, escalation
✓ (p.45-53)	✓ (p.45)	Beliefs about marriage or family (cultural and/or faith-based)
✓ (p.45-53)	✓ (p.45)	<ul style="list-style-type: none"> • Attitudes, ideas, values about marriage or family life related to couple relationship
✓ (p.41-53)	✓ (p.49)	Benefits of marriage (for adults, children, community and society)
✓ (p.41-42)	✓ (p.42)	<ul style="list-style-type: none"> • Impact on marital and social well-being; economic, education and health outcomes, social indicators, finances, crime rates, etc.
✓ (p.41-42)	✓ (p.42)	<ul style="list-style-type: none"> • Role of marriage in society and culture(s), marriage as a social institution
✓ (p.49-53)	✓	Qualities of healthy relationships and healthy marriages
✓ (p.49-50)	✓ (p.49-50)	<ul style="list-style-type: none"> • Research based qualities, characteristics and aspects of healthy relationships and healthy marriages
✓ (p.49-53)	✓ (p.49-53)	<ul style="list-style-type: none"> • Values, attitudes associated with long-term, low-conflict partnerships
6 general (11) sub	6 general (11) sub 100%	Total number of checks under each Minimum Required Content column

Info	Skills or Activities	Advised Content
✓ (p.62-64)	✓ (p.64)	Anger management
✓	✓	<ul style="list-style-type: none"> • Emotional regulation
✓	✓	<ul style="list-style-type: none"> • Managing emotions/feelings
✓	✓	<ul style="list-style-type: none"> • Recognizing, understanding and expressing feelings appropriately
✓ (p.60)	✓	Caring & empathy, appreciation or soothing behaviors
✓	✓	<ul style="list-style-type: none"> • Empathy skills (verbal and non-verbal), kindness, thoughtfulness
✓	✓	<ul style="list-style-type: none"> • Emotional supportiveness
✓ (p.77-78)	✓	Cohabitation
✓ (p.78)	✓	<ul style="list-style-type: none"> • Issues, reasons for, disadvantages of living together before marriage
✓ (p.77)	✓	<ul style="list-style-type: none"> • Research on cohabiting relationships
✓ (p.68)	✓	Danger signs in relationships, recognizing unhealthy patterns (who not to choose)
✓	✓	<ul style="list-style-type: none"> • Risk factors for chronic conflict, negative interactions
✓	✓	<ul style="list-style-type: none"> • Destructive, violent or controlling behavior patterns in couple communication or interaction
✓ (p.75-76)	✓ (p.75-76)	Extended Family Relationships
✓	✓	<ul style="list-style-type: none"> • Relationships with couples' parents, siblings and kin
✓	✓	<ul style="list-style-type: none"> • Relationships with mother or father of a child other than the current relationship
✓	✓	<ul style="list-style-type: none"> • Relationships with child's grandparent when mother or father is not the current relationship

✓ (p.72-74)	✓ (p.72-74)	Financial Literacy
✓	✓	<ul style="list-style-type: none"> • Basic money management skills (budgeting, banking, saving, planning, investing)
✓	✓	<ul style="list-style-type: none"> • Attitudes, beliefs, practices of effective money management
✓	✓	<ul style="list-style-type: none"> • Individual and/or couple financial responsibility
✓	✓	<ul style="list-style-type: none"> • Negotiation or communication skills related to distribution and/or expenditure of financial resources
✓ (p.60-61)	✓	Forgiveness
✓	✓	<ul style="list-style-type: none"> • Factors to consider in making a decision to forgive, impact of forgiveness on relationships
✓	✓	<ul style="list-style-type: none"> • Forgiveness versus fairness, justice and forgetting
✓	✓	<ul style="list-style-type: none"> • Forgiveness behaviors (taking responsibility, apologies, letting go)
✓ (p.45)	✓	Gender roles, issues, male-female differences
✓	✓	<ul style="list-style-type: none"> • Beliefs & behaviors about man or womanhood
✓	✓	<ul style="list-style-type: none"> • Gender-based role expectations
✓	✓	Goals (personal, couple and/or family
✓	✓	<ul style="list-style-type: none"> • Goal-setting, planning for the future
✓	✓	<ul style="list-style-type: none"> • Hopes and dreams
✓	✓	Infidelity/fidelity
✓	✓	<ul style="list-style-type: none"> • Trust or commitment related to emotional, financial and sexual fidelity
✓	✓	<ul style="list-style-type: none"> • Fidelity and social boundaries

✓	✓	Knowledge of partner
✓	✓	<ul style="list-style-type: none"> • Partner-awareness activities
✓	✓	<ul style="list-style-type: none"> • Identify partner strengths, qualities and values
✓ (p.63-67)	✓	Knowledge of self, personality
✓	✓	<ul style="list-style-type: none"> • Self-awareness activities, self-management skills
✓	✓	<ul style="list-style-type: none"> • Identify personality strengths, qualities and values
✓	✓	Problem-solving
✓	✓	<ul style="list-style-type: none"> • Identifying problems, brainstorming, exploring options
✓	✓	<ul style="list-style-type: none"> • Building consensus and exploring solutions
✓	✓	Remarriage, stepfamily issues
✓	✓	<ul style="list-style-type: none"> • Healing from loss (examples: death of spouse, divorce)
✓ (p.81-82)	✓ (p.81-82)	<ul style="list-style-type: none"> • Step-parenting or co-parenting responsibilities, complex in-law relationships
✓	✓	<ul style="list-style-type: none"> • Issues with other parent of partner's child, multiple-partner fertility impact on relationship
✓	✓	Relationship assessment
✓	✓	<ul style="list-style-type: none"> • Completion of an informal assessment process or standardized assessment tool
✓	✓	Relationship choices (dating, mate selection)
✓ (p.53)	✓	<ul style="list-style-type: none"> • Qualities of a good mate, process of getting to know another person
✓ (p.53-58)	✓ (p.55)	<ul style="list-style-type: none"> • Understanding risk factors and danger signs
✓ (p.77-81)	✓ (p.80)	Relationship history, past relationships
✓ (p.77-81)	✓	<ul style="list-style-type: none"> • Dating, cohabitation, non-marital parenting
✓	✓	<ul style="list-style-type: none"> • Previous relationship's impact on partner or children

✓ (p.100-105)	✓	Relationship phases and stages
✓	✓	<ul style="list-style-type: none"> • Stages or phases of love, couple bonding, marriage, family cycle
✓	✓	<ul style="list-style-type: none"> • Processes of engagement/disengagement
✓ (p.71 - 72)	✓ (p.71 - 72)	Roles and responsibilities in couple relationships
✓ (p.71 - 72)	✓ (p.71 - 72)	<ul style="list-style-type: none"> • Manage basic household, family and relationship tasks
✓	✓	<ul style="list-style-type: none"> • Boundaries, duties add from reunions
✓ (p.101 - 115)	✓	Sexual intimacy
✓	✓	<ul style="list-style-type: none"> • Role of sex in marriage, intimacy, impact on health
✓ (p.109 - 111)	✓ (p.109 - 110)	<ul style="list-style-type: none"> • Communication about sexual desires, habits of couple
✓ (p.99 - 107)	✓	<ul style="list-style-type: none"> • Bio-chemistry, social-emotional dynamics of sex
✓ (p.101 - 103)	✓ (p.102 - 103)	<ul style="list-style-type: none"> • Abstinence until marriage, delayed sexual intimacy, pregnancy and STD prevention
✓ (p.110-114)	✓	Shared activities, spending time together as a couple
✓ (p.111)	✓ (p.111)	<ul style="list-style-type: none"> • Planning and implementing couple activities
✓ (p.112)	✓ (p.112)	<ul style="list-style-type: none"> • Nurturing fun, friendship
✓	✓	Social supports
✓	✓	<ul style="list-style-type: none"> • Using or developing network systems including friends, kin, neighborhood and faith community that support the couple or marriage by providing financial or other backing and assistance (e.g., child care, socio-emotional, cultural)

✓ (p.79)	✓	Stressors, change, crisis
✓	✓	<ul style="list-style-type: none"> • Common marital/relationship stressors such as, schedule changes, relocation, job or employment issues
✓	✓	<ul style="list-style-type: none"> • Special family circumstance such as, foster parenting, children in foster care, adoption
✓	✓	<ul style="list-style-type: none"> • Caretaking of chronically ill family member, aging parent and/or a special needs child
✓	✓	<ul style="list-style-type: none"> • Strategies for handling internal/intrapersonal and interpersonal distress
✓ (p.99)	✓ (p.99)	Teamwork, couple identity
✓ (p.99)	✓ (p.99)	<ul style="list-style-type: none"> • Collaboration and cooperation as a couple
✓ (p.99)	✓ (p.99)	<ul style="list-style-type: none"> • Couple unity --- the “us” or “we” as a couple
✓ (p.52)	✓ (p.52)	Trust & trustworthiness
✓ (p.52)	✓ (p.52)	<ul style="list-style-type: none"> • Reliable, consistent behavior in relationships
✓	✓	<ul style="list-style-type: none"> • Rebuilding trust after infidelity or other breach of trust
✓ (p.49-53)	✓	Values
✓	✓	<ul style="list-style-type: none"> • Beliefs, principles, morals, ethics
✓	✓	<ul style="list-style-type: none"> • Ideals that influence commitment, marriage, behavior in personal relationships, family or kin dynamics and/or social norms
26 general (60) sub	26 general (60) sub 100%	Total number of checks under each Advised Content column

Info	Skills or Activities	Optional Content
✓ (p.101-105)		Abstinence
✓ (p.101-105)		<ul style="list-style-type: none"> • Delaying sexual activity until marriage
✓		Addictions/substance abuse
✓		<ul style="list-style-type: none"> • Impact of addictions/substance abuse on relationship/marriage (examples: alcoholism, substance abuse, gambling addiction, eating disorders, co-dependence or other addictions)
✓		<ul style="list-style-type: none"> • Awareness of and referral to treatment and recovery resources
✓		Adoption, foster care
✓		<ul style="list-style-type: none"> • Deciding to adopt a child or provide foster care
✓		<ul style="list-style-type: none"> • Impact of adopting a child or providing foster care (couple relationship/family dynamics)
✓		Child support
✓ (p.80)		<ul style="list-style-type: none"> • Importance of providing emotional and financial support to non-residential children
✓ (p.80-81)		<ul style="list-style-type: none"> • Understanding the child support enforcement system
✓ (p.80-81)		<ul style="list-style-type: none"> • Strategies for healthy relationship between the residential and non-residential parent
		Criminal behavior/Criminal justice system
		<ul style="list-style-type: none"> • Experience with the criminal justice system
		<ul style="list-style-type: none"> • Impact of criminal behavior or incarceration on relationships
		<ul style="list-style-type: none"> • Maintaining relationships during and after incarceration

		Death and dying
		<ul style="list-style-type: none"> • Negotiating and dealing with medical aspects of death and dying
		<ul style="list-style-type: none"> • Relationships and life closure issues
		<ul style="list-style-type: none"> • Memorial and burial arrangements, estate planning and disbursement
		Employment
		<ul style="list-style-type: none"> • Making decisions about employment
		<ul style="list-style-type: none"> • Seeking employment, enhancing employability skills and maintaining employment
		<ul style="list-style-type: none"> • Impact of employment or lack of employment on couple/family dynamics
		ESL, assimilation
		<ul style="list-style-type: none"> • Overcoming language/cultural barriers to enhance couple and family communication or stability
		<ul style="list-style-type: none"> • Resettlement issues impact on couple and family relationships
		Health, illness, safety
		<ul style="list-style-type: none"> • Health and safety behaviors (examples: preventive health care, immunizations, safety belts; bicycle helmets; smoke/carbon monoxide detectors)
		<ul style="list-style-type: none"> • Illness (examples: short-term, chronic, and/or terminal illness, surgeries)
		<ul style="list-style-type: none"> • Accidental injuries, Awareness of referrals for health and safety information
		Housing
		<ul style="list-style-type: none"> • Locating stable and safe housing
		<ul style="list-style-type: none"> • Financial aspects of housing (renting, buying a house)

		Mental health, mental illness
		<ul style="list-style-type: none"> • Mental illness, such as: bi-polar, depression, anxiety, post-partum depression, ADHD
		<ul style="list-style-type: none"> • Awareness of referral resources for mental health services
✓		Parenting, co-parenting (fatherhood, motherhood)
✓ (p.82)		<ul style="list-style-type: none"> • Impact of becoming and/or being a parent on the relationship/marriage
✓ (p.82)		<ul style="list-style-type: none"> • Parent involvement and parenting strategies – discipline plans, parenting responsibilities
✓ (p.82)		<ul style="list-style-type: none"> • Impact of parent, couple relationship on well-being of children
		Pregnancy, Prenatal, Post-Natal
		<ul style="list-style-type: none"> • Impact of pregnancy on couple relationship and family dynamics
		<ul style="list-style-type: none"> • Prenatal healthy care
		<ul style="list-style-type: none"> • Preparing for the birth of a child
		<ul style="list-style-type: none"> • Infant development and care
		<ul style="list-style-type: none"> • Impact of infant on couple relationship and family dynamics
✓ (p.83)		TANF services
		<ul style="list-style-type: none"> • Understanding the child support enforcement system
		<ul style="list-style-type: none"> • Impact of being a TANF recipient on couple/family dynamics
		<ul style="list-style-type: none"> • Preparing to discontinue TANF supports
6(9)		Total number of checks under each Optional Content column

Curriculum Summary

In summarizing the number of topics and skills/activities found in the curriculum consider the following questions:

1. Does the curriculum contain all of the Minimum Required Content topics? **Active Marriage and Best Practices: YES**
2. Do the range of topics, instructional methods and learning activities in the curriculum meet the needs of the participants?

Content Type	Possible no. of chart topics	Total "Info" topics in this curriculum	Possible No. Total "Skills or Activities" topics	Total "Skills or Activities" topics in this curriculum	Percent coverage of topics in curriculum
Minimum Required Content	6	6/6	11	11/11	100%
Advised Content	26	26/26	60	60/60	100%
Optional Content	14	6/14	39	9/39	49%
Total	46	38/46	110	80/110	

Preparation and Implementation (Optional)

If instructor training or certification is required, consider the following:

1. Is training offered at a time and location convenient to your program implementation plan? **Training offered at Smart Marriage conference rates per person (see www.SmartMarriages.com) OR at a flat fee at your site for your staff (as many as you can fit in the room) See ARC website www.ActiveRelationships.com for "at -your-site" trainings. Click on trainings.**
 - a. Locations where training will take place: **Smart Marriages Conference 2008 Orlando, July 6th-11th. Leader Materials included in registration fee. (see www.SmartMarriages.com for registration for this training, download a registration form at the same website)**
 - b. Possible or actual dates for instructor training: **For training dates at your site, contact ARC. 877-724.7789 or contact@activerelationships.com**
2. What are the estimated costs associated with preparation and implementation?
 - a. What are the estimated **one-time costs** associated with instructor training or certification (include registration, materials fees and travel)? **SEE Trainings on ARC website. There are several options.**
 - b. In order to implement the curriculum, what equipment or materials need to be purchased?
Leader's Guide
 - c. What are the estimated costs *per participant* for participation (e.g., **workbooks**)?. **Active Marriage and Best Practices is \$21/book/couple. ARC participant texts range from \$24-\$32/couple for workbook plus shipping**