

# HMRE Curriculum Assessment Tool

The curriculum you use is the foundation of your healthy marriage and relationship education (HMRE) program, and its core concepts should benefit your participants and align with the outcomes you desire to achieve. Selecting the right curriculum, and delivering with fidelity, is critical to your program's success. Below are a few questions to consider before making your final decision. While not exhaustive, these questions can help you assess a pre-selected curriculum or present you with an array of options available as you explore curricula. If you have pre-selected curricula in mind, answer these questions and then compare your answers to that curriculum. Alternatively, you can answer the questions in terms of what you would like to have or require in a curriculum, and then use the attached research brief and HMRE curriculum summary table (Appendix A) to make curricula decisions:

1. What is (are) the target population(s)? \_\_\_\_\_
2. What core concepts or skills are most important for my target population(s) to learn?
  - Conflict management and resolution
  - Communication skills
  - Parenting and/or the adjustment to parenthood
  - Recognizing relationship danger and warning signs
  - Recognizing destructive relationship patterns
  - Commitment
  - Self-awareness
  - Other: \_\_\_\_\_

Additional Considerations: If multiple concepts or skills need to be included, does one curriculum meet all those needs, or will I need to offer more than one curriculum?

3. What elements or activities would I like to include, and does the curriculum include these elements?
  - Couple vs. individual activities
  - Individual workbook activities
  - Interactive activities
  - Role play activities/practice opportunities
  - Small-group discussion and activities
  - Take-home activities/homework
  - Videos
  - Other \_\_\_\_\_
4. Does my program budget account for the purchase of required curriculum materials/products?
  - No
  - Yes

Additional Considerations: There are free or low-cost curricula available. To access a guide outlining those options, go to [healthymarriageandfamilies.org](http://healthymarriageandfamilies.org).

5. Will I be integrating this HMRE curriculum into an existing program or curriculum?
  - No

- Yes

If yes, what are the implications (time, concept integration, facilitation)? \_\_\_\_\_

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6. Will I need to tailor a curriculum to meet the specific needs of my community and target population(s) (for example, language adaptation, cultural adaptation, online delivery, etc.)?

- No
- Yes

If yes, what adaptation(s) do I need? \_\_\_\_\_

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7. Once you have a curriculum identified, think about the adaptations that may be required. Are they informal or formal adaptations?
- Informal Adaptations: Small changes or adjustments I can make on my own that do not alter the fidelity of the curriculum.
  - Formal Adaptations: Bigger changes or cuts to the curriculum that require working directly with the curriculum developer to oversee and approve.

If formal adaptations are needed, do I have the capacity and the resources to work with the developer to make these adaptations? \_\_\_\_\_

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8. What is my program's facilitator model or capacity?

- One facilitator
- Two facilitators
- More than two facilitators

9. What level of curriculum training am I able to offer my staff, and does this align with the developer's requirements and my program budget?

- In-person training through curriculum developer
- Online certification
- Self-guided training/certification

10. Will my program be evaluated?

- No
- Yes

If yes, does the curriculum align with evaluation measures (or can the evaluation measures align with curriculum content)? \_\_\_\_\_

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