## Appendix A

### HMRE Curriculum Summary Table

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<th>CURRICULUM</th>
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| **Active Relationships** | Individuals ages 18 and up, couples, youth ages 12-18, and children ages 3-18 with a caregiver.  
Primarily serves seven populations: military, school/youth, fathers, Christians, Head Start population, Spanish speakers, and individuals who are incarcerated or re-entering into society | Focuses on topics such as communication, conflict resolution, emotion management, abuse prevention, defining and changing destructive behaviors, mindfulness, life skills, social skills, goal setting, responsible planning, dating safety, physical attraction, romance, commitment, and choosing wisely (predictors of relationship satisfaction)  
Additional content unique to some curricula: responsibilities toward children, family safety, blended/stepfamilies, parenting and healthy co-parenting, impact of prior relationships, financial management, and team building  
Content unique to the military curriculum: resilience and readiness, privacy of thoughts, depression and family safety, compassion and forgiveness, reintegration tools, healing emotional wounds, and ideas for staying close | Spanish language versions or Christian versions of some curricula are available | Family, group, and team activities, such as games, races, and practical exercises | Ranges from 6-24 hours | Length of training varies by curriculum but typically 8-16 hours across 3 days-1 week |
<p>| <strong>Basic Training for Couples</strong> | Dating, engaged, or married African American couples | Focuses on increasing awareness of the benefits of marriage, improving communication and conflict management skills, and increasing commitment to relationship to lead to marital stability | Unknown | Assignments, homework, and weekly affirmations. Concludes with graduation | 8 weeks | Unknown |</p>
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<td><em>Becoming Parents Program</em></td>
<td>Couples expecting a child (married or unmarried not specified)</td>
<td>Focuses on reducing the predictable challenges of new parenthood by strengthening the couple's resilience, promoting self-care and community support, and bringing research about infant communication and development directly to parents</td>
<td>Adaptations available for low-income couples and Hispanic/Latino populations</td>
<td>Experiential learning exercises, individual workbook activities, couple activities, small-group discussion and activities, video clips, take-home activities, and practice opportunities</td>
<td>Designed as a series of modules, which may run at different lengths depending on the chosen module. Length of time ranges from 21-36 hours, with 32 hours as the most commonly used version</td>
<td>4-day training</td>
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<td><em>Connections: Dating and Emotions</em></td>
<td>Grades 6-11</td>
<td>Focuses on relationship development, effective communication skills, awareness of destructive patterns, managing feelings, self-awareness, personal growth, emotion regulation, and interpersonal success</td>
<td>Unknown</td>
<td>Discussion, large- and small-group activities, lecture, PowerPoints, and workbook activities</td>
<td>15 sessions, 1 hour each</td>
<td>Training is not required</td>
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<tr>
<td><em>Connections: Marriages and relationships</em></td>
<td>Grades 11-14</td>
<td>Teaches young adults the practical skills for creating – and sustaining – healthy, meaningful relationships. Major goals include the strengthening of self-awareness, self-confidence, and communication skills. Additionally, the lessons introduce issues such as roadblocks to relationships, building on individual strengths, how family experiences shape relationship expectations, communication and conflict resolution, life goals, love, commitment, and the realities of marriage</td>
<td>Unknown</td>
<td>Discussion, large- and small-group activities, lecture, PowerPoints, workbook activities, and engaging marriage experiential activity</td>
<td>20 lessons, 50 minutes each</td>
<td>Training is not required</td>
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<td><strong>Couple Communication</strong></td>
<td>Couples, including distressed couples</td>
<td>Focuses on communicating more effectively, making better decisions together, creating faster and better resolutions to conflict, and increasing satisfaction while strengthening the relationship</td>
<td>N/A</td>
<td>Brief didactic presentations, role-play, and homework exercises</td>
<td>Two options: (1) group setting with instructor; 4 sessions, 2-3 hours each, or (2) individual couple with instructor, often 6 sessions, 50 minutes each</td>
<td>2-day training</td>
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<td><strong>Exploring Relationships and Marriage with Fragile Families</strong></td>
<td>African American couples</td>
<td>Designed to help romantically involved parents gain the knowledge and skills that can strengthen their relationships and provide a practical way for them to explore a healthy marriage. Specific topics include practical realities of marriage and understanding own perspectives toward relationship and marriage issues, conflict management, respectful communication, keeping love alive, commitment, and outlook of future</td>
<td>Unknown</td>
<td>Role-play in small groups of 6-10 couples</td>
<td>8 sessions</td>
<td>2-day training</td>
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<td><strong>Hold Me Tight®: Conversations for Connection</strong></td>
<td>Couples (married or unmarried not specified)</td>
<td>Focuses on seven topics: (1) identifying negative and destructive remarks to get to the root of the problem; (2) learning to look beyond immediate, impulsive reactions to identify raw spots being hit; (3) de-escalating conflict and building emotional safety; (4) increasing partner accessibility, emotional responsivity, and deep engagement with each other; (5) forgiveness; (6) emotional connection through sex; and (7) being mindful to maintain connection.</td>
<td>Workshop content is available in 16 languages. Versions available for parents and their teenage children, Christian couples, and partners facing cardiac disease. Online version available.</td>
<td>Teaching segments, video clips from experts, quizzes, video clips of couples, conversation exercises, home exercises, and supportive text messages. Workshops supplement book: <em>Hold Me Tight: Seven Conversations for a Lifetime of Love</em>.</td>
<td>8 sessions, 2-3 hours each, usually held over a 2-day period. Can be implemented over the course of 10 weeks.</td>
<td>Training is not available or required, although a facilitator’s guide is available. Although not required, most facilitators are trained in Emotionally Focused Therapy (EFT).</td>
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<td>Love Notes 3.0 Classic</td>
<td>At-risk youth and young parents, ages 14-25</td>
<td>Focuses on knowing oneself; forming and maintaining healthy relationships; frameworks for assessing relationships and making decisions; recognizing unhealthy relationships and warning signs; effective communication skills and conflict management; intimacy and sexual values; pacing relationships; consent and planning for sexual choices; unplanned pregnancy and impact on child of turbulent relationship; co-parenting relationships; identity development; how the order of school, commitment and babies impact future; and optional bonus content on impact of technology on relationships and sexting</td>
<td>Sexual Risk Avoidance; (SRA) Love Notes 3.0 Classic - Evidence Based Program Model (EBP); Love Notes SRA EBP Adoptions are available Also has a list of allowable and unallowable adaptations</td>
<td>Complete lesson plans, PowerPoint slides, popular media and lively activities (drawing, sculpting, skills practice, role-plays, stories, films, and music), and trusted adult-teen activities</td>
<td>13 sessions, 1 hour each (Total: 13 hours) 1-hour bonus lesson on technology and social media</td>
<td>Training is required for the Evidence Based Programs; 3-day training includes curriculum overview and explanation of theory of change, in-depth lesson-by-lesson examination, hands-on use of the curriculum's essential teaching tools, and examples of the flexibility of curriculum implementation</td>
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<td>Love's Cradle</td>
<td>Low-income, unmarried couples with children</td>
<td>Focuses on relationship education skills, conflict management, trust, marriage, money, complex family relationships, and deals with issues of couplship and adjustment to parenting</td>
<td>Unknown</td>
<td>Small group discussions and spiral learning technique (repeated lessons with increasing complexity)</td>
<td>16-hour core program and 10 booster sessions</td>
<td>3-day training or Relationship Enhancement skills session, leadership, and supplemental topics</td>
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<td>Loving Couples, Loving Children</td>
<td>Low-income, unmarried couples who are expecting a child</td>
<td>General content areas are relationships, parenting, and poverty. Provides participants with (1) tools and skills that will improve their relationships with each other and their children; (2) a respectful environment to support individual learning; and (3) opportunities to explore and build on personal experiences</td>
<td>Adaptation available for couples experiencing episodes of situational domestic violence</td>
<td>Videotaped &quot;talk shows&quot; of interviews with low-income couples, group discussions, brief teaching by facilitator, and exercises related to each week’s topic</td>
<td>21 weekly sessions; 2 hours each (Total: 42 hours)</td>
<td>Facilitators must be trained; details of training unknown</td>
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<td>Mastering the Mysteries of Love</td>
<td>Couples who are married (newly or for a long time), seriously dating, cohabiting, or engaged</td>
<td>Teaches couples in stable relationships how to use relationships skills to deepen their love by forming new habits while solving current relationship issues</td>
<td>Adaptations for stepfamilies, sacramental love, and parenting skills</td>
<td>Group discussions, DVD, role-play, and practice activities</td>
<td>16 total hours that can be taught in: (1) 8 evening sessions, (2) 1-day program plus four evening sessions, or (3) 2-day program</td>
<td>Training information unknown; provides Leader’s guide with instructions</td>
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<td>OurRelationship</td>
<td>Can participate as a couple or an individual but must be in a relationship</td>
<td>Communication, emotional distance, trust, infidelity, and resolving arguments related to money or parenting</td>
<td>Available in Spanish</td>
<td>Online lessons delivered primarily via videos with coach calls during the day, evening, and weekends</td>
<td>Approximately 7-8-hours over a 2-month span; however, participants can move through the program their own pace.</td>
<td>6-hour training either in-person or remote with additional supervision</td>
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<td><em>PICK</em> (Premarital, Interpersonal, Choices and Knowledge) a. Partner</td>
<td>Intended for singles of all ages (middle school-elderly)</td>
<td>Teaches two main points: (1) how to pace the development of a relationship in a healthy way, so that the “love is blind” syndrome is avoided; and (2) five areas to get to know about a partner that accurately predicts what they will be like in a long-term relationship</td>
<td>Available in Spanish and Mandarin Small group video discussion format Workbooks available for military individuals, young adults, and Christians</td>
<td>Lecture with video clips to assist in the teaching sections, large group discussions, small group breakout activities, discussion groups, and workbook reviews of current relevant research</td>
<td>Approximately 90-minute sessions (Total: about 8 hours)</td>
<td>No formal training but two ways to receive certification: (1) attend live certification seminar, or (2) review Instructor’s Certification Packet and pass an online test</td>
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<td>PREP 8.0</td>
<td>Couples, both married and unmarried, attending with a partner</td>
<td>PREP 8.0 is the most current adaptation of PREP’s couple curricula, succeeding <em>Within Our Reach</em> Focuses on strategies and skills for healthy relationships, including effective communication, conflict management, warning signs of damaging patterns, awareness building around intimate partner violence, deepening commitment, maintaining fun &amp; friendship, stress &amp; anger regulation, expectation setting, and decision making as a team</td>
<td>Will be available in Spanish in 2020 ePREP, a self-led, online version is available for couples PREP for Strong Bonds, a military-based version Adaptations available for singles, Christians, workplace skills, singles in the military, incarcerated men, and men re-entering society after incarceration</td>
<td>Individual, couple, small- and whole-group activities, discussions designed to practice and improve skill and strategy acquisition, videos of real couples, and lecture videos to enhance teaching and learning</td>
<td>12 modules, 1 hour each (Total: 12 hours)</td>
<td>3-day training Flexible training models available upon request, as well as technical assistance for continuous quality improvement</td>
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<td><em>Prepare/Enrich</em></td>
<td>Couples, married or unmarried</td>
<td>Helps couples explore strength and growth areas, strengthen communication skills, identify and manage major stressors, resolve conflict, develop a more balanced relationship, explore family of origin issues, discuss financial planning and budgeting, establish personal, couple, and family goals, and understand and appreciate personality differences</td>
<td>Standard assessment includes satisfaction in 12 relationship categories. Additional versions designed for marriage and education enrichment, parenting, pre-adoption/foster care, and Catholics</td>
<td>Small group activities</td>
<td>45-minute online survey and 4-8 feedback sessions</td>
<td>Attend 6-hour live workshop or 6-hour online training</td>
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<td><em>Relationship Smarts PLUS 4.0</em></td>
<td>Adolescents, ages 12-16</td>
<td>Focuses on increasing self-awareness; forming healthy relationships; problems, warnings, and dangerous relationships; communication and conflict; intimacy and sexual decisions; how the order of school, commitment, and babies impact the future; and correcting faulty beliefs around social media, sexting risks, online porn</td>
<td>Sexual Risk Avoidance (SRA) adaptation available</td>
<td>PowerPoint presentations, youth produced films, activities (drawing, sculpting, skills practice, role-plays, stories, films, and music), and parent-teen activities</td>
<td>13 sessions, 1 hour each (Total: 13 hours)</td>
<td>Training is available. 3-day recommended training includes curriculum overview and explanation of theory of change, in-depth lesson-by-lesson examination, hands-on use of the curriculum's essential teaching tools, and examples of the flexibility of curriculum implementation</td>
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<td><em>Smart Steps for Stepfamilies</em></td>
<td>Remarried or partnered couples and their children (ages 6-17)</td>
<td>Focuses on stepfamily myths, realistic expectations for adults and children, stages of stepfamily development, legal issues, finances, defining roles and rules, developing empathy, understanding child development, stepparent-stepchild relationships, communication with child's other parent, and building respectful and caring relationships</td>
<td>Available in Spanish</td>
<td>Informational presentations, group discussion, and multi-media use</td>
<td>6 sessions, 2 hours each (Total: 12 hours)</td>
<td>Unknown</td>
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<td><em>Together We Can: Creating a Healthy Future for our Family</em></td>
<td>Co-parenting single parents</td>
<td>Five goals: (1) prepare unmarried parents to set goals and create a healthy future for their children; (2) help unmarried parents establish a positive co-parenting relationship; (3) ensure ongoing involvement of both parents, especially the father, in children’s lives; (4) encourage ongoing payment of child support and other supports by non-custodial parent; and (5) prepare unmarried parents to make healthy decisions with their child</td>
<td>Adaptations are in development; details unknown</td>
<td>Mini-lectures and experiential activities</td>
<td>24 lessons, 60-90 minutes each, organized in 6 modules</td>
<td>No training required</td>
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| **Within My Reach** | Individuals attending alone; can be single or in a romantic relationship          | Focuses on healthy relationship strategies and skills including prioritizing safety for self and children, skillful talking and listening, warning signs of damaging patterns, exploring personal needs and expectations, safety strategies for relationship violence, the chemistry of love, forgiveness and infidelity challenges, blended family considerations, relationship decision making, and understanding personality differences | Available in Spanish  | Individual, small- and whole-group activities and discussions designed to practice and improve skill and strategy acquisition, videos of people, and lecture videos to enhance teaching and learning | Flexible 14-hour format, with a recommended run-time between 8-14 hours | 3-day training  
Flexible training models available upon request as well as technical assistance for continuous quality improvement |
| **Within Our Reach** | Couples (married or unmarried not specified)  
Has been implemented with economically disadvantaged populations  | This PREP curriculum empowers couples to replace communication danger signs with proactive strategies for respectful talking and listening. It explores sharing fun and satisfying intimate needs by working as a team to nurture and support each other; managing stress and reducing the negative effects of stress on a relationship; recognizing and communicating issues and expectations; planning for the future; understanding the impact of past experiences on a couple’s future; and acknowledging long term satisfaction through commitment | Available in Spanish  
8-hour format available | Small-group and whole-group activities and independent work  
Recommended dosage between 8-12 hours | Flexible format (2-32 hours), 16 units, suggested 110 minutes each | 3-day training, 8 hours per day |
Appendix A References

ACTIVE RELATIONSHIPS


BASIC TRAINING FOR COUPLES


BPP (BELOWING PARENTS PROGRAM)


An Overview of Healthy Marriage and Relationship Education Curricula


CONNECTIONS: RELATIONSHIPS AND MARRIAGE OR DATING AND EMOTIONS


Fuller, R. (n.d.) Lasting relationships from marriage education in the community: Lessons learned to provide foundation for new efforts. [Unpublished manuscript].


COUPLE COMMUNICATION


EXPLORING RELATIONSHIPS & MARRIAGE WITH FRAGILE FAMILIES


Bir, A., Lerman, R., Corwin, E., MacIlvain, B., Beard, A., Richburg, K., & Smith, K. (2012). The Community Healthy Marriage Initiative Evaluation:


**HOLD ME TIGHT**


**LOVE NOTES 3.0 CLASSIC**


**LOVE’S CRADLE**


LOVING COUPLES, LOVING CHILDREN


MASTERING THE MYSTERIES OF LOVE


An Overview of Healthy Marriage and Relationship Education Curricula


**OURRELATIONSHIP**


**PICK (PREMARITAL INTERPERSONAL CHOICES AND KNOWLEDGE) A PARTNER**


**PREPARE/ENRICH RELATIONSHIPS ASSESSMENT**


Joshi, P., Flaherty, S., Corwin, E., Bir, A., & R. Lerman. (2010). *Piloting a Community Approach to Healthy Marriage Initiatives in Five Sites: Minneapolis, Minnesota; Lexington, Kentucky; New Orleans, Louisiana; Atlanta, Georgia; and Denver, Colorado.*
An Overview of Healthy Marriage and Relationship Education Curricula


PREP (PREVENTION AND RELATIONSHIP ENHANCEMENT PROGRAM)


An Overview of Healthy Marriage and Relationship Education Curricula


**RELATIONSHIP SMARTS PLUS**


**SMARTSTEPS FOR STEPFAMILIES**


**TOGETHER WE CAN**


**WITHIN MY REACH**


Fuller, R. (n.d.) Lasting relationships from marriage education in the community: Lessons learned to provide foundation for new efforts. [Unpublished manuscript].


An Overview of Healthy Marriage and Relationship Education Curricula

WITHIN OUR REACH


Fuller, R. (n.d.) Lasting relationships from marriage education in the community: Lessons learned to provide foundation for new efforts. [Unpublished manuscript].


