

Skills for a Happy Marriage

NHES Standard 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Teaching Objectives

- Demonstrate communication skills in building and maintaining a healthy marriage relationship.
- Identify strategies for communicating needs, wants, and emotions.

Teaching Strategies

- Have students work in groups of two or three that include both genders. Direct them to follow the steps in the activity.
- Encourage teams to share their questions and answers on communication and conflict resolution with the class.
- Be sure resource packets include tips and information gathered from the chapter on good communication, emotional maturity, and values and interests shared in a strong, successful marriage.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score:

- ✓ Takes turns explaining each side without interruptions
- ✓ Uses "I" messages
- ✓ Employs listening skills
- ✓ Brainstorms solutions and resolves conflict in a way that benefits both parties

Hands-On **HEALTH**

Activity Skills for a Happy Marriage

Many couples find marriage to be an exciting and challenging experience. Your task is to identify the skills needed for a successful partnership. You will develop a list of ten questions couples might have about how to communicate in a marriage and resolve conflicts in a healthful way. Then you will create a resource packet of information couples might find helpful.

What You'll Need

- paper and pencils
- computer with Internet access

What You'll Do

Step 1

Work in groups of two or three to review Chapter 18. Conduct research on the Internet for additional skills needed for a healthy marriage.

Step 2

List ten questions covering communication and conflict-resolution skills for a successful partnership.

Step 3

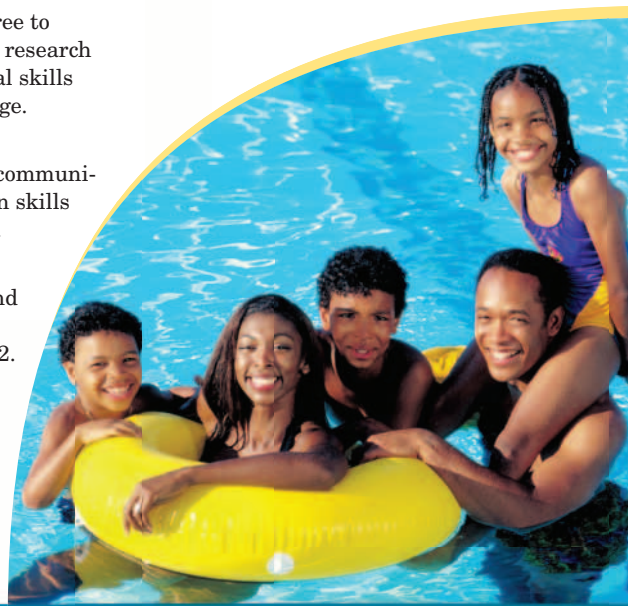
Review the chapter again and write answers to each of the questions you listed in step 2.

Apply and Conclude

Develop a resource packet or pamphlet to help couples identify strategies to resolve conflicts in healthy ways.

Checklist: Conflict-Resolution Skills

- ✓ Taking turns explaining each side without interruptions
- ✓ "I" messages
- ✓ Listening skills
- ✓ Brainstorming solutions
- ✓ Solutions that benefit both sides



Health Literacy

Mandatory Marriage Education High divorce rates—and the costs of divorce to individuals, families, and society—have led some legislators to pass laws encouraging or requiring couples to attend premarital education classes before marrying. Such classes generally focus on improving couples' com-

munication skills. Communities in which such laws have been passed report declines in their divorce rates. Nonetheless, many people think that governments are overstepping their bounds when they make such classes mandatory.