

## Examples



Dating Matters



Family Anatomy



The Birds and The Bees

## Goals

What

Have a good framework for developing family life education programs.

How

Have an idea of how to implement the framework.

# Promoting Well-Being Through Online Family Life Education

by Sarah Curtiss



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# What is Online Family Life Education?

In 2012, Hughes, Bowers, Mitchell, Curtiss, and Ebata defined online family life education programs “as any educational outreach effort that is primarily delivered via the Internet and intentionally facilitates individual and family well-being by using online technologies that include programmatic educational strategies or structure” (p. 712).

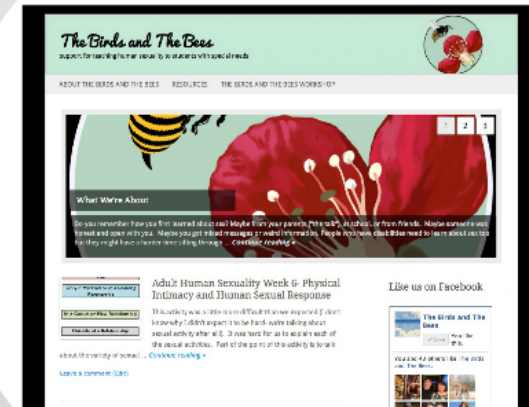
# Examples



Dating Matters



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The Birds and The Bees

The Basics | Education | Success Stories | INTRO TO SUCCESS STORIES | LOGIN

## DATING MATTERS: UNDERSTANDING TEEN DATING VIOLENCE PREVENTION

“...we can prevent teen dating violence and create a better, safer future for our students.”

DATING MATTERS is a free, online course available to educators, school personnel, youth leaders, and others working to improve the health of teens. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to describe what teen dating violence is and how to prevent it.



**CDC**  
CENTERS FOR DISEASE CONTROL AND PREVENTION

### What You'll Learn

**This course will help you:**

- > Understand teen dating violence and its consequences
- > Identify factors that can place teens at risk for dating violence
- > Communicate with teens about the importance of healthy relationships
- > Learn about resources to prevent dating violence

By working with teens, families, organizations, and communities to implement effective teen dating violence prevention strategies, you can help make your school safer and healthier for all students.

### Course Highlights

**What is teen dating violence?**

- > Statistics, examples, and consequences of violence

**Risk and protective factors for teen dating violence**

- > Early warning signs and factors that may increase a teen's risk for dating violence

**Making healthy relationship choices**

- > Characteristics of healthy and unhealthy teen relationships
- > Educator's role in teaching about healthy relationships

**Resource Center**

- > Access to dating violence information, curricula, strategies, and tools

### Learn More

- > [Learn about teen dating violence](#)
- > [Learn about the Dating Matters training](#)
- > [Choose Respect Materials](#)



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# Family Anatomy

Parenting & relationship information from a trusted source

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## Anatomy of The Fourth Trimester (Episode 159)

Doctors Brian and Giuseppe speak with Susan Brink, author of *The Fourth Trimester*, about pain, sleep, overstimulation, and the parent-child relationship in the first three months.

## Anatomy of Three Relationship Things (Episode 157)

WRITTEN ON JANUARY 28, 2013 BY DR. BRIAN MACDONALD, C. PSYCH. IN PODCAST, THE SHOW

Doctors Brian and Giuseppe discuss three of the most interesting **relationship** research stories of 2012. Topics include:

- Attraction in friendships: Can men and women be friends?
- Commitment between spouses: Are words enough?
- Predicting domestic violence from jailhouse phone calls



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# The Birds and The Bees

support for teaching human sexuality to students with special needs



ABOUT THE BIRDS AND THE BEES   RESOURCES   THE BIRDS AND THE BEES WORKSHOP

1 2 3

### What We're About

Do you remember how you first learned about sex? Maybe from your parents ("the talk"), at school, or from friends. Maybe someone was honest and open with you. Maybe you got mixed messages or weird information. People who have disabilities need to learn about sex too but they might have a harder time sifting through ... [Continue reading »](#)

Only If Married or in a Lifelong Partnership

In a Casual or New Relationship

Outside of a Relationship

## Adult Human Sexuality Week 6- Physical Intimacy and Human Sexual Response

This activity was a little more difficult than we expected (I don't know why I didn't expect it to be hard- we're talking about sexual activity after all!). It was hard for us to explain each of the sexual activities. Part of the point of this activity is to talk about the variety of sexual ... [Continue reading »](#)

[Leave a comment \(Edit\)](#)

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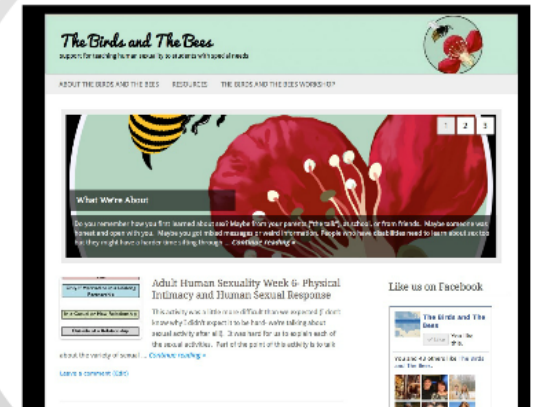
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# Program Analysis

## Determining the Problem to Address

- What is the nature of your problem?
- Who is your audience?
- Why is this problem appropriate to address online?

### Break Out Activity

With a partner...talk about a problem you might be interested in addressing online and answer the following questions.

What is the nature of the problem? Who is your audience? and Why do you think it makes sense to try to address this problem online?

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# Program Content

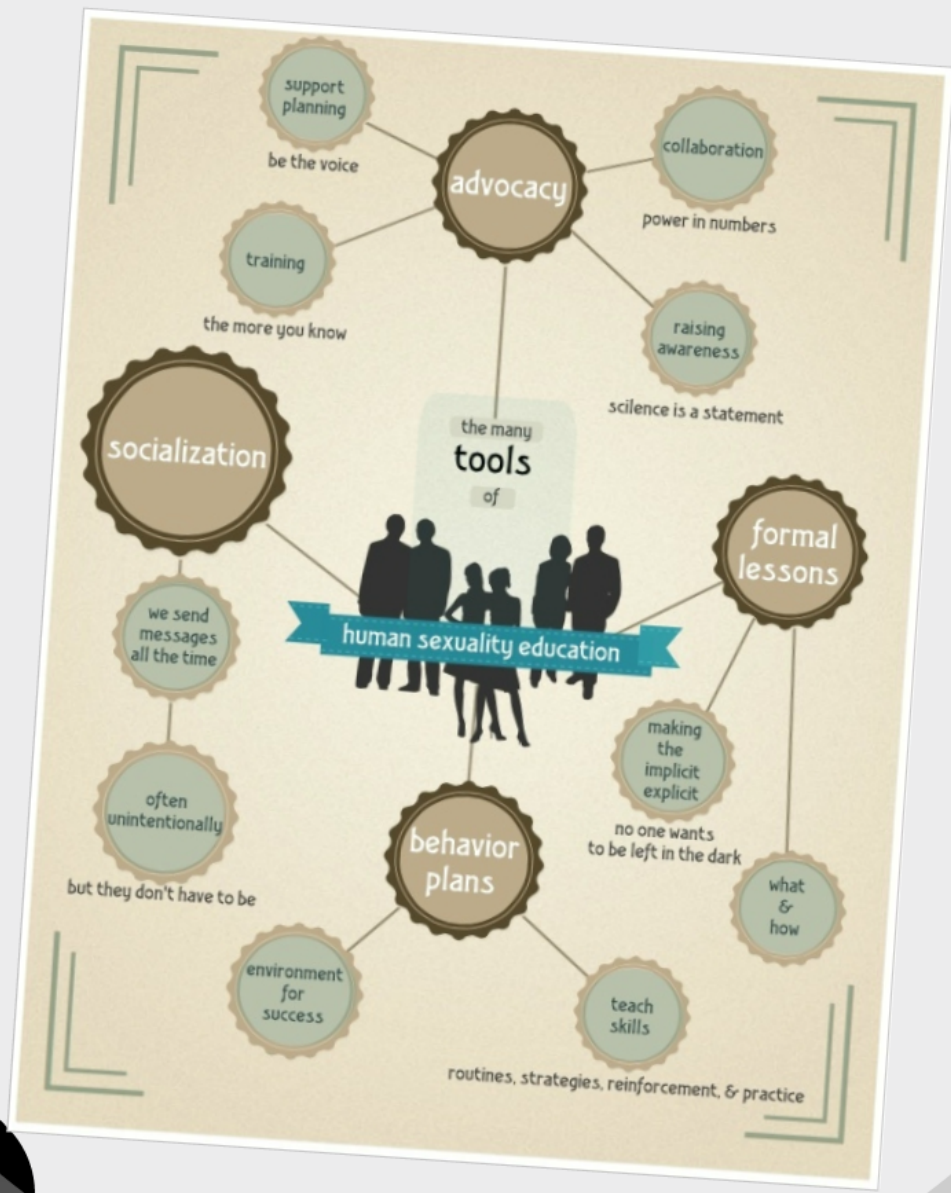
## Understanding the Conceptual Foundation

- Research & Theory
- Past & Current Practice
- Audience & Contexts

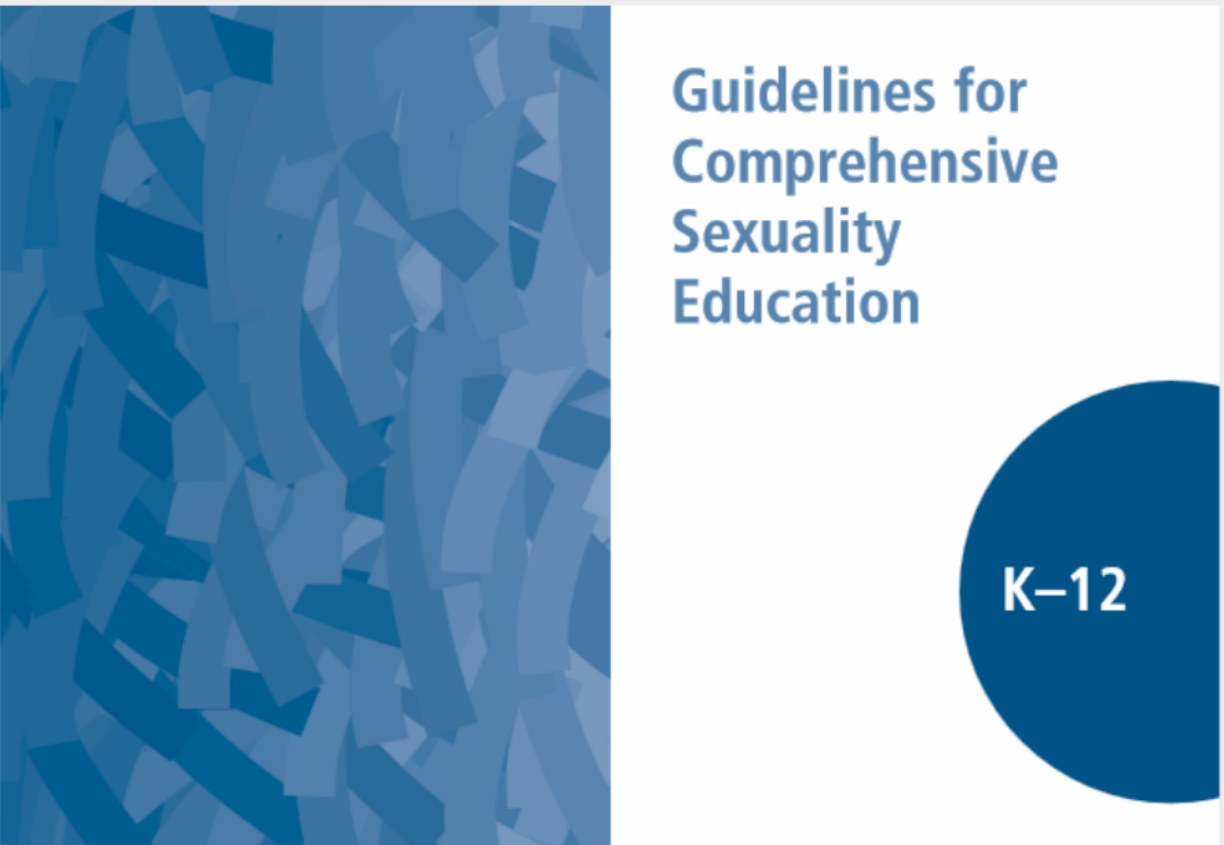




# Research & Theory



# Past & Current Practice



# Audience & Context

ABOUT THE BIRDS AND THE BEES

RESOURCES

THE BIRDS AND THE BEES WORKSHOP

GENERAL INFORMATION

CURRICULUM

VISUAL SUPPORTS

POLICY

FOR PARENTS

MEDIA

BOOKS

WEBSITES

SPANISH LANGUAGE

YOU RESOURCES

Group: connections

sexuality

What We're About

Do you remember how you first learned about sex? Was it from your parents ("the talk"), at school, or from a friend? Or weird information. People who have had a hard time reading

COMPASSION

like

# Instructional Design

## General Principles & Instructional Strategies



# Break Out Activity

In a small group or with a partner discuss what you think is important in terms of for online family life education programs.

- navigation
- credibility
- text and writing
- multimedia



# Instructional Engagement Strategies

- Instructional Interaction
- Participation
- Learning Community
- Game/Stimulation



