

Preview

Main Ideas

- 1) Seventy percent of all married people are still married to their first spouse. (The 50% divorce statistic is very misleading.)
- 2) By almost every measure, children of divorce fare worse than their peers in intact families.
- 3) Forty percent of unhappily married couples who stayed married report being happy five years later.
- 4) Barring cases of extreme abuse, children prefer that their parents remain married, even if the relationship is troubled.

Activities

- 1) Do a puzzle or take a hike with the family - again discuss the feeling of accomplishment of continuing on even when it's difficult along the way.
- 2) Set a personal goal and keep a record of what it took to achieve it.
- 3) Discuss as a family the importance of developing grit and how it can help your life.
- 4) Find and tell stories of ancestors or family members that went through struggles but worked through it with their spouse and family.

Month 10: Building Healthy Relationships to Prevent Divorce

Resource 1: What is Divorce?

Parent

100 Reasons Not to Divorce



Family

What is Divorce?



Why is marriage between a man and woman important?

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Resource 2: Deciphering Healthy and Unhealthy Relationships

Parent

Divorce May Ruin Your Life,
by Jordan Peterson



Family

Healthy and Unhealthy
Relationships



What are traits of healthy relationships?

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Resource 3: Developing Your Future Relationships

Parent

Everything You Need to Know About
Divorce – Facts, Statistics, and Rates



Family

What traits do you want in your future
relationship?



What are you going to do to develop these traits for your future relationships?

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Resource 4: Heeding Warnings for a Better Future

Parent

How Could Divorce Affect My Kids?



Family

Warning Signs



How do I best prepare to select a future spouse? Or In what ways do parents protect their children?

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Resource 5: Creating Healthy Expectations for Marriage

Parent

Do You Really Qualify for Divorce?



Family

Reasonable Expectations!



What are healthy expectations?

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Resource 6: Choose Your Love, and Love Your Choice

Parent

What a fish tank can tell us about divorce



Family

Grit



What can you do to develop grit for those times in your life when things are hard?

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Resource 7: Let the Consequences Follow

Parent

The Long Shadow of Parental Divorce



Family

Choices and Consequences



Why is it important to think of the consequences of your choices?

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Teach, Empower and Enjoy Your Children.

Resource 8: Fix it!

Parent

Low-Conflict Marriage: Why I Tell My Clients It's Good Enough



Family

Journey of the Teddy Bear



What will you do to develop the determination to fix relationships in your life?

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Teach, Empower and Enjoy Your Children.

Resource 9: We Won't Give Up

Parent

Parents: The US Divorce Rate Has Hit a 50 Year Low



Family

Jason Mraz: I Won't give Up



Why is it important to be committed to our marriage and family relationships?

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Teach, Empower and Enjoy Your Children.

Resource 10: Entitlement: What Do Children Really Deserve?

Parent

When, and Why, Divorce Hurts Kids



Family

The Importance of a Married Mother and Father



Why do you think children are entitled to a married mother and father who honor their marriage?

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Teach, Empower and Enjoy Your Children.

Review

Parent

Discussion Questions Survey



Family

Enjoy this Jeopardy style game to review what you have learned



How many Talking Points do you know?

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Role Play #1

Scenario

Your friend says he doesn't want to get married in the future because he heard half of all marriages end in divorce. **What would you say?**

Response

Talking Point: Seventy-two percent of all married people are still married to their first spouse. The ubiquitous "50% divorce rate" statistic is highly misleading. There are many factors at play, including that the "50%" number is impacted by individuals who marry, divorce, remarry – sometimes multiple times. This, alone, will drag the average rate of divorce down to a lower overall percentage.

Citation: <https://psychcentral.com/lib/the-myth-of-the-high-rate-of-divorce?all=1#1>

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Role Play #2

Scenario

An acquaintance shares her concern that she is unhappy in her marriage. She thinks because she is unhappy, her kids must be too; and it would be better for her to divorce her husband. **What could you tell her?**

Response

Talking Point: Many adults who are in very unhappy marriages would be surprised to learn that their children are relatively content. Keeping their family together is usually more important to children than if mom and dad sleep in different beds. First marriages that are troubled are predictably better for children than the alternatives. Children from low-conflict families who experience parental divorce suffer significant adverse effects on their psychological and social well-being.

Alan Booth and Paul R. Amato, "Parental Predivorce Relations and Offspring Postdivorce Well-Being," Journal of Marriage and Family 63 (February 2001): 197-212.

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Reflect

Parent

Review some Homefront Project articles/videos from the Divorce unit.



Family

- 1) What did you learn?
- 2) Which of the marriage prep tools in this unit will you work on?
- 3) Why do you think working on these skills now will better prepare you for marriage?
- 4) With whom can you share or teach what you learned?

Which was your favorite resource day? Why?

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Summarize & Share

Parent

Unit Survey



Family

Which is your favorite image to share from the Divorce unit?



Who will you share this with?

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