

A decorative border of various green tropical leaves, including palm fronds and monstera leaves, frames the entire page.

Dating **SURVIVAL**

Building Strong Relationships

**Curriculum Developed
by**

**Naomi Brower, MFHD, CFLE
naomi.brower@usu.edu; (801)399-8206
and**

**Carolyn Washburn, MS, CFCS
carolyn.washburn@usu.edu; (435)634-2692**

**For more information on receiving a copy of the full
curriculum please see www.marriagesurvival.org**

EXTENSION 
UtahStateUniversity



Dating Survival: Building Strong Relationships

Course Overview

Course Goals:

- 1. To provide resources to promote building strong and healthy marriages and families.**
- 2. To provide individuals with skills to build stronger relationships.**
- 3. To better understand key components of selecting a healthy partner.**

The four lessons presented in this course are:

Lesson 1 – Building Healthy and Fun Relationships

Lesson 2 – Building Strong Communication Skills

Lesson 3 – Getting to Know You

Lesson 4 – Dating Safety

Each lesson includes an overview, leader guide, PowerPoint, handouts, and interactive activities.

EXTENSION 
UtahStateUniversity

The entire page is framed by a lush border of tropical plants, including large green monstera leaves, feathery ferns, and clusters of pink flowers, creating a jungle-like atmosphere.

MARRIAGE **SURVIVAL**TM

Building Strong Relationships

**Curriculum Developed
by**

Carolyn Washburn, MS, CFCS
carolyn.washburn@usu.edu; (435)634-2692

Darlene Christensen, MS, CFCS
darlene.christensen@usu.edu; (435)277-2406

Naomi Brower, MFHD, CFLE
naomi.brower@usu.edu; (801)399-8206

**For more information on receiving a copy of the full
curriculum please see www.marriagesurvival.org.**

UtahStateUniversity
COOPERATIVE EXTENSION



Marriage Survival: Building Strong Relationships

Course Overview

Course Goals:

- 1. To provide resources to promote strong and healthy marriage and families.**
- 2. To encourage couples to spend time in positive activities together.**
- 3. To provide couples with marriage skills to build stronger relationships.**

“The first bond of society is marriage.” - Cicero, over 2,000 years ago
(www.famousquotes.com/author/cicero/4)

Marriage is the foundation of the family and the family is the foundation of society. When we strengthen marriages, we strengthen families, children and communities. (www.heritage.org/issues/family-and-marriage)

Most Americans will choose to marry. However, over half of these marriages will end in divorce. This coursework is designed to strengthen marriages and families.

The six lessons presented in this course are:

- Lesson 1 – Committing to Your Relationship
- Lesson 2 – Building Strong Communication
- Lesson 3 – Strengthening Your Relationship
- Lesson 4 – Your Money Relationship
- Lesson 5 – Building Safe and Happy Relationships
- Lesson 6 – Blending Families

Each lesson includes an overview, leader guide, PowerPoint, handouts, and activities. A Date Night Activities section (Section II) is included for ideas of additional couple activities. Section III contains additional resources such as ice breakers, interactive tools and games, and homework assignments for lesson enhancement.



Utah State University
COOPERATIVE EXTENSION