

Mentoring Marriages

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Mentoring marriages

- Why support marriage?
- What support is out there?
- How can I make a difference?

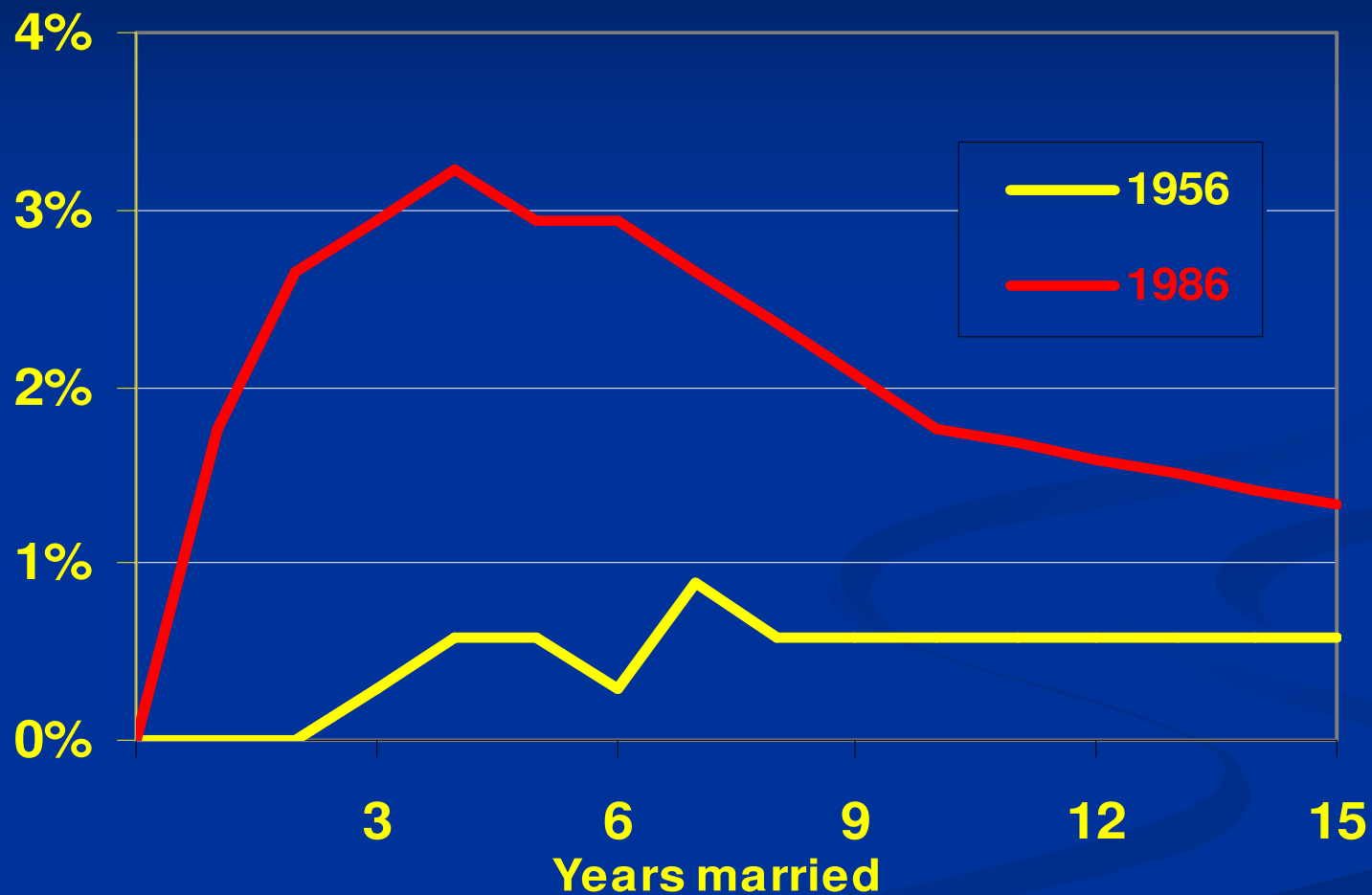
Why support marriage?

- Family breakdown
- Social consequences
- Marriage works
- Great marriage can be learnt

Family breakdown and...

- Crime
- Truancy
- Domestic violence
- Poverty
- Ill-health
- Mental health
- Child abuse
- Educational problems
- Emotional problems
- Relationship problems
- Substance abuse

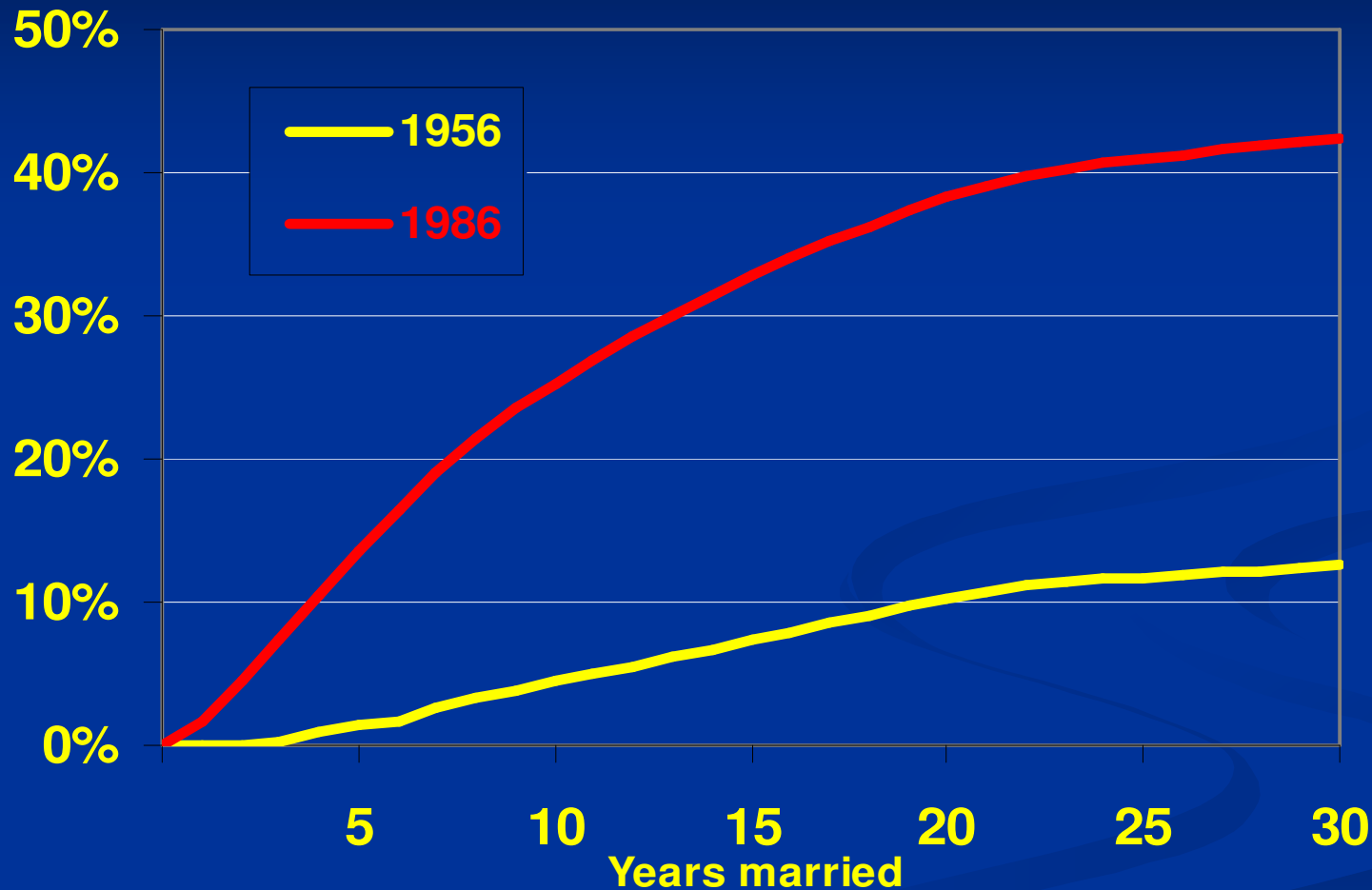
Divorce rates - per year



Source: Ermisch (2002) & HB estimates

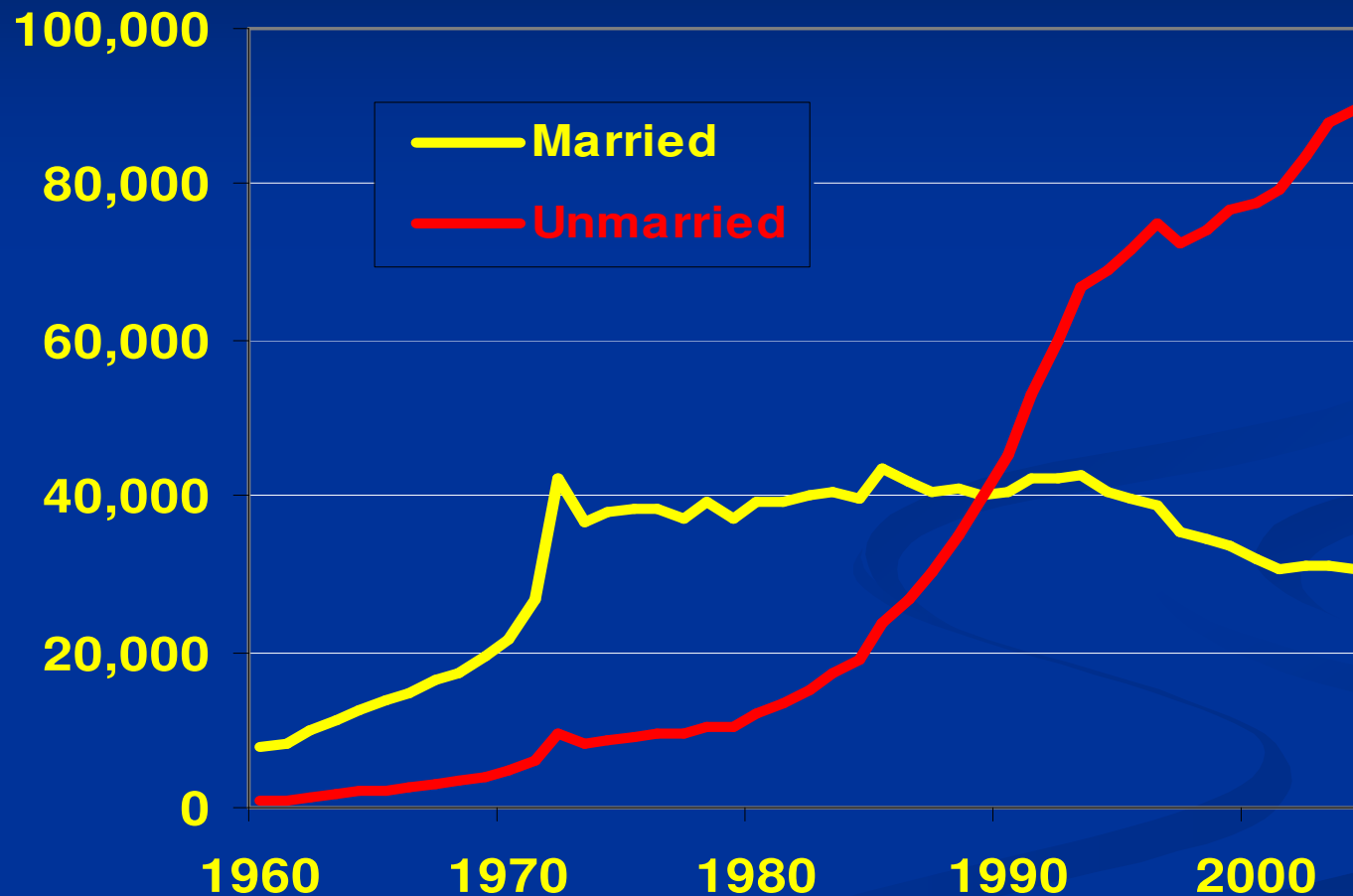
Why support marriage

Divorce rates - cumulative



Source: Ermisch (2002) & HB estimates

Parents who split up – per year



Source: HB estimates based on ONS data

Why support marriage

Despite media myths ...

- Most marriages last for life
- Most marriages are happy
- Great marriage can be learnt

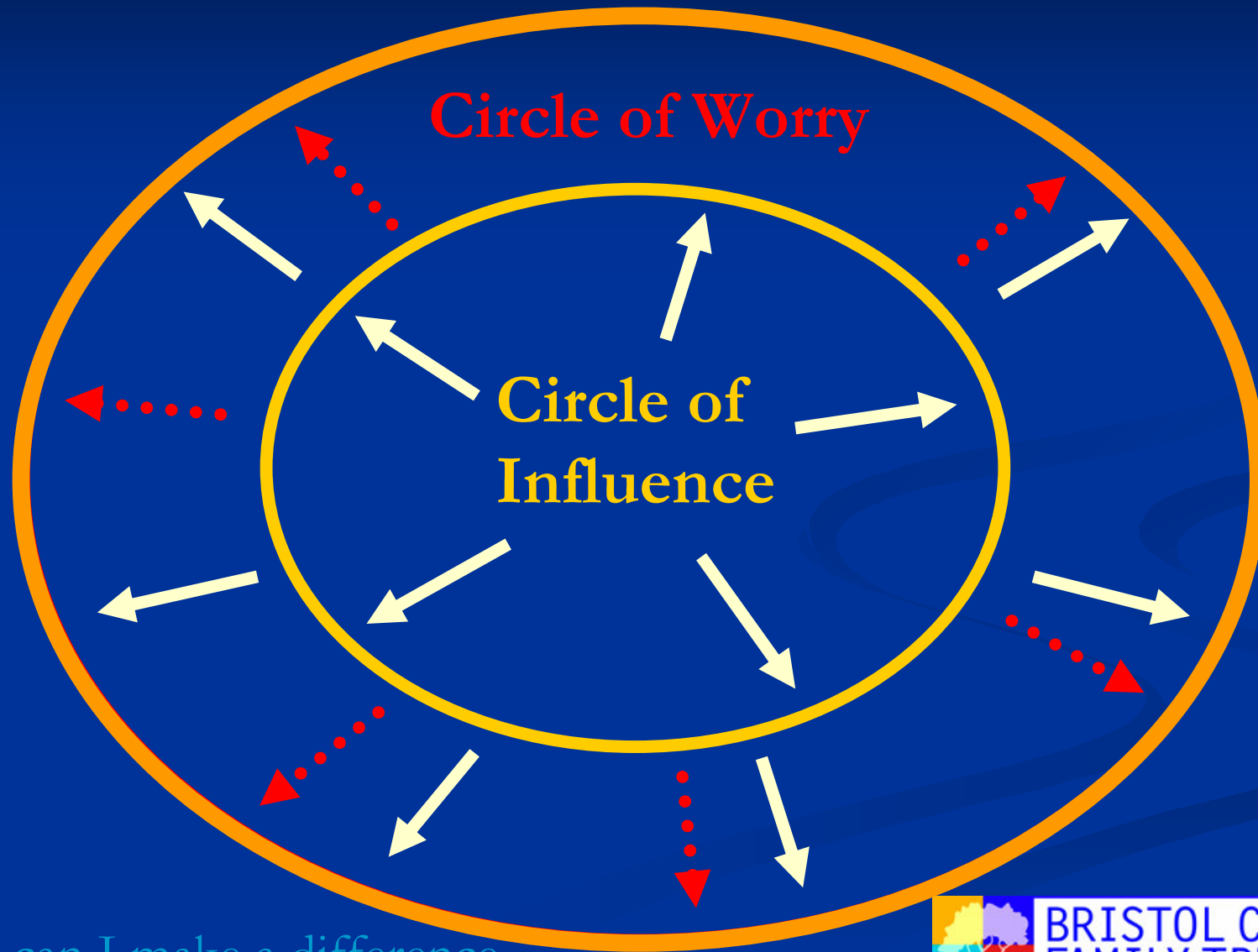
What support is out there?

- Preparation – c.15,000 (1 in 15)
- Enrichment – c.15,000 (1 in 800)
- Counselling – c.40,000 (1 in 350)
- Overall – c.70,000 (1 in 200)
- Mostly at the beginning or end

What does support mean to us?

- *“Counselling” & “Guidance”*
- *“Problems” & “Stigma”*
- *“Experts”*
- Mostly pretty ineffective

How can I make a difference?



How can I make a difference

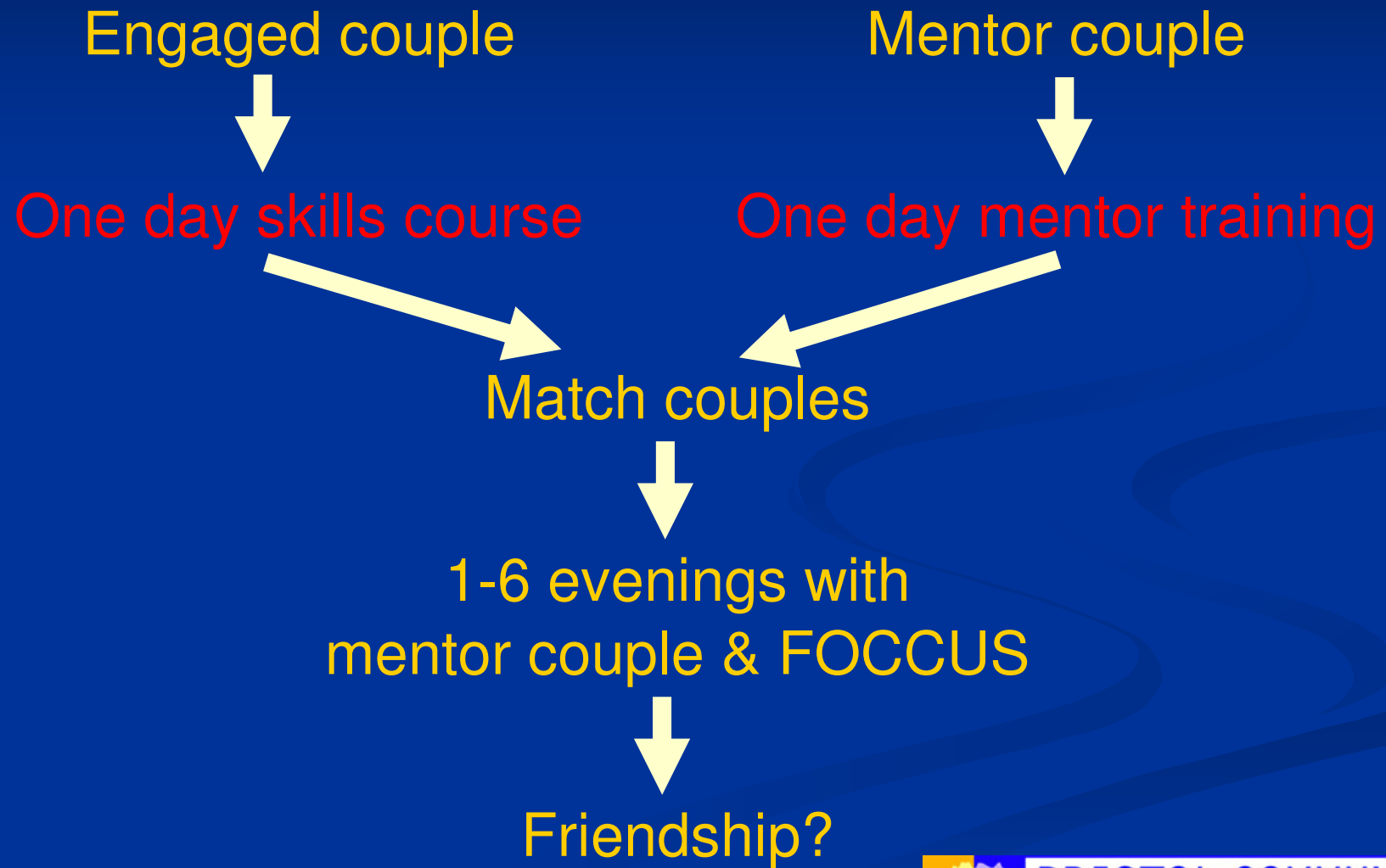
Programmes that work

- Relationship skills courses
- Pre-marriage inventories
- (see paper at www.bcft.co.uk)
“What interventions strengthen family relationships”

Experience, not expertise

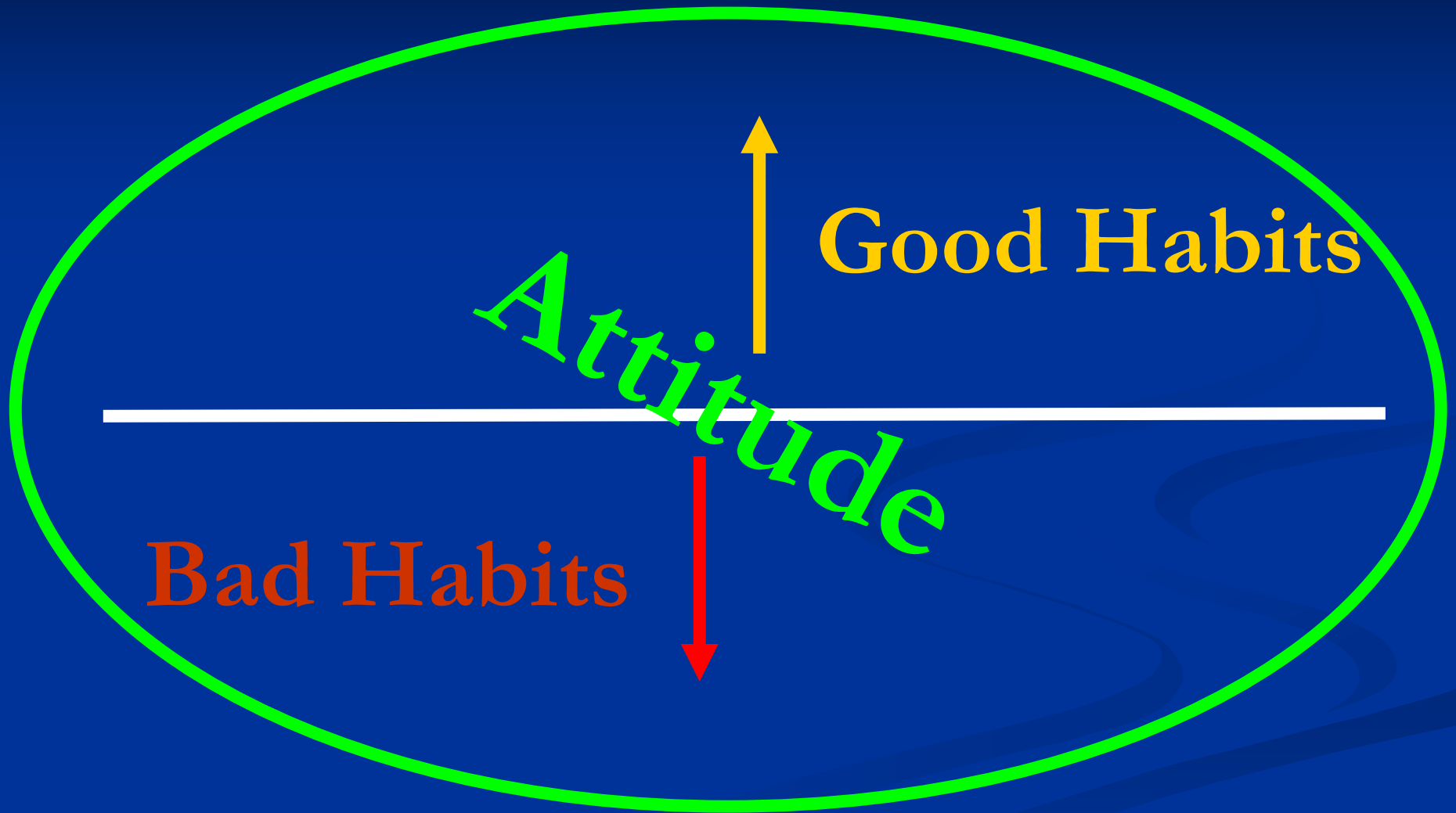
- “Clergy and lay leaders presenting (a relationship skills course) are providing as effective a service as university staff – at least with regard to pre-post changes in couple functioning”
- Stanley (2001) Community-Based Pre-Marital Prevention, Family Relations.

Our pre-marriage course



How can I make a difference

Our skills course



How can I make a difference

STOP signs

- S – Score Points
- T – Think the worst
- O – Opt out
- P – Put down

Love languages

- Time
- Words
- Actions
- Gifts
- Touch

How can I make a difference

Great mentoring

- Point out patterns
- Listening – eye contact
- STOP signs
- Love Languages

A tale of two Jennies

- Informal mentoring
- Mentoring in prison

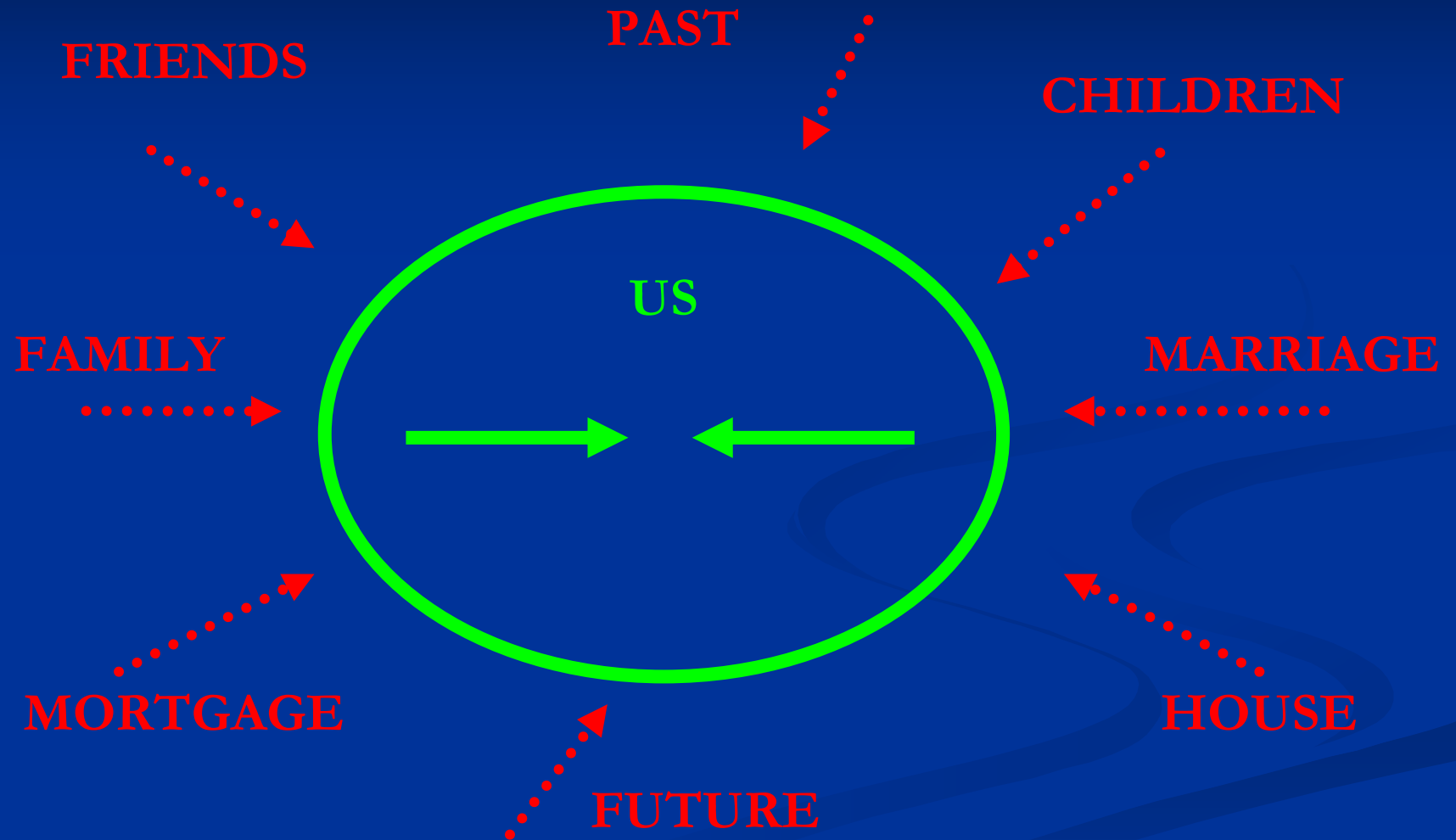
Keys to mentoring ...

- We are uncle & aunt figures
- We do not have to be experts
- There are no difficult issues because they do the work
- We share & point out patterns

Resources

- **Mentoring marriages**
 - *Chapter 2*
- www.bcft.co.uk
 - *Tips and Help*

Dedication



LISTENING – LOVING – LAUGHING