

# Empowering Youth and Families Program

SERVING MITCHELL AND YANCEY COUNTIES

*strong families • resilient people • powerful communities*

## PROGRAM UPDATES

See what we've been up to over the last month and what changes are coming for EYFP

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## CURRICULUM SPOTLIGHT

Check out how the lessons were formed and why they're relevant to today's families

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## EYFP AND AWARENESS

Don't miss out on monthly causes and educational tips related to the Empowering Youth and Families Program

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To get involved with EYFP or to learn more about the program, email me or give me a call!

Yancey | (828) 682-6186 Email | niki\_maness@ncsu.edu  
Mitchell | (828) 688-4811



**NC STATE**

EXTENSION

Family & Consumer  
Sciences Program

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# PROGRAM UPDATES

WHAT'S NEW WITH EYFP?

## YANCEY COUNTY UPDATES

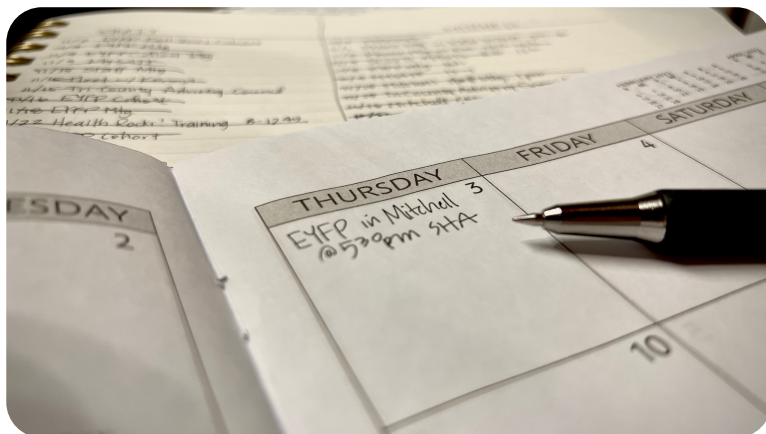


One of our Yancey families working together on a family ornament for the holidays

I haven't sent out many updates over the last few months because we've been busy programming.

Our Yancey families have been meeting since the beginning of November. Holidays and winter weather have caused us to be moving a bit slower than usual, but things are going great, and we should be wrapping up in the next few weeks.

One adult participant said this at our last meeting: "I'm hoping to be able to take how I was raised, combine it with how my husband was raised, and learn to create a positive and balanced environment for our boys to grow up in."



## UPCOMING EVENTS



Family Camp Weekend for Fall 2021 and Spring 2022 EYFP families: April 22-24th, 2022 at the Clyde Austin 4-H Camp in Greeneville, TN

Mitchell County Spring Cohort begins on 3/3/22 at 5:30pm at the Spruce Pine Housing Authority

## MITCHELL COUNTY UPDATES

October was Mitchell County's first month aboard the Empowering Youth and Families Program team. We hit the ground running and began recruiting facilitators and partners. Several of our partners in Yancey will also serve as partners in Mitchell. New connections are happening almost weekly and everyone is excited to start programming. We've made plans to begin the program on March 3, 2022, with the Spruce Pine Housing Authority and the Spruce Pine Library. In the meantime, relationship building in the community will be the priority, closely followed by educating families about the program.

## EYFP WINS AT EXTENSION CONFERENCE

Our annual North Carolina Cooperative Extension Conference takes place during the last week of October. At the end of the conference, individuals and teams receive awards for their work in Extension. This year, our program won an award! "The Research Friend of Extension Award" is given to employees who have demonstrated accomplishments above and beyond their normal programming efforts."

The award criteria states that a program must describe accomplishments that resulted in cost reduction, better management, increased efficiency or productivity that exceeded normal program expectations. This describes the work our program accomplished during the Covid-19 pandemic.



# THE MAGIC RATIO

BEING MINDFUL OF YOUR COMMUNICATION

Have you ever had a conversation with someone that just left you feeling beaten down? Does your morning routine of making sure the dog eats, changing kids out of jammies, and getting yourself ready to go out the door cause extra chaos between everyone in the house? In stressful situations where communication is involved, it's easy to change someone's entire day by simply choosing the wrong words.

Relationship researcher John Gottman states the magic ratio in any relationship is 5 to 1. Now, you're probably thinking, "what is a magic ratio, and why do I need it?" The ratio emerged during the observation of healthy couples. In these relationships, there were five positive interactions for every one negative during times of conflict. What does this mean? To put it in simple terms, the positive heavily outweighs the negative.



## WAYS TO ADD POSITIVE INTERACTIONS TO RELATIONSHIPS

Say "I love you"

Play a game together

Take turns writing in a journal to each other

Ask family members how they're feeling

Say "I appreciate when you..."

Give hugs



Think about the last time someone said something negative to you. Now think about how long it took for you to forget about those words. What did that person have to do for you to move past the negativity? Usually, they have to jump through hoops - maybe five hoops - to make amends. In any relationship, whether with a spouse, a child, a coworker, etc., thinking carefully about your words is necessary. Anger, arguments, and disagreements can be healthy and motivating. No one is going to be 100% on board for everything all the time. Negative interactions during disputes include being emotionally dismissive, critical, or becoming defensive. Body language plays a part as well.

Negativity can wreak havoc on our emotional systems. It causes our minds to recall insults better than praise, dwell on the negative instead of the positive, and remember bad experiences more than good ones. There's an entire science behind this process called negativity bias, and you can read more about how it affects your mind here: <https://www.verywellmind.com/negative-bias-4589618#what-is-the-negativity-bias>

# TEEN DATING VIOLENCE AWARENESS MONTH



## BRINGING AWARENESS TO A HIDDEN ISSUE

According to the Domestic Violence Awareness Project, approximately 1.5 million high school students in the United States experience physical abuse from a dating partner. One-quarter of parents don't talk to their teens about domestic violence.

## ACCORDING TO RECENT DATA RECEIVED FROM LOCAL MIDDLE AND HIGH SCHOOLS, THIS IS AN AREA OF CONCERN.

### *What is Teen Dating Violence (TDV)?*

Teen Dating Violence (TDV) occurs between two people in a close relationship and can include anywhere from one to four types of behavior: physical violence, sexual violence, stalking, and psychological aggression. TDV can take place in person or electronically, and it affects millions of U.S. teens each year.

*(this definition comes from the [National Conference of State Legislatures](#))*

### WHAT DOES THIS HAVE TO DO WITH EYFP?

As reported by the CDC, students who experience dating violence are more likely to exhibit antisocial behaviors, engage in unhealthy behaviors such as tobacco, drug and alcohol use, experience depression and anxiety, and consider suicide. These symptoms can continue into adulthood.

# 1

**The number one tool for preventing TDV is providing social-emotional learning programs for youth.**

Self-awareness, self-management, social awareness, relationship skills (especially communication), and responsible decision-making are all crucial skills needed to stand up against and prevent teen dating violence.

**These skills are all introduced and put into practice during our EYFP sessions.**

### I'M NOT A TEEN, SO WHAT DOES THIS HAVE TO DO WITH ME?

You can help the youth in your life by sharing the following warning signs identified by [loveisrespect.com](http://loveisrespect.com), a project of the National Domestic Violence Hotline.

#### TEEN DATING VIOLENCE WARNING SIGNS

- ☒ Partner checking their phone, email, or social media accounts without permission
- ☒ Being put down frequently, especially in front of others
- ☒ Isolating from friends or family (physically, financially, or emotionally)
- ☒ Extreme jealousy or insecurity from their partner
- ☒ Partner expressing explosive outbursts, temper, or mood swings
- ☒ Any form of physical harm
- ☒ Possessiveness or controlling behavior from their partner
- ☒ Pressuring or forcing sex