

HOME & FAMILY

While Utah is well-known for being a family-oriented state, more must be done to ensure that women and girls can thrive in all settings. This is why A Bolder Way Forward's Home & Family Spoke is focused on promoting tools and resources that facilitate more supportive environments, promote healthy, balanced relationships, and contribute to flourishing in homes and families. Learn how you can be part of strengthening homes and families in your community.

KEY FACTS

- In 2022, the governor's office established the Utah Office of Families, tasked with strengthening families so children have better outcomes.
- Utah women and girls experience disproportionate exposure to Adverse Childhood Experiences (ACE), with 18.3% of females reporting four or more ACEs; Utah has the 7th highest overall ACE score in the nation.
- Utah men spend more time doing paid work each day than women do, but when unpaid work is added in, women are working more hours a day than men— they just are not getting paid for it.
- Utah has the youngest median age of first marriage for both men and women nationally, and the youngest age for first-time mothers. As such, many families can benefit from learning methods for improving communication, navigating parenthood, and balancing the day-to-day of managing households.

DEFINITION

Ideally, a family "is a social group created and maintained by the goal of nurturing the well-being of all family members and the family unit as a whole. Since the establishment of caring relations is the shared value amongst family members, in order to keep the family going, a commitment to honor that shared value is necessary."

Dr. Laura W. Kane

LONG-TERM BENEFITS OF STRENGTHENING FAMILIES

- Youth are much more likely to report a strong relationship with parents when the parent reports a strong relationship with their spouse/partner (76% of those who report such a relationship versus 58% for those who do not).
- Women who bear a heavy share of unpaid work are vulnerable to decreased physical, emotional, and mental health.
- Of 11 top challenges women face, Utahns identified "gendered expectations" and "balancing career and home" in the top 5, with both categories highlighting social pressure, dependence on a spouse/partner, imbalances in domestic labor, and feeling suppressed by a male-dominated culture.

Click [here](#) to view sources.

WHAT YOU CAN DO



Encourage your local school administrators and staff to offer healthy relationship workshops for high school students.

See resources on the [Home & Family Spoke webpage](#).



Encourage couples and parents in your spheres of influence to participate in free research-based workshops on healthy relationships.

[Healthy Relationships Utah](#) provides courses and other resources on couples/dating, stepfamilies, parents, and self-improvement.



Learn and share information about balanced distribution of domestic labor, care work, and emotional work.

For example, resources (see [Home & Family Spoke webpage](#)) can be shared with family members, friends, neighbors, co-workers, religious leaders, and on social media.

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Spoke Resources

- [Home & Family Video](#)
- [Home & Family Spoke Page](#)
- [Introductory Podcast](#)
- [Living Room Conversations – Home & Family](#)

Organizations

- [Family Support Centers of Utah](#)
- [Healthy Relationships Utah](#)
- [The Family Place](#)
- [Utah Marriage Commission](#)
- [Utah Office of Families](#)
- [Wheatley Institute](#)

Research-Based Reports & Resources

- [Domestic Violence Among Utah Women: A 2023 Update](#)
- [ePREP – Prevention and Relationship Enhancement Program](#)
- [Eleven Major Challenges Utah Women Face](#)
- [Fair Play](#)
- [Hidden Gems: Family & Relationship Guides](#)
- [Home & Family Research Summary](#)
- [Home Run Parents](#)
- [Parenting the Love and Logic Way](#)
- [Seven Principles for Making Marriage Work](#)
- [Single Mothers in Utah](#)
- [Smart Steps for Stepfamilies](#)
- [Stronger Marriage Connection Podcast](#)
- [The Comforts of Home](#)
- [Unpaid Care Work Among Utah Women: A 2024 Update](#)