

SHALOM TASK FORCE

KALLAH TEACHER FOLLOW-UP

Checking In Post-Wedding:

Let the kallah know in advance that you will follow up with her after the wedding as you do with all kallahs.

Encourage getting help early and proactively: "Many couples will struggle with a variety of issues. Seeking help can go a long way in addressing an issue and preventing it from snowballing."

Finding the balance between respecting privacy and checking-in can be challenging. Know yourself: do you tend to have a more hands off approach? Perhaps you can be slightly more direct and vice versa. Most importantly remember that both ingredients are important, listen for cues from her, and then trust your intuition.

Setting the Tone:

Normalize, normalize, normalize the need for young couples to reach out for help for a variety of issues: "Many people wait to get help but there's a lot of help available. Is there anything you need or want to know more about?"

Normalize potential areas of sexual challenges: "Many couples struggle with physical issues, communication about intimacy, etc."

Some of these conversation openers may not be relevant for each Kallah: let the relationship you've developed with her guide you, and trust your gut.



Specific Questions and Follow-Up:

Refer to any previously expressed concerns. Use the original "STF Kallah Teacher Screening" to guide you:

- "I know you were really anxious about going to the Mikvah- How has it been so far?"
- "You mentioned experiencing some stress in your/ his ability to handle changes. How has that been playing out?"
- "There were some gynecological concerns that came up. Would you say they are better, worse or the same?"

Refer to the "STF Kallah Questionnaire." This gives her more autonomy in the conversation and prevents it from sounding like an interview.

- "Have you had a chance to look over the questionnaire that I gave you? Is there anything you'd like to mention?"

Resources:

When encouraging her to get help:

1. Focus on the experience rather than a judgment of the situation or person.

Example: "It sounds like you were _____ (scared, confused, etc)"

2. Offer information:

Example: "It sounds like this is something a _____ (Rabbi, therapist, Shalom Task Force) could be very helpful with..."

3. Remind her that you are a resource and will be happy to refer her to a professional or Rabbi if necessary: "You can always call me."

