



Extension
Utah State University



The Sampler

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Your Most Powerful Self-Defense Tool is Not Your Fist

Violence is a significant public health concern that can impact individuals across their lifespan and lead to a lifetime of emotional, physical, and economic problems. Its effects often extend well beyond the incident itself, influencing personal safety, health, and overall well-being. Although the topic can be difficult to discuss, the frequency and lasting impact of violence make it important to talk about how to recognize, prevent, and respond to conflict.

Research shows:

- ◆ Assault is the most common violent crime in the United States. Assault is an unlawful physical attack or threat of attack that may result in injury or death.
- ◆ An average of 64% of females and 40% of males report knowing their attacker.
- ◆ Approximately 28% of individuals report that they or someone in their household was a victim of crime in the past year.

Research also suggests that learning self-defense can be effective in avoiding

and responding to conflict. Self-defense education has been shown to increase assertiveness, confidence, self-esteem, self-efficacy, perceived control, and physical competence, while also helping to reduce anxiety, helplessness, and fear.

Here are practical steps to help you be better prepared to respond to conflict and reduce risk:



- ◆ Look confident
- ◆ Remain alert and aware of your surroundings
- ◆ Avoid situations that feel unsafe or risky
- ◆ Be aware of possible dangers and trust your instincts
- ◆ Tell someone

where you are going and when you expect to return

- ◆ Limit distractions such as wearing headphones or earbuds, talking on the phone, or looking at an electronic device
- ◆ Know where you are and where you are going
- ◆ Plan the safest route to your destination

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- ♦ Avoid unpopulated areas such as vacant lots, alleys, and parks
- ♦ Walk in well-lit areas
- ♦ Walk with one or more individuals when possible
- ♦ Avoid being out and alone at night
- ♦ Use de-escalation strategies whenever possible before choosing to make physical contact with an aggressor
- ♦ Leave a compromising situation if possible

Being prepared does not mean living in fear, it

means building awareness, confidence, and skills to make safer choices and respond effectively when faced with potential conflict.

For more information about self-defense or to request a class, contact Utah State University Extension Assistant Professor Stephanie Carlson at stephanie.carlson@usu.edu. 

~Stephanie Carlson, Extension Assistant Professor



LIFT COURSE LINKING FAMILIES AND TEENS

Topics

- Tough Talks
- Adolescent Brains
- Love Languages
- Values & Technology
- Sexual Health, Contraceptives, Health Resources
- ...and more!

Breaks, childcare, and light meal included.

When

Wednesdays- March 11th, March 18th 5-7:30pm

Where

3340 Harrison Blvd # 100, Ogden, UT 84403

Questions?

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Register Here



Scan the QR code or click [HERE](#)

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Family and Consumer Science Events

Electric Pressure Cooking (InstaPot) Class



Tuesday, March 17
6:30 – 8:00 p.m.
USU Extension Classroom, Ogden
\$15

Come learn how to cook using your electric pressure cooker. Enjoy samples to taste and take home recipes you can use right away. This class will help you confidently take your pressure cooker out of the box and put it to use. Call 801-399-8207 to sign up.

Tai Chi

Every Wednesday
11:30 a.m. – 1:00 p.m.
Pleasant Valley Library – So. Ogden
FREE!

Tai Chi strengthens the body, improves balance, and reduces stress. To sign up call Pleasant Valley Library at 801-337-2691.

Strong Bodies

Every Monday & Wednesday
2:30—3:30 p.m.
Golden Hours Senior Center, Ogden

Join us for a group strength training fitness program! The classes include progressive resistance training, balance training, and flexibility exercises. Membership with Golden Hours Senior Center is required but is free. Contact the Golden Hours Senior Center at 801-629-8864 for more information.

Empowering Financial Wellness Webinars

Tuesdays or Thursdays - 12:00 p.m.

- How to Protect Your Credit from Fraud - March 17
- How to Protect Your Credit from Fraud - March 19
- Budget Like a Boss - March 24
- Managing My Mortgage - March 26
- Teaching Children About Money Management- March 31

[Click here](#) to register for webinars

Date Nights. . .

Kiln It Together Date Night

March 27, 2026
6:30 – 8:30 p.m.
Salty Clay, Farmington
\$55 **per couple**

Make your relationship stronger than fire by joining us for a ceramic painting date night. Choose a pair of mugs, dinner plates, or small bowls, and enjoy an evening filled with creativity, meaningful conversation, and great company. [Click here](#) to register.

Making Your Relationship Sweet Chocolate Tasting Date Night

April 24, 2026
7:00 – 8:30 p.m.
Aggie Chocolate Factory, Logan
\$25 **per couple**

Make your relationship a little sweeter while enjoying a decadent evening of flavorful single-origin chocolate. Taste and feel the difference among our various single-origin chocolates and decide which one is your favorite. [Click here](#) to register.

Take a Hike! Reaching New Heights in Your Marriage Date Night

May 15, 2025
6:00 – 8:00 p.m.
Waterfall Canyon, Ogden
\$10 **per couple**

Explore the great outdoors as you reach new heights together in the beautiful mountains of Ogden. Reach new heights as you participate in additional relationship enhancement activities along the way. [Click here](#) to register.

Are you a person who has experienced or will experience **Menopause?**

Please take our 5-10 minute survey



<https://tinyurl.com/usumenopause>

Complete the survey for a chance to win 1 of 10 prizes!



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Completing the survey will help USU Extension develop programming that meets your needs!

**Questions?
Contact Cris Meier
cris.meier@usu.edu**

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Gaining Greater Cooperation from Your Children

Many parents have wished for a magic wand that would make their children instantly cooperative and obedient. Unfortunately, no such magic exists. However, there are strategies that can make parenting easier and increase the likelihood that children will cooperate.

One helpful approach is to pay attention to your child's emotional environment. Is it calm, organized, and engaging, or chaotic and overstimulating? When children become bored or restless, trouble often starts to brew. Sometimes simply changing the activity or environment can help restore a positive emotional atmosphere. That doesn't mean parents are responsible for constantly entertaining their children, but being willing to shift the environment when things become difficult can make a big difference.

Transitions can also be challenging. Kids often resist sudden commands, and abrupt changes in an activity can lead to anxiety and push-back. Instead of issuing commands, parents can use a strategy called front-loading. This means providing information, context, or expectations before a new task or situation begins. Front-loading helps children mentally and emotionally prepare for what is coming, making transitions smoother and more successful. For example, before going to the store, parents can explain the rules and expectations ahead of time so children know what to expect.

Redirecting is another useful parenting tool, especially for children ages 7 to 9. When the emotional environment starts to deteriorate and you hear whining or fighting, gently redirect your child's attention to something more positive. The shortest, simplest, and gentlest redirection often works best. Avoid sounding angry or threatening, as harsh reminders are more likely to trigger an emotional reaction rather than cooperation.

Another powerful strategy is to catch your child being good. Deliberately noticing and praising positive behavior builds a child's confidence and encourages them to repeat that behavior. When we shift our focus from correcting negative behavior to recognizing positive behavior, we strengthen our relationship with

our children. Simple "I like" statements can be especially effective, such as: "I like the way you are playing quietly," or "I like the way you picked up your toys." Positive recognition helps children feel capable and valued, which makes them more likely to cooperate with future requests.

Humor can also be a powerful parenting tool. It can de-escalate tense moments and turn ordinary tasks into something fun. Humor strengthens the bond between parent and child and can reduce the need for nagging or lecturing. A playful moment can catch a child off guard and encourage them to join in rather than resist.

I remember one of my children having an impressive tantrum after being asked to pick up her toys. I



pretended to accidentally step on a toy, a Duplo block, and dramatically collapsed to the floor. She burst out laughing and then helped pick up the toys. Humor helped shift the mood and turned a struggle into cooperation.

Of course, humor should never be sarcastic or used in a way that embarrasses a child. The goal is to lighten the mood and redirect negative emotions. Being mindful of how your child interprets humor helps ensure the message remains positive and supportive.

Parenting offers many opportunities for both joy and growth. By developing a few effective parenting skills, we can improve our interactions with our children, and often find that cooperation follows naturally.

~Julie Winterton, student intern

Love and Logic In-person Class

Tuesday, March 24, 9:00 a.m. – 4:00 p.m.
Ogden DWS, 480 24th Street, Ogden

This FREE course uses the Parenting the Love and Logic Way® curriculum and teaches parents how to raise responsible kids and enjoy parenting. [Click here](#) to register.

How is life in



Ogden?

Please, take the Utah Wellbeing Survey!

Ogden is one of many cities participating in USU's Utah Wellbeing Project. Your participation in this **10-minute survey** will inform the city's planning processes and better understanding of wellbeing across Utah.

Please share this survey with friends and family (age 18+). **Participate with this link or QR code.** Available in Spanish (Disponible en Español).

For Wellbeing Project information, please contact courtney.flint@usu.edu.

<https://tinyurl.com/Ogden2026>



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Utah
**WELLBEING
PROJECT**



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