CORE PROJECT

KALLA CLASSES EXTENSION

Background

Kalla classes are pretty much the norm today, but this wasn’t the case until after WWII. When classes did start, women were taught in groups – it was very impersonal and so questions were few and far between and many classes focused solely on Halacha. Slowly more Hashkafa was introduced including what it means to build a Bays Ne’eman. Relationship building – based on our Hashkafa became a standard part of classes along with tools needed to successfully build a Torah home. Another positive change was that almost all classes became private so that each Kalla would have the privacy to be actively part of the learning process.

As this process continued to evolve, a greater understanding of the importance of positive sexuality and how what goes on inside the bedroom affects the entire marriage relationship – and how the emotional relationship affects the bedroom. Inn Rebbetzin Abromov’s word “Physical intimacy is the cement 0fa Bayis Ne’eman” so if the sexual relationship is not positive, not joyful – it will seriously impact the entire relationship (even if everything else seems perfectly fine and in place) in a negative way.

Problem

So Kalla classes have come a long way – and there is still more to do. There are still issues that need to be addressed.

1. Classes are often “rushed” and “squeezed” between all the necessary appointments (gown, sheitel, doctors) and other exciting shopping /apartment hunting and other activities. Especially for a Kalla that may have difficulty understanding things the first time/quickly- much of what is taught remains unclear at best.
2. Kalla classes are mostly theoretical – like teaching someone to drive a car while sitting on a couch or how to swim while they are on the grass! Our Kallos are not married and therefore much of what they are learning is not applicable – especially the halacha and so as the teacher we have no real way to assess how the Kalla learned and/understood.
3. The ‘simple’ solution of meeting with the kalla after the wedding to reteach/clarify many of the topics is being done by some teachers, but there does not seem to be any uniform approach to this - neither in time frame nor topics to cover. In addition to this – there are Kalla teachers that are afraid to offer post wedding classes because they are afraid of opening up issues that they are not equipped to deal with and don’t have or know of resources to help them help their kallos.
4. There are those kalla teachers that feel that once the kalla is married, any such discussion should take place with both the chosson and kalla.

Solution

This project was to put something in place for Kalla teachers, to begin to improve this situation and move toward a remedy be’H.

I would like, be’H, to design a questionnaire (maybe a Google Doc?) to give to the kalla to fill out at 3 intervals after her chasuna – one at 2 months, one at 6 months and one at a year. The questions would have a rating system for answering to help those kallos that might have difficulty expressing themselves in addition to space for them to communicate anything further. These questions would identify specific issues, and the relative extent of the issues, that the couple need to address and guide the kalla teacher to prepare for their subsequent meeting.

[I would like to streamline this process by having each Kalla fill out a Google Doc that will generate these 3 questionnaires and email them at the appropriate time. And perhaps have it generate a reminder to me to set up a time to meet after the questionnaire is received. I will have to find someone to help me with this computer aspect.]

**Questionnaire -2 months**

Please rate the following questions to the best of your ability from 1-5 (5 being the best) and please write comments to further explain the rating wherever you would like:

1. Have you decided on a Rav for Nidda shaalos that you are both comfortable with? 1 2 3 4 5
2. Do you have a Rav for other Shaalos and Hadracha that you are both comfortable with? 1 2 3 4 5

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1. Have you noticed any physical (not intimate) aspects of your husband that is having an effect on your relationship? 1 2 3 4 5

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1. Do you have any questions regarding halacha (nidda, harchakos, chafifa)? 1 2 3 4 5

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1. How is your relationship with his parents/family? 1 2 3 4 5

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1. How is his relationship with your parents/family? 1 2 3 4 5

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1. Are you able to communicate information – technical data? 1 2 3 4 5

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1. How is your emotional communication (verbal – thoughts/feelings)? 1 2 3 4 5

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1. How is your physical intimacy? 1 2 3 4 5

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1. Please share anything else you would like to discuss.

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**Questionnaire -6months**

Please rate the following questions to the best of your ability from 1-5 (5 being the best) and please write comments to further explain the rating wherever you would like:

1. Are you learning how to work out disagreements? 1 2 3 4 5

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1. Do you have the language to discuss finances and have you made a budget? 1 2 3 4 5

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1. Do you have any questions regarding halacha (nidda, harchakos, chafifa)? 1 2 3 4 5

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1. Are you able to communicate information – technical data? 1 2 3 4 5

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1. How is your emotional communication (verbal – thoughts/feelings)? 1 2 3 4 5

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1. How is your physical intimacy? 1 2 3 4 5

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1. Please share anything else you would like to discuss.

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**Questionnaire - 1 year**

1. Is there anything regarding fertility that you would like to discuss? 1 2 3 4 5

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1. Is there anything you would like to discuss regarding birth control? 1 2 3 4 5

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1. Do you have any questions regarding halacha (nidda, harchakos, chafifa)? 1 2 3 4 5

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4) How is your physical intimacy? 1 2 3 4 5

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1. Please share anything else you would like to discuss.

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