

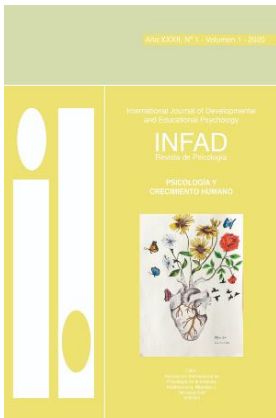
Featured articles from the OVJ documentation center. February 2021



ALEGRE ROSSELLÓ, A., 2020. [*Emotional Education in the Family*](#) - Centro de Comunicación y Pedagogía. Comunicación y Pedagogía. Educación y tecnología, nº. 323-324, pp. 42-48

Expert research indicates that emotionally intelligent people tend to be happier, be better leaders, learn more in school, have more and better friends, and have better interpersonal relationships, among many other positive outcomes that we all desire. The article reflects on the development of emotional education at the family level through cooperation. Indeed, it proposes how to establish a strong emotional bond within the family, understood as a

team that promotes communication.



MARTÍNEZ GÓMEZ, N., BALLESTER ARNAL, R., GIMÉNEZ GARCÍA, C., RUIZ PALOMINO, E. and NEBOT GARCÍA, J.E., 2020. [*Concern Associated with the Discovery of Sexual Orientation*](#). International Journal of Developmental and Educational Psychology: INFAD. Revista de Psicología, vol. 1, no. 1, pp. 477-486. ISSN 0214-9877

Society's level of acceptance of affective-sexual diversity directly influences the experiences of LGBTI people. Having to hide one's sexual orientation or live it with great concern leads to the development of internalised homophobia, with the consequent mental health problems that this produces. Our goal was to analyse the differences between adolescents

and young people in relation to the experience of and concern for their own sexual orientation. Non-heterosexuals showed greater concern about realising their orientation than heterosexuals, and these differences were statistically significant. Finally, in the case of non-heterosexuals, the later they became aware of their sexual orientation, the greater the concern they displayed. These results show that young people and adolescents still have concerns about their own sexual orientation, especially when their identification as non-heterosexuals occurs at a later age. We emphasise the importance of normalising affective-sexual diversity, and the need to break with heteronormativity, so that identifying as non-heterosexual does not imply any kind of concern that may lead to mental health problems.



MOLINA, I. and FERNÁNDEZ FUERTES, A.A., 2019. [Aggressive Behaviour in Adolescent and Youth Relationships](#). Revista de Estudios de Juventud, no. 123, pp. 93-107. ISSN 0211-4364

Aggression in adolescent and youth relationships is a serious social problem, not only because of the high incidence rates and the consequences for the victims, but also because some types of aggression - presumably the less severe types - may not be seen by young people as problematic or unacceptable. Various studies carried out in recent years indicate that these aggressive behaviours, in turn, predict aggression in adult life and that they are part of patterns in which both partners are involved, with the appearance of a bidirectional or reciprocal pattern of violence being quite common. However, the aggressions committed by men and women may not be equivalent, the motivations behind these behaviours may not be similar, and the consequences may not be comparable either. Given the diversity of individual, relational, family and socio-cultural factors involved in the emergence of these behaviours, it is essential to design early preventive programmes that emphasise the acquisition of emotional and conflict resolution skills and strategies and that address prevention from an ecological approach, considering the interaction of risk factors present in different developmental contexts.