



The Dibble Institute

Resources for Teaching Relationship Skills
to Teens and Young Adults

Healthy Choices, Healthy Relationships *An Exemplary Sexual Health Education Program*

- 1. Focuses on clear health goals and related behavioral outcomes.** The HCHR curriculum addresses ten specific areas outlined in the stated Federal guidelines for expected outcomes for health instruction for teens.
- 2. Is research-based and theory-driven.** The HCHR curriculum was developed using a wide range of recognized and respected research experts in the field of health and behavioral sciences regarding adolescent issues and trends.
- 3. Addresses individual values, attitudes, and beliefs.** The lessons provide adolescents the opportunity to evaluate their current belief systems regarding personal health and interpersonal relationship choices and how those thought processes direct behavior.
- 4. Addresses individual and group norms that support health-enhancing behaviors.** The HCHR curriculum helps adolescents identify what risk behaviors are. It provides assessment tools, including a High-Risk Behaviors Inventory, and a variety of exercises that promote an understanding of how positive vs. negative behaviors affect long term health and overall wellbeing.
- 5. Focuses on reinforcing protective factors and increasing perceptions of personal risk and harmfulness of engaging in specific unhealthy practices and behaviors.** The curriculum addresses the importance of safety planning for self and others specifically in the areas of interpersonal relationships, bullying, social networking, and peer activities. Participants learn protective strategies that demonstrate personal responsibility while reducing the likelihood of dangerous situations developing.
- 6. Addresses social pressures and influences.** The curriculum examines the current cultural messages of different forms of media and the effects of peer pressure regarding behavior expectations for both males and females. The curriculum promotes the importance of supportive family relationships and positive role-models.
- 7. Builds personal competence, social competence, and self efficacy by addressing skills.** The curriculum advances personal skill building in individual and group activities using guided processes, creative work, personal goal setting, and decision-making in real life situations. All lessons provide for feedback and discussion opportunities.
- 8. Provides functional health knowledge that is basic, accurate, and directly contributes to health-promoting decisions and behaviors.** The curriculum addresses skill building exercises for self-regulation of emotions and behaviors along with positive steps for recognizing and managing stress. Information provided throughout the curriculum is based on best practices methods.

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9. **Uses strategies designed to personalize information and engage students.** The lesson topics include how the adolescent brain works, understanding influence, improving peer and family relationships, and learning how to set and apply personal goals. Participants relate well to the interactive exercises.
10. **Provides age-appropriate and developmentally appropriate information, learning strategies, teaching methods, and materials.** The curriculum was developed and written for adolescents making sure the topics, activities, information, and readability are appropriate for a range of ages and learning levels.
11. **Incorporates learning strategies, teaching methods, and materials that are culturally inclusive.** Because the participants apply the learning activities to their personal experiences, the materials are appropriate for all cultural backgrounds.
12. **Provides adequate time for instruction and learning.** Lessons are prepared to fit within a one hour timeframe and can easily be adjusted for either large or small groups in a variety of teaching environments: classroom, after-school or pull-out programs, and individualized instruction.
13. **Provides opportunities to reinforce skills and positive health behaviors.** Important concepts for positive health and interpersonal relationship behaviors are presented regularly and reinforced throughout the curriculum through a variety of creative and instructional processes.
14. **Provides opportunities to make positive connections with influential others.** The curriculum promotes the development of improved relationships with peers and family, and the importance of positive role-models in order to form a more protective environment and reduce health risks.
15. **Includes teacher information and plans for professional development and training that enhance effectiveness of instruction and student learning.** The Instructor's Manual includes all necessary materials in a ready-to-teach format: lesson outlines and goals, background research information for each topic, a CD of key points for each lesson, classroom posters, and all activity and game cards. Professional development and training are also available upon request.