



The Dibble Institute

Resources for Teaching Relationship Skills
to Teens and Young Adults

Inner City Health Class

Organization:

Pine Rest Christian Mental Health Services

URL:

<https://www.pinerest.org>

Funding:

Private Grant Funding

Curricula Used:

Love Notes 3.0

Curricula Benefits:

Great way to educate and empower young people

Challenges many norms that aren't healthy

Young people are open to what is different.

Program is engaging.

Information is relatable and adaptable to different populations as long as facilitator knows how to adapt it.

Curriculum is very user friendly.

All lessons are connected. Facilitator can do lessons in the order that the audience needs.

Target Audience:

Health Classes in the 9 high schools in the Grand Rapids Public School District; Health is a requirement of graduation. Mostly 9th graders, but may include other grades.

Audience Demographics:

See attachments

Class Size:

20 or more students (served 596 students for academic year 2018-2019)

Location of Instruction:

High School, Grades 9-12

Length of Instruction:

Once a week for an hour/ teaches a minimum of 10 sessions. Always teaches lessons 1 and 2 back to back. Then, may teach other lessons in other order as needed and indicated by discussions by the students.

Utilization of Materials:

Teachers have the option to use the workbook activities as optional activities outside of the instruction time.

**Incentives to Teachers
and Students:**

Health teachers are now expecting the Pine Rest instructor to come to their classes. She is invited to the district's Professional Development Day to schedule instruction.

Sometimes she will bring candy to the class for treats. At the end of the semester she shows a movie and a potluck, ie. pizza and cupcakes.

Tips:

Everything is relational. To get into the schools you have to have the relationship with the administration. Have a relationship with the young people outside of the classroom and be relatable to the students when you are teaching. You must be engaging with the students. Be flexible and take the time to know your audience. Relationships are the basis for everything.