



What Teens Learn

- Dealing with emotions
- Conflict management
- Recognizing dangerous relationships
- What makes a healthy relationship
- Effective communications
- Low-risk dating strategies
- The social and emotional sides of sex
- Setting limits and boundaries
- How marriage affects happiness and prosperity

Join Us

We need your support to advance our goals more quickly and effectively. Here's how to help.

- **Stay informed.**
Sign up for our free e-newsletter. Each month, you'll get updates on current research, resources, grant opportunities, and other news about youth relationship education.
- **Share your ideas and knowledge** for promoting the cause of youth relationship education.
- **Donate to help us** make training materials more affordable, and to develop new programs.



The Dibble Institute
Relationship Skills for Teens

P.O. Box 7881 | Berkeley, CA 94707-0881
800-695-7975 (phone) | 972-226-2824 (fax)
website/catalog: www.DibbleInstitute.org



The Dibble Institute
Relationship Skills for Teens

The Dibble Institute is a private, non-profit organization created to promote relationship training for youth, with special focus on dating and romantic interactions.

Our goal is to help young people gain the skills essential for healthy relationships now, and successful marriages in the future.

Some of our activities include:

- Raising awareness of the needs for and benefits of helping young people learn effective relationship skills.
- Developing and distributing teaching materials designed for use in schools and a wide variety of other settings.
- Educating opinion leaders and policy makers.
- Training teachers and youth instructors.
- Consulting on effective implementation strategies and grant application approaches.
- Serving as a clearinghouse to collect and disseminate research and other evidence of the benefits of youth relationship education.

The Dibble Institute is funded primarily by the sales of our educational materials and training programs. We also depend on grants from the US Department of Health and Human Services, other grant sources, along with private donations.



Our Results

Since our founding in 1996, Dibble has spearheaded efforts to build awareness, demand and utilization of relationship skills programs for youth. Some of our accomplishments include:

- We have developed nearly a dozen programs on teen relationship skills, and offer an additional 40+ training resources through our catalog.
- Dibble programs are used in all 50 states at public and private schools, out of school programs, youth agencies, health clinics, juvenile justice locations and more.
- Our trainings have reached over 100,000 students since 2006 alone.
- Dibble conducts lectures and display educational materials at 30 educator conferences annually.
- We have consulted with the Brookings Institute, RAND, the Urban Institute, the Institute for American Values, National Healthy Marriage Resource Center.
- Our programs have won top awards from the Association of Educational Publishers and the American Association of Family & Consumer Sciences.
- A growing body of research by institutions like Harvard and Auburn Universities supporting the positive impact of Dibble curricula.



Information You Can Trust

You can depend on Dibble for information that is both helpful and trustworthy to youth. All our content is evidence or research based, as well as professionally evaluated whenever possible. There are no hidden agendas or biases.

We're Here to Help You

Dibble offers you resources and expertise to support your own youth relationship training programs. For example:

- If you want to teach relationships skills, we can help you select the most effective materials for your audience.
- We can customize an instructor training program for your staff and volunteers.
- We can alert you to grants for relationship education, and help you prepare a winning proposal!

