



The Dibble Institute

Relationship Skills for Teens and Young Adults

2017-2018 **ANNUAL REPORT**



MESSAGE FROM EXECUTIVE DIRECTOR KAY REED



I often reflect on why The Dibble Institute's work is so important. Why have I chosen to dedicate my career to the cause of building relationship skills in young people? **I do it because it makes a difference!**

Study after study, the research is clear: When young people develop relationship skills, they experience a cascade of positive effects. **Our programs reduce interpersonal violence and decrease risky behaviors. And Love Notes participants reported 46% fewer pregnancies than those in the control group.**

Building relationship skills has also been shown to increase positive outcomes in programs focusing on dating violence and rape prevention, runaway and homeless youth, expecting and parenting teens, mental health prevention and early intervention, juvenile corrections, child welfare, and dropout prevention. And it all starts when young people begin to see how decisions about their love lives either support or derail their hopes and dreams for their futures.

Dibble's programs help young people achieve their goals by teaching far more than just the vocabulary of healthy relationships. We don't just teach the word "agency." We help teens **live** agency! Participants in our programs learn to make their own decisions and choices that lead to the actions that have meaning for the future they imagine. **Dibble's programs equip young people with real skills, tips, resources, and guidelines to support this combination of decision-making, aligned action, and satisfying results.**

This report tells the story of how Dibble's high-quality, well-studied programs continue to make a difference in the lives of young people. Read on as we celebrate the impact Dibble's programs have on young people's futures!

Onward!



Kay Reed
Executive Director

WHAT PARTICIPANTS ARE SAYING...



"I will apply everything that I've learned in this program to my life so that situations will turn out better in the future."



"When I get into a relationship, I can apply what I've learned in this program instead of being lost."



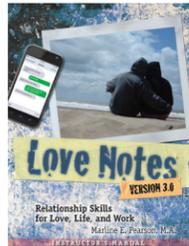
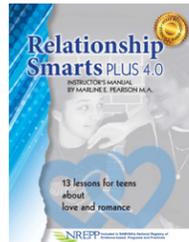
"I have learned what I need to look for to have a healthy relationship and if I have an unhealthy relationship, I need to get out of it as soon as possible."

RESPONSIVE PROGRAMS

Updating Our Programs

Two of Dibble’s most popular programs, *Relationship Smarts Plus* and *Love Notes*, have been updated with brand new information that is crucial to supporting teens and young adults in today’s world!

Updates reflect the most recent research and realities for young people today. The programs now include brand-new content about sexual assault, sexual consent, sexting, cyberbullying, online porn, and more. These changes came in response to changing conversations and conditions spurred on by #metoo and #timesup, as well as increased smart phone and social media availability.



Adapting Our Curricula

For many organizations, recent federal funding compliance changes meant new considerations for choosing curricula. That’s why we offered *Love Notes SRA* and *Relationship Smarts Plus SRA* for the first time in FY2018. These are adaptations of our two most popular programs. We adapted them to meet the guidelines outlined in the Healthy Relationships Act of 2017 that set the stage for federal SRA grant funding. It includes all the core concepts, skills, and activities from the original *Relationship Smarts Plus*.



“*Relationship Smarts* has helped me by allowing me not to move too fast in any relationship that I don’t feel loved in.”

Customizing Our Offerings

Organizations often reach out to Dibble for our help in customizing our lessons and materials to best serve their young people. Two of the customizations we completed for clients in FY2018 were:

- Condensing key lesson content to accommodate shorter class periods
- Customizing workbook length to match client delivery plans

Testing NEW Approaches

Based on *Healthy Choices, Healthy Relationships*, Dibble has completed three rounds of pilot testing of the new *Forward and Upward Through Uplifting Relationship Education (FUTURE)* program for at-risk youth, at sites across the U.S., and it’s almost ready for release!

FUTURE gives underrepresented young adults the tools to improve their interpersonal relationships, including those with romantic partners, family, friends, teachers, and coworkers. This curriculum is unique in the way that it gives students the opportunity to explore pressing current issues such as consent, sexual decision-making, intimate partner violence, and media consumption.

The lessons also draw upon popular culture and current music to prompt students to think critically and engage meaningfully with the content and their peers. This curriculum supports young adults in developing the tools necessary to build their desired futures and model healthier happier relationships for the next generation.

“I have gained even more knowledge and better understanding. I especially liked everything I learned on domestic violence and dating.”

“I liked the neuroscience lesson because the science behind relationships was interesting.”

“My favorite lesson was the dating bill of rights because it made me remember not to settle for less.”

NEWSWORTHY SUCCESSES

Love Notes has been added to two more evidence-based lists!

We've been added to the California Evidence-Based Clearinghouse for Child Welfare (CEBC) list! *Love Notes* evidence-based program model (EBP) was selected as an approved pregnancy prevention intervention on the CEBC's list of evidence-based child welfare practices. The CEBC advances the effective implementation of evidence-based practices for children and families involved with the child welfare system.

In addition, *Love Notes EBP* has also been added to the Los Angeles County Mental Health Department's list of evidence-based programs for prevention and early intervention. Being added to these lists is further evidence that *Love Notes* is a respected, effective program.



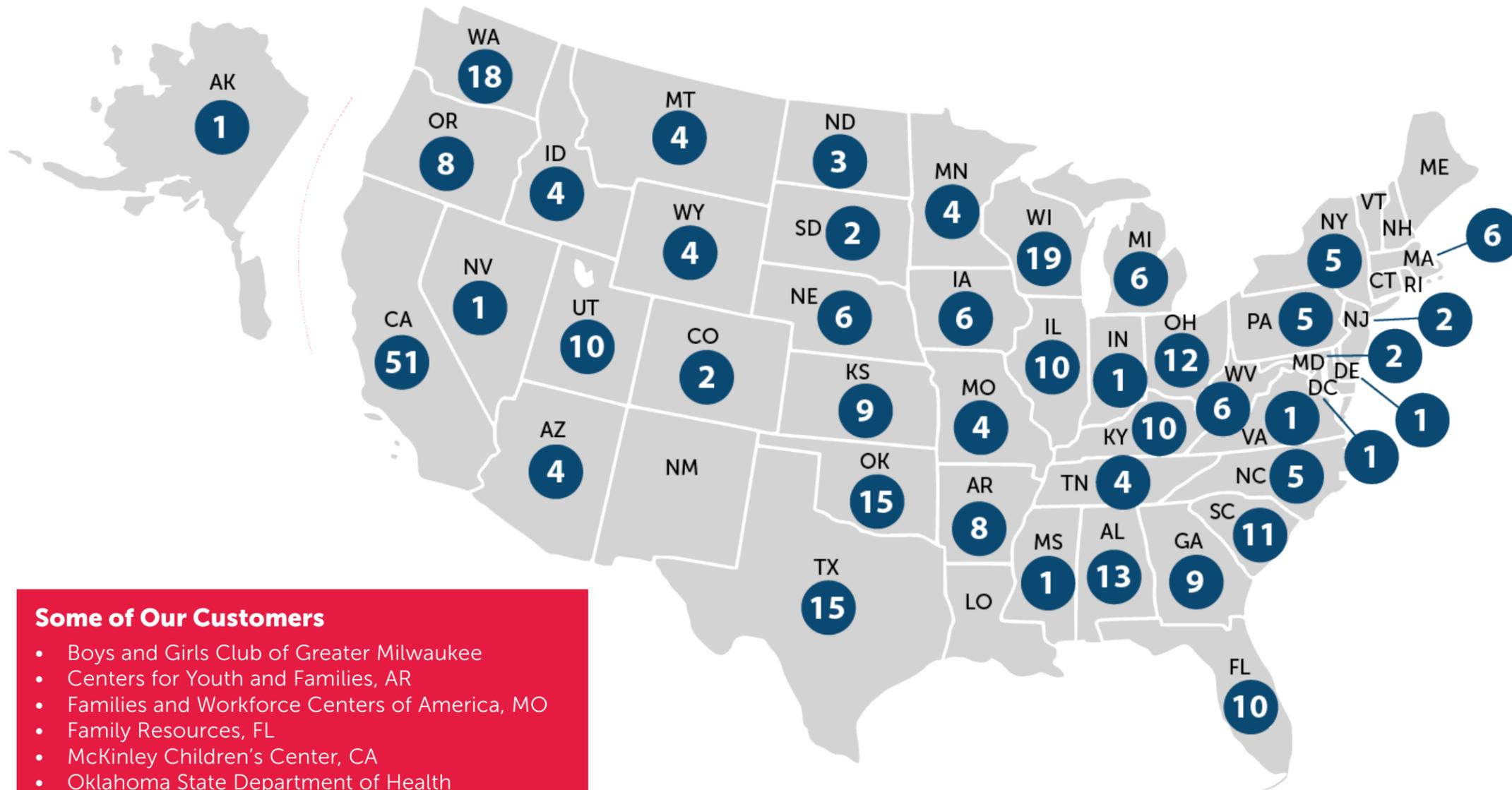
The Art of Loving Well won an innovation grant!

The Art of Loving Well: A Character Education Curriculum for Today's Teenagers was awarded an innovation grant from the Office of Adolescent Health. This nationally acclaimed healthy relationship curriculum uses short stories, fairy tales, poems, and excerpts from literary texts to engage students and guide them through the process of developing their own convictions on the attitudes and actions they must pursue to "love well." By the end of the funding period, we'll have more information about the promise of this curriculum to prevent pregnancy and risky sexual behaviors as it is adapted and implemented in a juvenile justice setting in Los Angeles County.



OUR REACH

Dibble's curricula reached at least 76,000 youth in FY2018! They were used in 323 programs across the United States and Canada, with additional programs in Puerto Rico and Vietnam.



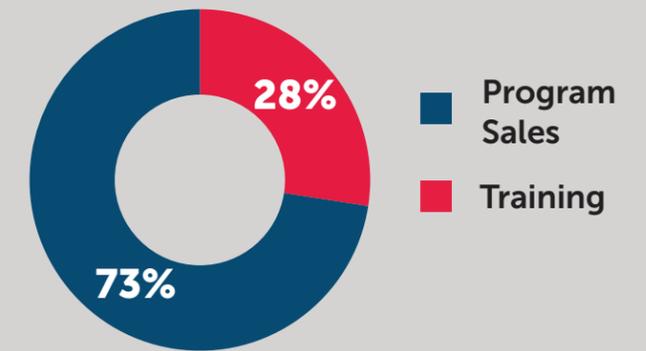
Some of Our Customers

- Boys and Girls Club of Greater Milwaukee
- Centers for Youth and Families, AR
- Families and Workforce Centers of America, MO
- Family Resources, FL
- McKinley Children's Center, CA
- Oklahoma State Department of Health
- Pathway Community Action Agency, OH
- Strong Families, Strong Wyoming
- University of Georgia Extension
- University of Louisville, Kent School of Social Work
- University of Texas – Teen Health
- Washington State GRADS Program
- Youth and Family Services, SD

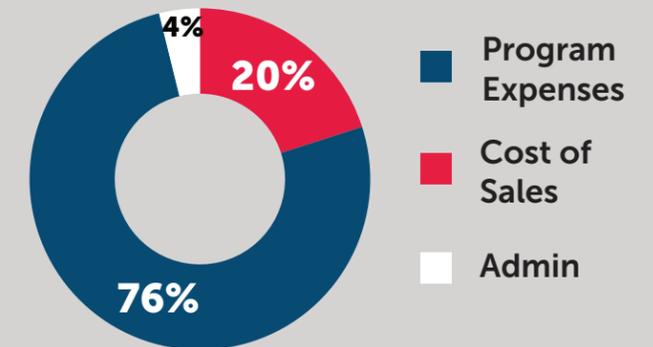
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FINANCIALS

2017-18 Total Revenue:
\$810,487



2017-18 Total Expenses:
\$909,818





The Dibble Institute is a national, independent nonprofit that equips young people with the skills and knowledge they need to build healthy romantic lives now and in the future. We do this by translating research into teaching tools.

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