Welcome!

Healthy Relationship Education with Disconnected Youth

We will begin promptly at 4 PM Eastern time.
Dixie Zittlow

Director of Outreach
The Dibble Institute
Webinar Information

• If you are unable to access audio through your computer, please use your phone:
  +1 (646) 307-1720 Access Code: 176-241-664
• All attendees are muted

Ways to participate:
• Type your questions in the “Questions” box
• Raise your hand
• Answer the poll questions

• This webinar will be archived at:
  www.dibbleinstitute.org/webinar-archives/
CHARLIE AND HELEN DIBBLE
What the Dibble Institute believes ...
Is Healthy Relationship Education for Disconnected Youth?
Vanessa Mejia

Youth Services Program Coordinator
Diaspora Community Services
Modeling Healthy Relationship Education With Disconnected Youth

Vanessa Mejia, MPH
Youth Services Program Coordinator, Diaspora Community Services
Diaspora Community Services is a social support service agency that empowers families and individuals to maximize their abilities to succeed through culturally sensitive health promotion, family support services and advocacy.
Learning Objectives

By the end of this webinar, participants will be able to:

• identify four characteristics of healthy relationship education
• demonstrate at least one effective way to teach skills for a healthy relationship
• identify one factor affecting healthy relationship education among disconnected youth
• learn at least one strategy for healthy relationship education
Disconnected Youth

Young people who through a combination of their circumstances, stage of development and barriers to participation, are at risk of not achieving positive life outcomes.
Diaspora’s Youth Program
Focus and Strategies

• The Program is focused on, but not exclusive to, youth between the ages of 14 to 21 and incorporates positive peer motivation and mentoring. The lessons and activities are stimulating, life-changing and relevant to the interests of today's youth.

• Strategies:
  • Youth Work
  • Community Education
Youth Work

- Engage youth and young adults to learn about dating abuse and healthy relationships and become active leaders in dating violence prevention.
- Prevention and Education program works with community members to identify strategies that promote healthy individuals, relationships and communities.
- Provide multi-session dating violence prevention education in schools and community settings such as community and faith based organizations.
Community Education and Outreach

Outreach Team Components:
- PEEP Supervisors
- Peer mentors
- Senior peer mentors
- Youth Workers

Where is outreach conducted:
- Partner Schools
- Health Fairs
- Block Parties

Offer community members:
Information, skills and resources on dating and domestic violence and other issues affecting youth and young adults. Through informal community dialogues, workshops and professional trainings, P.E.E.P. shares information about the dynamics of healthy relationships, dating and domestic violence, and referral strategies.
1. All young people (aged 12 to 25 years)
Vulnerability managed through family, recreation, social and cultural support

<table>
<thead>
<tr>
<th>Risk factors:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traumatic life events (death of family/friend)</td>
</tr>
<tr>
<td>Difficulty with peers</td>
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</tbody>
</table>

2. Experiencing additional problems
Vulnerability requires early interventions

<table>
<thead>
<tr>
<th>Risk factors:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-level truancy</td>
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<tr>
<td>First contact with police</td>
</tr>
<tr>
<td>Emerging mental health problems</td>
</tr>
<tr>
<td>Experimental alcohol or other drug use</td>
</tr>
<tr>
<td>Family conflict</td>
</tr>
<tr>
<td>Unstable peer group</td>
</tr>
<tr>
<td>Isolated from community</td>
</tr>
<tr>
<td>Pregnant/teenage parent</td>
</tr>
</tbody>
</table>

3. Highly vulnerable
Requires comprehensive, coordinated interventions

<table>
<thead>
<tr>
<th>Risk factors:</th>
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</thead>
<tbody>
<tr>
<td>Left home/homelessness</td>
</tr>
<tr>
<td>Disengaged from family</td>
</tr>
<tr>
<td>Significant alcohol or other drug use</td>
</tr>
<tr>
<td>Not working or enrolled in education</td>
</tr>
<tr>
<td>Mental health</td>
</tr>
<tr>
<td>Frequent truancy</td>
</tr>
<tr>
<td>Family violence</td>
</tr>
<tr>
<td>Sexual abuse</td>
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</tbody>
</table>

4. High Risk
Risk Factors:
Co-occurring chronic problems (such as AOD use and mental health issues)
Criminal orders from Youth or Adult Court
Out-of-home care

Defining Relationship Education

• ABC’s of healthy relationships
  • Awareness
  • Balance
  • Choices
• Building skills to manager intimate relationships
• Keeping youth and young adults in safe relationships
Goals of using healthy relationship education

• To strengthen protective factors
• Assist young individuals make wise relationship and educational choices
• Prevent intimate partner violence, STI and Pregnancy
• Work to make sure young people know:
  • Individuals in a relationship should support each other's goals, decisions and attitudes
Using Love Notes...

• Represents Innovative approach to both pregnancy, STI and intimate partner violence prevention
• Builds assets and strengthen protective factors
• Engages young people to learn more about themselves
• Supports young people in cultivating a vision for their future
• Empowers youth with the skills necessary to form and maintain healthy relationships, wise sexual decisions and work towards their goals
• Offers young people- including young parents-knowledge of what a healthy relationship is and isn’t
Using Love Notes...

- An activity and media-based approach
  - Music Videos
  - Movie-clips

- Skills Building
  - Communication
  - Critical Thinking
  - Assertiveness
  - Becoming upstanding
Themes For Keys Healthy Relationship Education

- Planned Support
- Relationship education is a developmental strategy
- A holistic understanding of relationship education: benefits and challenges
Runaway and Homeless Youth

Fundamental provider characteristics:

- Understanding your audience
  - Cultural sensitivity: LGBTQ, pregnant teens…
- Awareness of issues affecting youth today
  - Alcohol and Other Drug Use
  - Sex trafficking
  - Violence
  - Education Disparity
  - Economic Shift/poverty
# Approaches in Health Promotion: Healthy Relationship Education

<table>
<thead>
<tr>
<th>Line of attack</th>
<th>Aims</th>
<th>Methods</th>
<th>Worker/client relationship</th>
</tr>
</thead>
</table>
| Empowerment    | • To work with participants and/or communities to meet perceived needs.  
                 | • To increase knowledge and skills about healthy lifestyles and relationships | • Advocacy                                  | • Health educators facilitate workshops     |
| Educational    |                                                                      | • Negotiation                                | • Participants becomes empowered.           |
                                        |                                                                 | • Networking                                | • May also involve client negotiation of issues for discussion. |
## Approaches in Health Promotion: Healthy Relationship Education

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<tbody>
<tr>
<td>Behavior change</td>
<td>• To encourage individuals to take responsibility for their own health and choose healthier lifestyles.</td>
<td>• Persuasion through one-to-one advice, information,</td>
<td>Expert-led. Dependent client. Victim blaming ideology.</td>
</tr>
</tbody>
</table>

- **Worker/client relationship**

  - Expert-led.
  - Dependent client.
  - Victim blaming ideology.
What youth learn

• The social and emotional sides of sex
• Conflict management
• How to deal with emotions
• Warning signs of unhealthy/dangerous relationships
• Components of a healthy relationship
• Effective communication skills amongst parents, peers and partners
• Low-risk dating strategies
Educational Tools Used

Guest Speakers/Trainers:

- Safe Horizon
- Day One
- NYC Mayor’s Office to Combat Domestic Violence
- You Are Not Alone Studios (YANA), LLC.
- Youth Organizing to Save Our Street (Yo.S.O.S.)
- “Love Notes” Curriculum by The Dibble Institute
Contact info

Vanessa Mejia, MPH
Youth Services Program Coordinator
Diaspora Community Services
Email: vmejia@diasporacs.org
Website: www.diasporacs.org
Phone: 718-399-0200 x.232

**For questions on healthy relationships and reproductive health services Call or Text our Youth Health Educators at:
347-469-2030 or 347-984-1544**
Resources

- Disconnected Youth Framework - Positive Pathways for Victoria’s disconnected young people: A policy framework to support disconnected youth. 2010 Victorian Department of Human Services Melbourne Victoria (figure 1)
- Pearson, M (2012)., Love Notes instructor manual, The Dibble Institute
QUESTIONS?
Training in Ohio and Maryland

October and November

For training dates and information go to:

http://www.dibbleinstitute.org/training-at-our-site/
Thank You for Joining Us Today!

There is a brief survey after the end of this webinar. Thank you for providing us feedback by completing this survey.

Webinar will be available in 3 days: www.DibbleInstitute.org/webinars

Questions? Contact:
Dixie at Dixie@DibbleInstitute.org
Cathy at Cathy@DibbleInstitute.org
October 2015 Webinar

October 14, 2015

Relationship Matters

Kay Reed
Executive Director, The Dibble Institute
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