



## Use Relationship Skills Education in Your National FCCLA Programs



The FCCLA **Community Service** program guides students to develop, plan, carry out, and evaluate projects that improve the quality of life in their communities. Community Service helps young people build skills for family, career, and community roles, provides youth-centered learning experiences related to Family and Consumer Sciences education. It encourages young people to develop the positive character traits of trustworthiness, respect, responsibility, fairness, caring, and citizenship.

*Dibble Recommendation: Use Dibble materials to improve parent-teen and family communication, prevent teen dating violence, prevent teen pregnancy, improve financial literacy, encourage youth to become better decision makers, encourage strong fatherhood involvement, learn conflict resolution skills and encourage teens to develop healthy romantic relationships.*



The FCCLA **Dynamic Leadership** program helps young people build Leadership skills. It provides information, activities and project ideas to help young adults:

- Learn about leadership
- Recognize the lifelong benefits of leadership skills
- Practice leadership skills through FCCLA involvement
- Become strong leaders for families, careers, and communities.

*Dibble Recommendation: FCCLA members/chapters can use their leadership skills to teach relationship skills to conduct a community awareness campaign for peers and younger students or encourage parents and teens to strengthen their family ties with better communication by sharing and discussing their values for romantic relationships.*



The FCCLA **Families First** national peer education program is a means of youth gaining a better understanding of how families work and learn skills to become strong family members. Its goals are to:

- Help youth become strong family members and leaders for today and tomorrow.
- Strengthen the family as the basic unit of society.

*Dibble Recommendation: Healthy families begin with healthy relationships. Use romantic relationship education to teach FCCLA members the skills needed to build strong families in the future. Research shows that when young people learn relationship skills, their communications with their parents improves thus strengthening families today. Dibble materials can be used compatibly with the [You-Me-Us to Strengthen Family Relationships](#) and [Meet the Challenge to Overcome Obstacles Together](#).*



The FCCLA **Financial Fitness** national peer education program involves youth teaching one another how to make, save, and spend money wisely. Through FCCLA's Financial Fitness program, youth plan and carry out projects that help them and their peers learn to become wise financial managers and smart consumers.

*Dibble Recommendation: The Dibble curriculum, [Money Habitudes](#), is an easily adaptable and fun tool to get teens and parents interested in talking about money.*

- *Use the Money Habitude Cards and lessons in meetings or with community groups,*
- *Have a FCCLA team set-up a table at a sporting event or parent's night for community members and parents to experience the card sort and learn their "Money Habitude".*
- *Create a handout with information from the curriculum to educate and encourage families to engage in financial discussions and identify their family's habits, values and attitudes about money.*



The FCCLA **Students' Taking On Prevention (STOP) the Violence** program empowers youth with attitudes, skills, and resources in order to recognize, report, and reduce youth violence.

*Dibble Recommendation: Use The Dibble Institute's materials to reduce teen dating violence and encourage better communication and conflict resolution in teen romantic relationships. The Dibble curriculum can help teens recognize abusive relationships, begin to develop healthy relationship skills and learn how to leave an unhealthy relationship.*

- Use the free download [Dating Violence poster](#) or have the students develop their own to recognize the signs of teen dating violence.
- Conduct a quiz on recognizing dating violence during lunch, before school or during the first class of the day. Have the answers to the quiz on the posters. After completing the quiz instruct students to return the answers to the FACS teacher or an FCCLA officer for a prize. (Dum-dum suckers with a prevention statement or a mint with "you were mint to be in a healthy relationship").
- Offer students an opportunity to use *My Paper Girlfriend* or *My Paper Boyfriend* on a laptop during lunch or before school to help students learn about healthy relationship skill decisions. These websites are available under Free Resources on The Dibble home page. [www.dibbleinstitute.org](http://www.dibbleinstitute.org).



The FCCLA **Student Body** national peer education program helps young people learn to eat right, be fit, and make healthy choices. Its goals are to: help young people make informed, responsible decisions about their health, provide youth opportunities to teach others, and develop healthy lifestyles, as well as communication and leadership skills.

*Dibble Recommendation: Use The Dibble Institute materials to teach students how to make healthy responsible choices, develop better communication and learn leadership skills through sharing these skills with their peers. For instance, [The Things To Know Before You Say Go](#) cards are excellent tools to use in developing critical thinking skills.*

[www.dibbleinstitute.org](http://www.dibbleinstitute.org)

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