

August 2018 Webinar

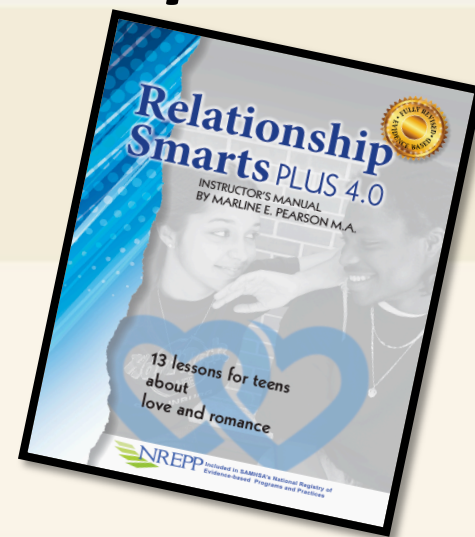
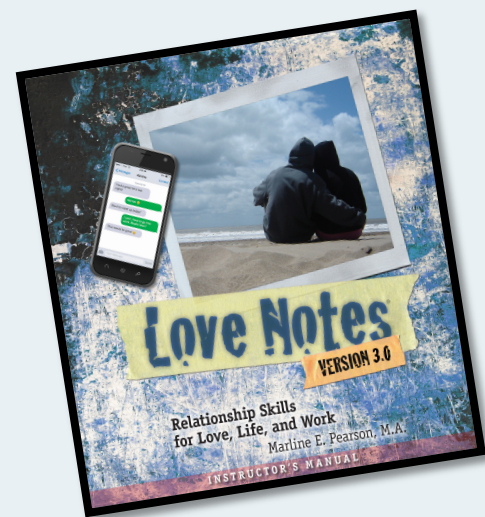
Completely Updated! *Love Notes 3.0 and Relationship Smarts Plus 4.0*

With

Marline Pearson, MA

Author

Love Notes and Relationship Smarts Plus



The Dibble Institute
Relationship Skills for Teens and Young Adults

Webinar Information

If you are unable to access audio through your computer, please use your phone:

+1(415) 655-0052 /access code: 130-385-977.

All attendees are muted.

Ways to participate:

- Type your questions in the “Questions” box
- Answer the poll questions
- Raise your hand questions.

This webinar will be archived at:

www.dibbleinstitute.org/webinar-archives/



The Dibble Institute
Relationship Skills for Teens and Young Adults



The Dibble Institute

Resources for Teaching Relationship Skills



The Dibble Institute
Relationship Skills for Teens and Young Adults

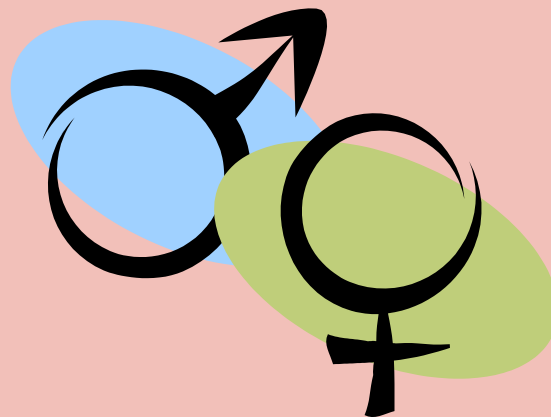
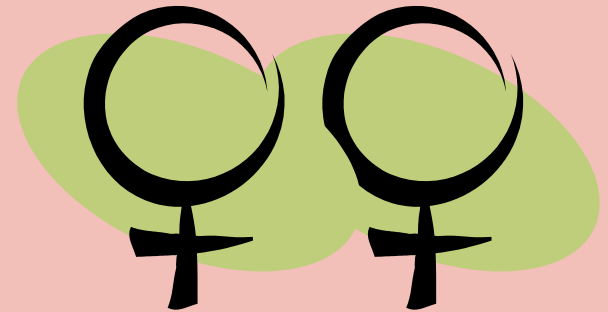
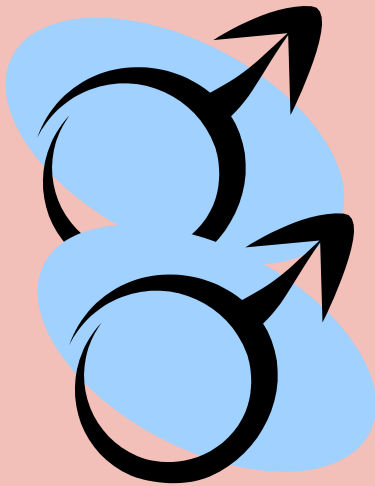
The Dibble Institute believes in
research.



The Dibble Institute believes in
stable, healthy families.



The Dibble Institute believes
all people deserve respect.



PRESENTER:



Marline Pearson, MA

Author

Love Notes and Relationship Smarts Plus

Why new editions?

- New and updated research
- New tools to assist delivery
- New content, resources
- Improved activities to engage
- New organization of lessons



The Dibble Institute
Resources for Teaching Relationship Skills

Let's start with the research

- Youth Risk Behavior Survey (CDC)
- Findings on risk behaviors among LGBTQ
- CDC data on STIs
- Digital technology and youth
- the Success Sequence

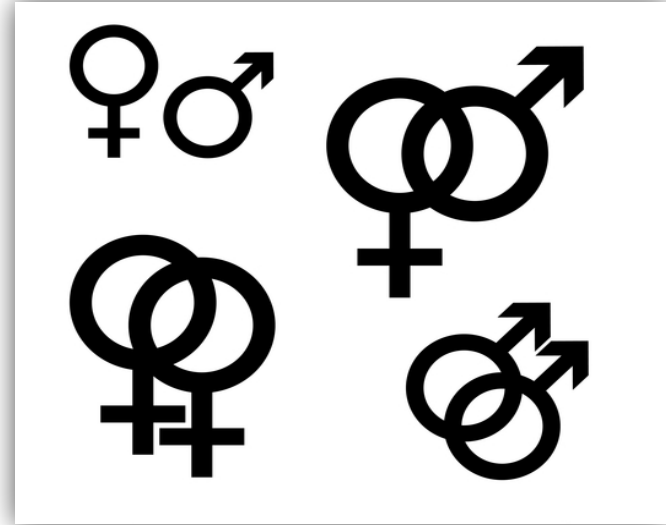


Research update



- Youth Risk Behavior Survey (YRBS)

New Research



- The Centers for Disease Control, in conducting the YRBS, for first time collected and published data on risk behaviors according to identity and sexual orientation, in addition to male and female. (2016)

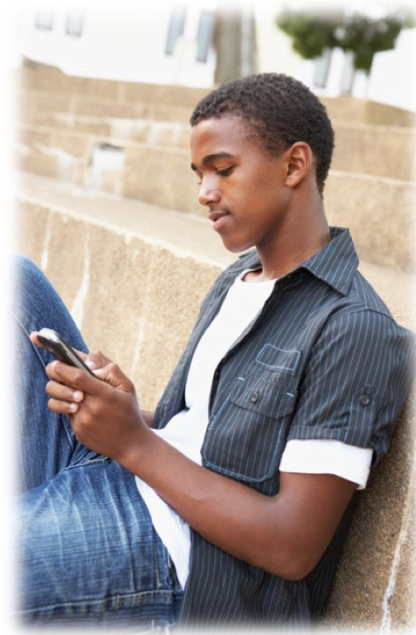
Research update

- Updated data on STIs and HIV from The Centers for Disease Control



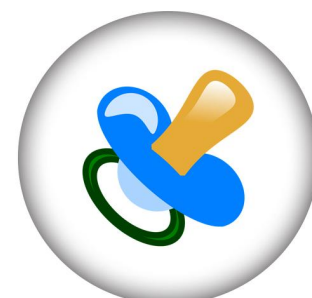
New and updated research

- Digital and mobile technology and youth



New and updated research

- The Success Sequence or being “on track”



New tools to assist delivery

1. New **video clips** added or swapped out, and more of the clips are directly embedded in PowerPoint slides. Other clips, music (some new), films are hyper-linked.
2. The films ***Toothpaste*** and ***Reflections*** are now free and available from You Tube.
3. **Parent-Teen Connection** and **Trusted Adult Connection** activities are now included as reproducible handouts at the end of each lesson
4. The **workbook** has been updated. Now available as a digital download to youth's smartphone or tablet.
5. All PowerPoints have **instructor notes**

A photograph of two kittens sitting on a green lawn. The kitten on the left is black with a white patch on its chest and paws. The kitten on the right is orange with white paws. They are both looking towards the left of the frame.

Relationship Smarts PLUS

Then there are **friends of the heart**. These are the solid and golden friendships that endure in life. There are common values, interests, or feelings—something deep that bonds you that just stays strong, even if you don't see each other for a while.

- Thinking about which friends **are in sync** with your goals and **which friends can derail you** from your goals is an important task.

Again, so WHY are we looking at personality style?

- Develop yourself
- Humility
- Tolerance
- Helps relationships



Love Notes

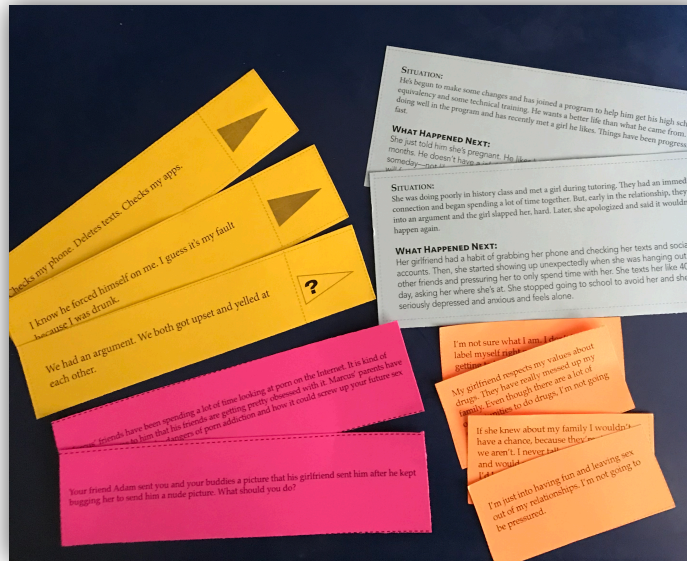
Purpose of doing personality style:

1. **Self-awareness and growth.** Appreciate and strengthen your positive qualities. Be aware of your shortcomings (extremes). Can help you know what to work on to have your best self shine.
2. **Humility:** Your way is not the only or the best way. Others are strong in what we may be weaker in and vice-versa.
3. **Tolerance:** We all bring different qualities to the table. We can use differences productively and cooperatively. Used in workplaces. Important in close relationships to learn about each other's styles.
4. **Helps relationships:** You'll work better with others and use your differences creatively rather than being irritated by others.

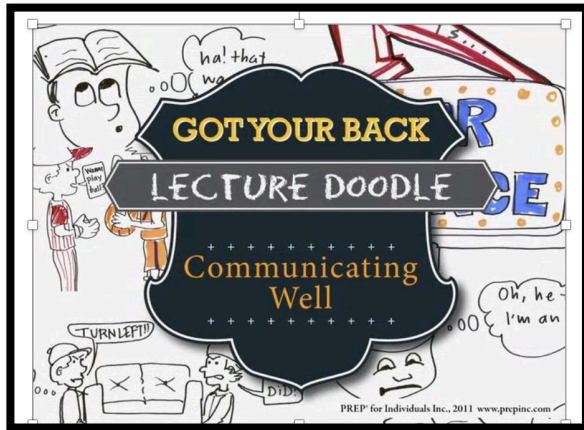
New content, resources, new or improved activities

- Activity Cards & more diverse images & new songs
- Communication – new visual aids to help teach skills
- Chemistry of attraction
- Depression, threatening self-harm/suicide surrounding break ups
- Sexual assault
- Consent
- Sliding vs Deciding
- Success Sequence
- Social media, gaming and mental health
- Sexting
- Internet Porn
- STIs/HIV
- Contraception information
- Alcohol/drugs impact on decision making

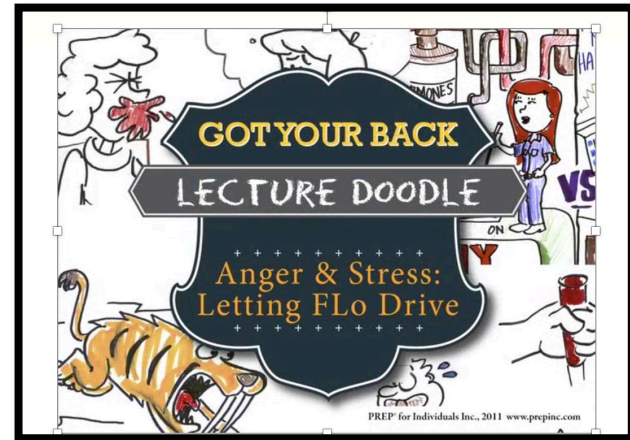
Activity cards, images, songs



Clips for communication skills



4 Danger Signs



Brain when angry



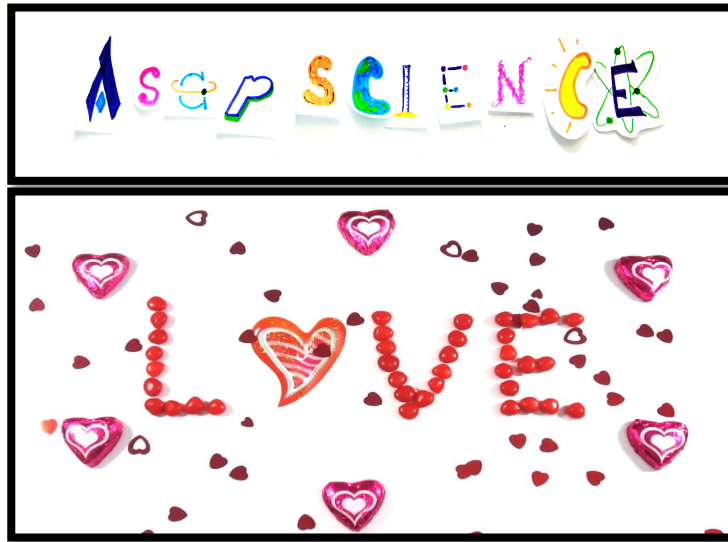
The Speaker Listener Technique



Love Notes

The chemistry of attraction





The Science of Love

asapSCIENCE

www.youtube.com/watch?v=eDMwpVUhxAo

Break ups – serious issues

- Depression
- Threatening self-harm
- Suicide



Forms of Dating Violence

- **Physical:** being pinched, hit, shoved, slapped, punched, kicked or slammed, scratched, grabbed
- **Psychological/Emotional:** name-calling, shaming, bullying, embarrassing on purpose to threaten or harm a person's sense of self-worth.
- **Sexual:** forcing a partner to engage in a sex act when they do not want to or can not consent.
- **Stalking:** a pattern of harassing or threatening tactics that cause fear in the victim.



Sexual assault, getting help

Consent



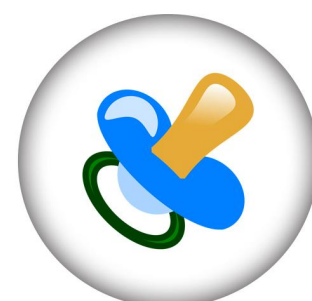
- Prompts for discussion on sexual ass
- Resource on consent
- Video clip, *Tea and Consent*
- Reaching out for support; exploring the website RAINN.org
- Music video: Lady Gaga, *Till It Happens to You* (in Love Notes)



LESSON SEVEN

Sliding vs. Deciding

Improved presentation of the Success Sequence or staying “on track”



The brave new world of digital technology:



Are we less happy?



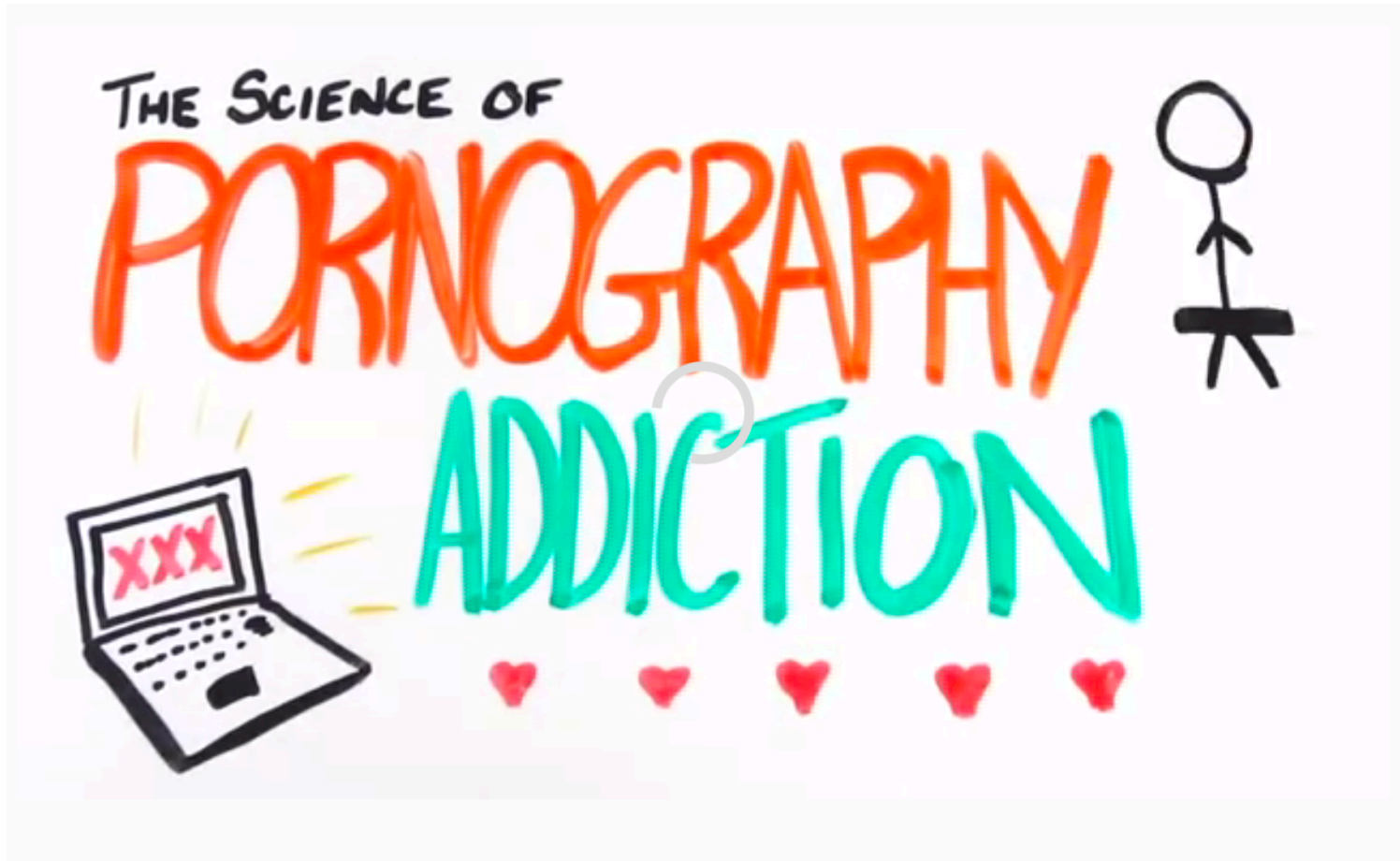
How Much is Too Much?



Porn – becoming the new sex ed?



asapScience



New lesson organization

- Lesson 6: Breaking Up and Dating Violence is now before Lesson 7: Decide, Don't Slide
- Lesson 10 from 3.0 has been broken into two lessons in 4.0:
 - Lesson 10: Sexual Decision-making
 - Lesson 11: Pregnancy, STIs and HIV

Sexual Decision-making & Pregnancy Prevention

- **Lesson 10** = Heart lesson: Define a meaningful context and timing for sex
- **Lesson 11** = Health lesson: skill practice; planning for choices
- **Lesson 12** = Strengthens motivation to prevent unplanned pregnancy & decide the timing of family



STIs/HIV-new resources, activities, video



Medically accurate information on contraception/condoms

- Straightforward, accurate information
 - 1 minute video clips on each form
- No longer need to purchase STI/HIV brochures. We provide an up-to-date resource & a “teach-in” activity to go with it.
- *Reflections*, the film used for HIV is now free and available on You Tube
- More role plays

Brains under the influence



Love Notes: New lesson organization

- The communication skills lessons are now Lessons 9 & 10 right after the five relationship lessons and before the three lessons addressing sexual decision-making, planning and pregnancy prevention.
- There is a supplemental bonus lesson on **Teens, Technology and Social Media** in the Appendix.

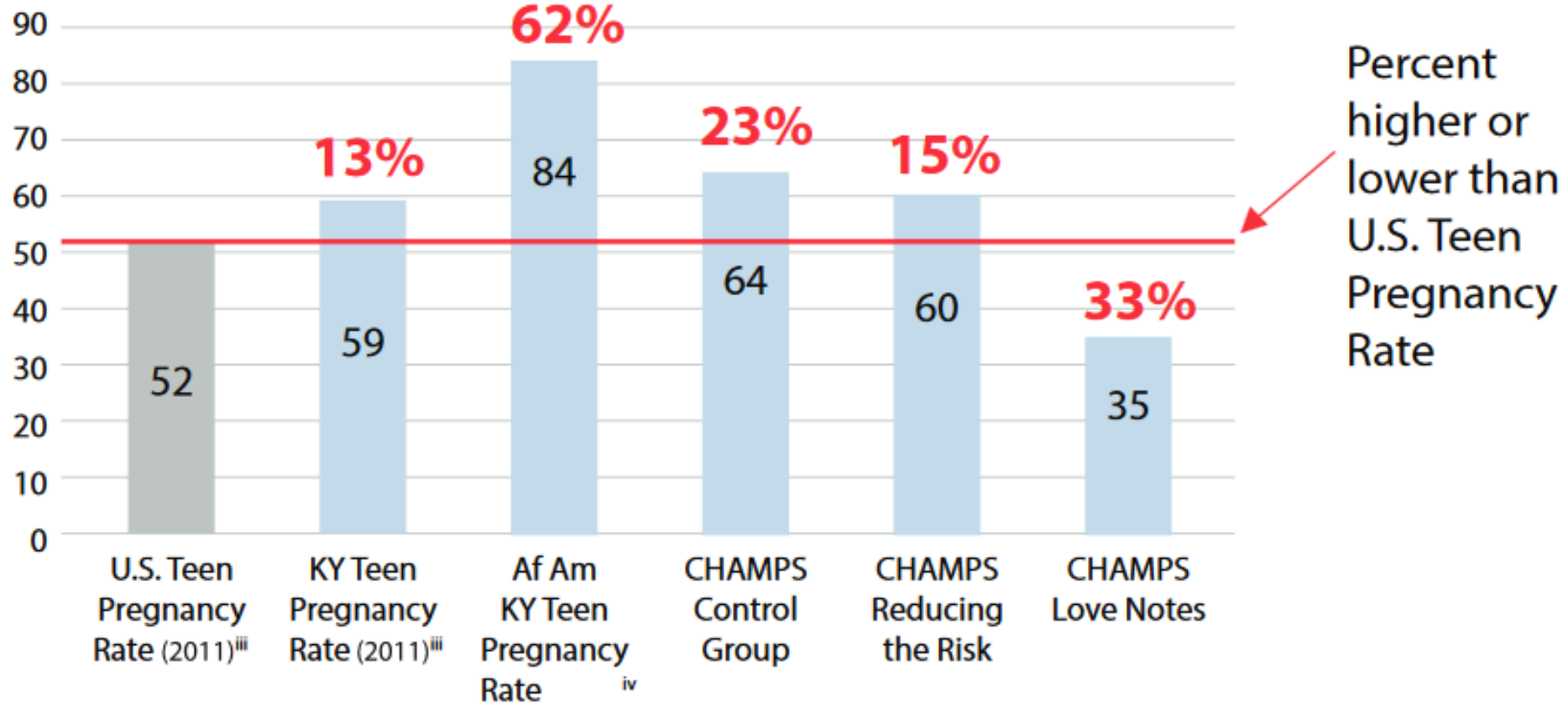
Evidence-Based Teen Pregnancy Prevention Programs at a Glance*

Program Name	Outcomes							# of Sessions	Program Duration	Age Program/(Eval)
	Recent Sexual Activity	# of Sexual Partners	Frequency of Sexual Activity	Contraceptive User /Consistency	Sexual Initiation & Abstinence	Pregnancy or Birth	STDs (Including HIV)			
Love Notes	●		●	●	●	●		13	2 days to 3 months	15-24 (14-19)

* Accessed from: <https://www.hhs.gov/ash/oah/sites/default/files/ebp-table.pdf> June 10, 2017

1. Recent Sexual Activity
2. Frequency of Sexual Activity
3. Contraceptive Use/Consistency
4. Sexual Initiation & Abstinence
5. Pregnancy or Birth

CHAMPS Teen Pregnancy Rates*: 12-month Impact Comparison
(*Ages 15-19, per 1,000, average from 2012-2015)



46% Decrease in the Teen Pregnancy Rate Compared to the Control Group



Auburn and other studies

5 year rigorous study of *Relationship Smarts* conducted by researchers at **Auburn University** with over 9,000 teens found:

- declines in actual aggression;
- less acceptance of aggression in relationships;
- lowered faulty relationship beliefs

The Auburn study **also** found significant improvements in:

- Understanding of self and use of healthy relationship skills in dating relationships, with peers, and with parents

A University of Missouri study found that adolescents in RQ+ demonstrated

- significant improvements in their understanding of the risks of sexual involvement
- and an increased ability to resist sexual pressure following the program completion. (Schramm & Gomez-Scott, 2012).

Questions?



Thank You for Joining Us Today!

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

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Questions? Contact:

Kay Reed- KayReed@Dibbleinstitute.org

Cathy Guidry- Cathy@Dibbleinstitute.org

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- 800-695-7975

Webinar

September 2018

Changing Attitudes: The Impact of Relationship Education on Predictors of Dating Violence

With

Rachel Savasuk-Luxton, PhD

Research Specialist and Master Trainer

The Dibble Institute