



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
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-
- This webinar will be archived at:
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The Dibble Institute

Relationship Skills for Teens and Young Adults

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Relationship Skills for Teens and Young Adults

What the Dibble Institute believes ...





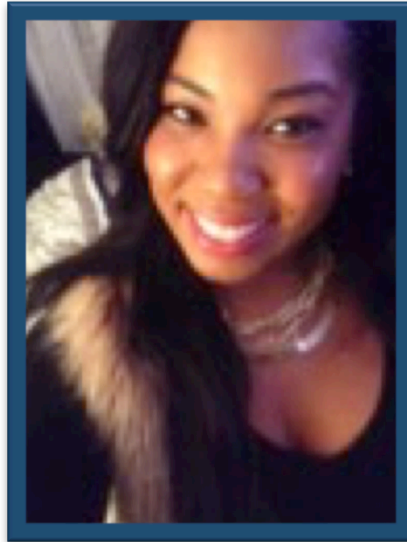
The Dibble Institute

Relationship Skills for Teens and Young Adults

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
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Diaspora Community Services

About 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.

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

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

Risk factors:

Traumatic life events
(death of family/friend)
Difficulty with peers

2. Experiencing additional problems

Vulnerability requires early interventions

Risk factors:

Low-level truancy
First contact with police
Emerging mental health problems
Experimental alcohol or other drug use
Family conflict
Unstable peer group
Isolated from community
Pregnant/teenage parent

3. Highly vulnerable

Requires comprehensive, coordinated interventions

Risk factors:

Left home/homelessness
Disengaged from family
Significant alcohol or other drug use
Not working or enrolled in education
Mental health
Frequent truancy
Family violence
Sexual abuse

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
Multiple high-risk behaviours

Source: *Development of a policy framework for Victoria's vulnerable young people*, Victorian Government, 2008 p12 (Note - age range in Victoria is 10-25 years).

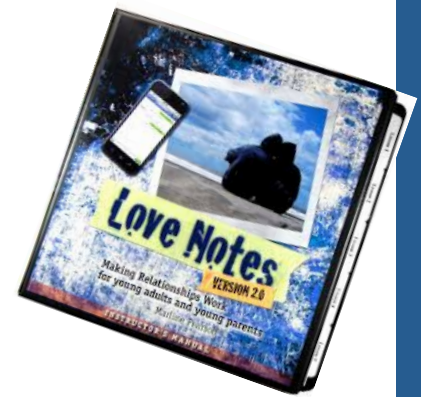
Defining Relationship Education

- 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

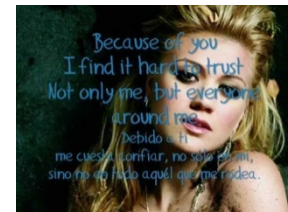
Using Love Notes...



- 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

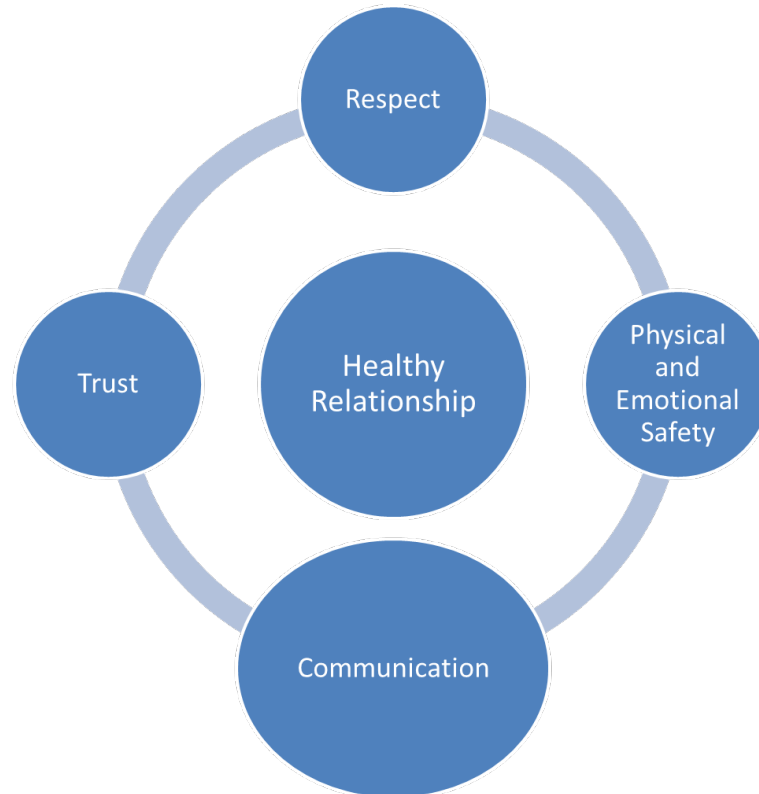
Using Love Notes...

- **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

Line of attack	Aims	Methods	Worker/client relationship
Empowerment	<ul style="list-style-type: none">• To work with participants and/or communities to meet perceived needs.	<ul style="list-style-type: none">• Advocacy• Negotiation• Networking• Facilitation e.g. food and core group.• Exploration of attitudes through small group work	<ul style="list-style-type: none">• Health educators facilitate workshops• Participants becomes empowered.• May also involve client negotiation of issues for discussion.
Educational	<ul style="list-style-type: none">• To increase knowledge and skills about healthy lifestyles and relationships		

Approaches in Health Promotion: Healthy Relationship Education

Line of attack	Aims	Methods	Worker/client relationship
Behavior change	<ul style="list-style-type: none">To encourage individuals to take responsibility for their own health and choose healthier lifestyles.	<ul style="list-style-type: none">Persuasion through one-to-one advice, information,	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

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****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?





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Relationship Skills for Teens and Young Adults

Training in Ohio and Maryland

October and November

For training dates and information
go to:

[http://www.dibbleinstitute.org/
training-at-our-site/](http://www.dibbleinstitute.org/training-at-our-site/)



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Questions? Contact:

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Relationship Skills for Teens and Young Adults

October 2015 Webinar

October 14, 2015

Relationship Matters

Kay Reed

Executive Director, The Dibble Institute



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