

## September 2020 Webinar

# Teen Relationships Matter: Research and Practice with Relationship Smarts PLUS in Georgia

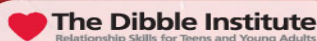
Presenters:

**Ted Futris, Ph.D.**

Professor and Extension Specialist,  
University of Georgia

**Cindy Sheram**

UGA County Extension Agent,  
4-H Youth



## Webinar Information

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

**+1 (562) 247-8422 / access code: 148-691-162**

All attendees are muted.

### **Ways to participate**

1. Type your questions in the "Questions" box.
2. Raise your hand questions.
3. Answer the poll questions.

This webinar will be archived at:

<https://www.dibbleinstitute.org/free-resources/webinars/>

**Charlie and Helen Dibble**



**The Dibble Institute**  
Resources for Teaching Relationship Skills

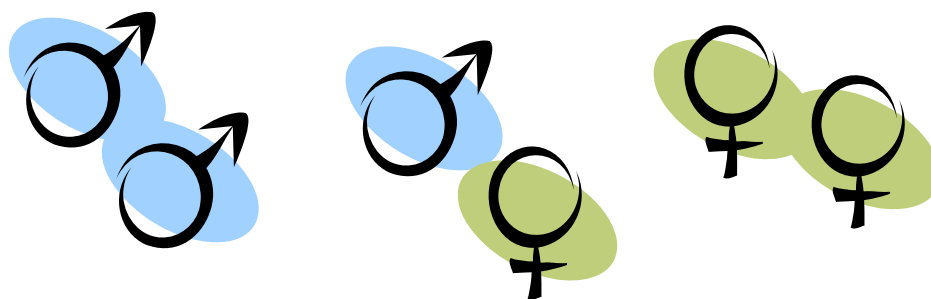
The Dibble Institute believes in research.



The Dibble Institute  
believes in stable, safe, and healthy families.



The Dibble Institute believes  
all people deserve respect.



# Teen Relationships Matter:

## Research and Practice with Relationship Smarts Plus in Georgia

**Ted G. Futris, PhD, CFLE**

Department of Human Development and Family Science

**Cindy Sheram, MS**

College of Agricultural and Environmental Studies

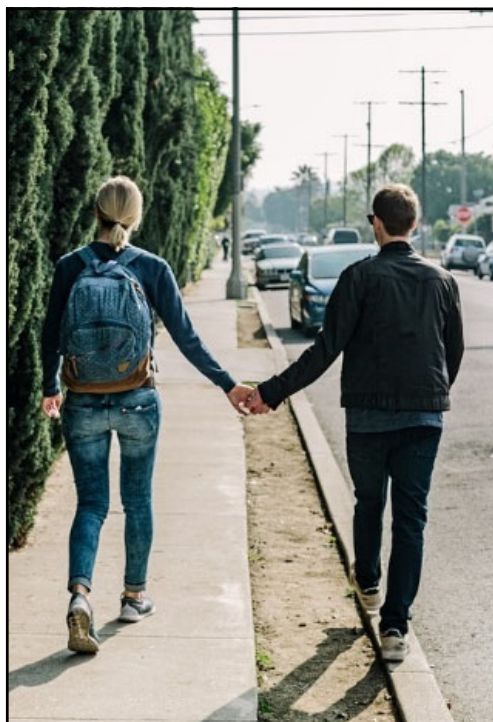


**UNIVERSITY OF  
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EXTENSION

**The Dibble Institute: Second Wednesday Webinar Series**  
September 9, 2020

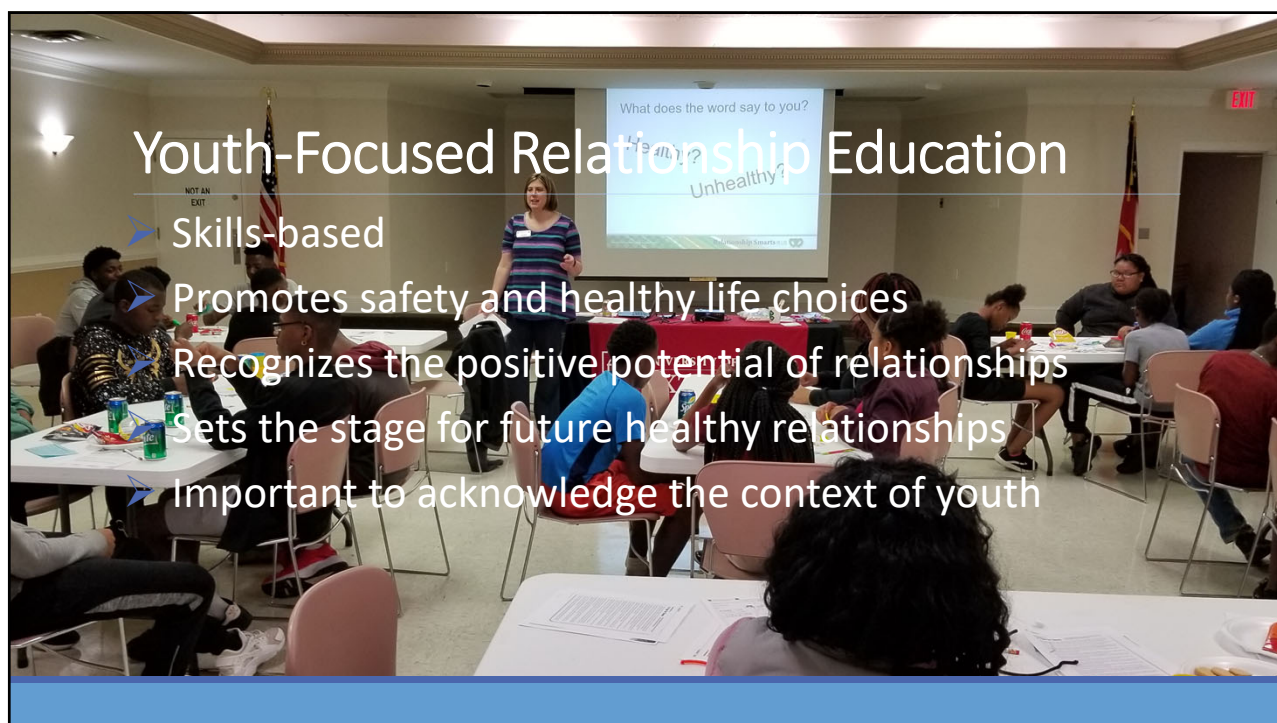
This program was supported by funding from the Department of Health and Human Services, Administration for Children and Families and the Georgia Division of Family and Children Services. Its contents are solely the responsibility of UGA Extension and do not necessarily represent the official views of the Department of Health and Human Services, Administration for Children and Families or the Georgia Division of Family and Children Services.





## Adolescent Romantic Relationships

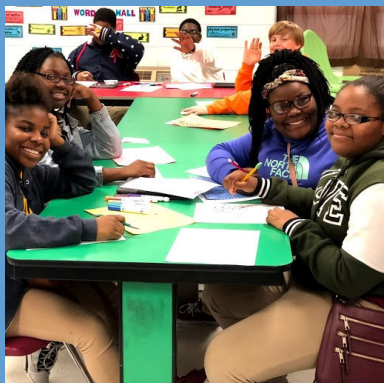
- Adolescent dating is associated with both positive outcomes as well as possible risks
- Risks are linked to poor models, faulty relationship beliefs, and a lack of relationship skills
- Relationship education for youth promotes healthy attitudes and behaviors



## Youth-Focused Relationship Education

- Skills-based
- Promotes safety and healthy life choices
- Recognizes the positive potential of relationships
- Sets the stage for future healthy relationships
- Important to acknowledge the context of youth

## Today's aim



Tips on developing sustainable school and community partnerships.

What to consider when delivering relationship education across various settings.

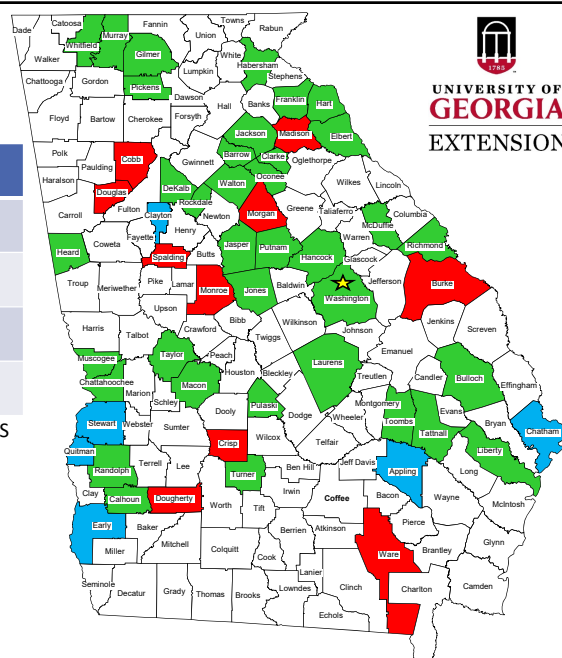
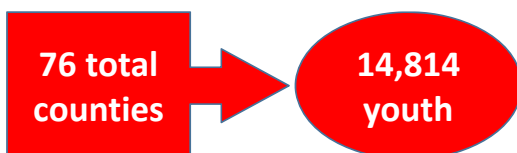
A little evaluation can go a long way in showing program outcomes.

## Relationship Smarts Plus across Georgia

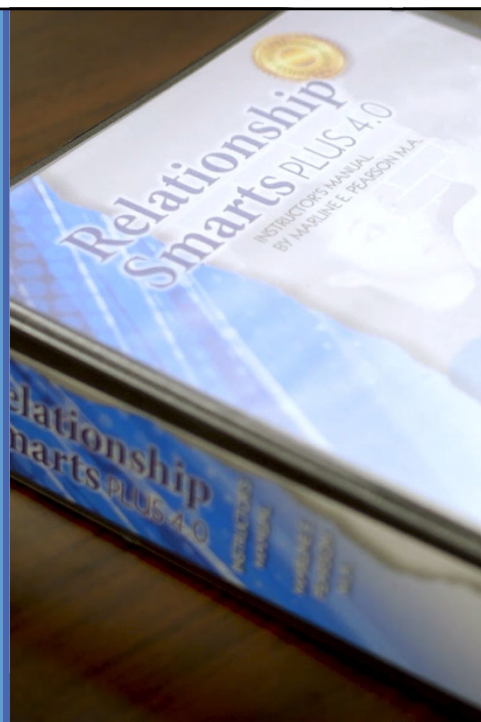
Year	Counties	Youth
2009-2011	23	1535
2012-2014*	20	5723
2015-2016	5	803
2017-2020**	42	6753

\*Personal Responsibility and Education Program (PREP) Grant - GA DFCS

\*\* Title V State Sexual Risk Avoidance Education (SRAE) – GA DFCS

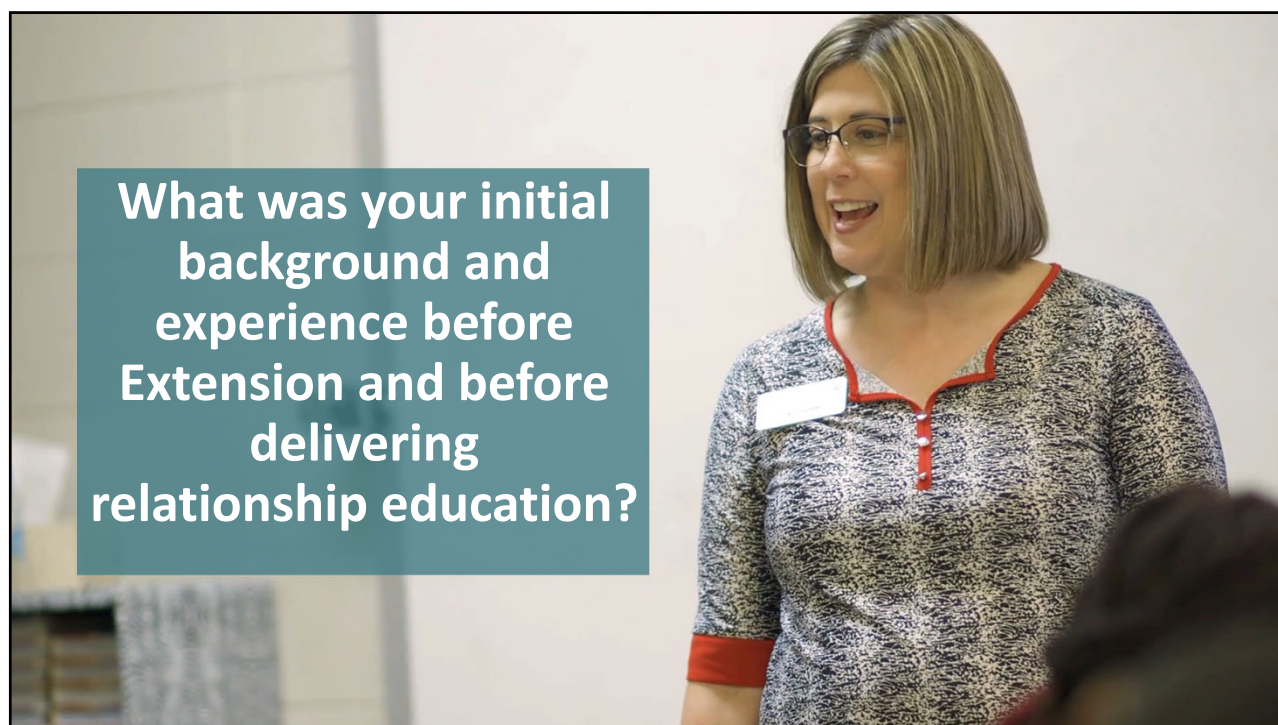


1. Who Am I and Where Am I Going?
2. **Maturity Issues and What I Value\***
3. **Attractions and Infatuation\***
4. Principles of Smart Relationships
5. Is it a Healthy Relationship?
6. **Dating Violence and Breaking Up\***
7. **Decide, Don't Slide!\***
8. **Communication and Healthy Relationships\***
9. Communication Challenges and More Skills
10. **Sexual Decision Making\***
11. **Pregnancy, STIs and HIV**
12. **Unplanned Pregnancy Through the Eyes of a Child\***
13. Teens, Technology and Social Media

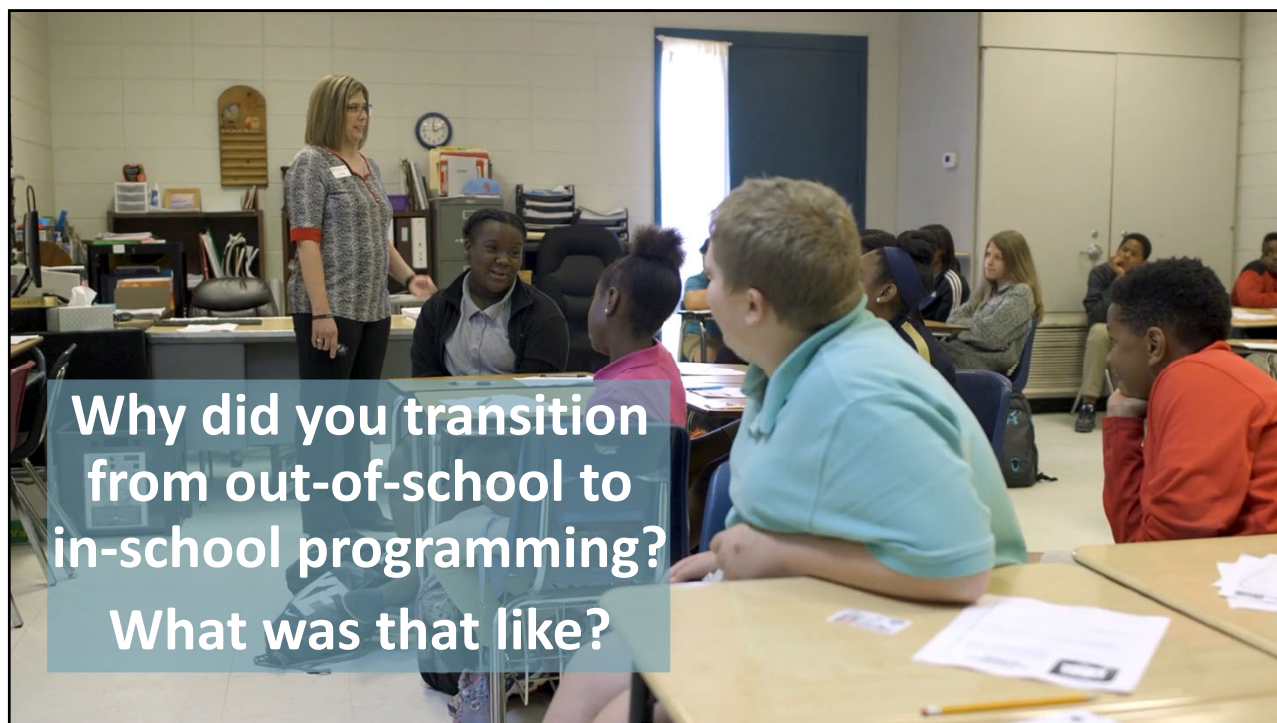


[https://youtu.be/v\\_RPn41ZwUs](https://youtu.be/v_RPn41ZwUs)



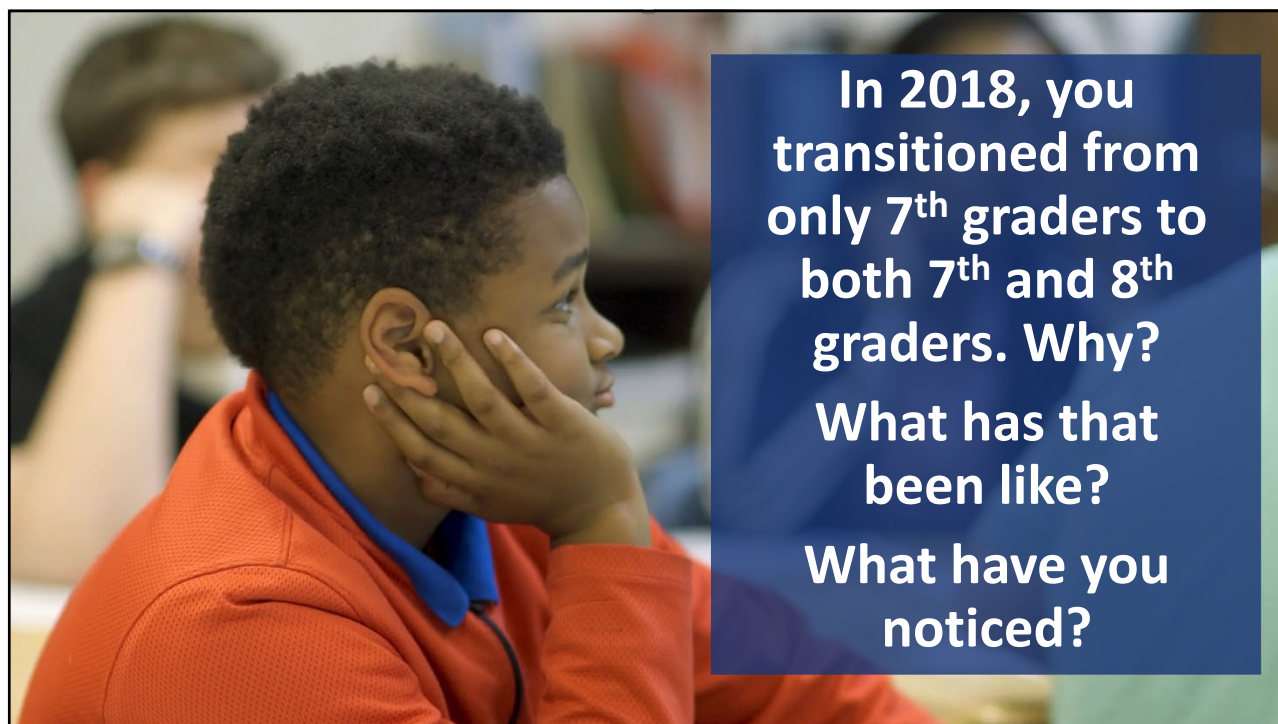












# Documenting Impact



## Immediate

Change in knowledge and efficacy



## Intermediate

Change in behavior



## Long-term

Change in community/local outcomes

**Futris, T. G., Richardson, E. W., Farner, K., Stackhouse, R. & Sheram, C. (2019, Jul). *Context Matter: Variations in Youth Relationship Education Implementation and Outcomes*. Paper presented at the International Association of Relationship Research Conference on Applied Relationship Science. Brighton, United Kingdom.**

## May 2017 – June 2019

### **36 Counties implemented 6-core lessons of RS+ (3.0)**

- (L2) Maturity Issues and What I Value
- (L3) Attractions and Infatuation
- (L6) Decide, Don't Slide!
- (L7) Dating Violence and Breaking Up
- (L8) Communication and Healthy Relationships
- Choice: (L10) Sexual Decision Making, (L11) Through the Eyes of a Child, or (L12) Teens, Technology & Social Media

### **137 total series, 5043 youth age 10-19 years**

- 65% in-school, 54% Female
- 52% African American and 39% White
- 82% graduated from program



## Study Sample

3,789 (75%) completed post survey

### Target

- Sex: 55% Female
- Race: 51% African American; 34% White
- County: 35% Metro, 34% Urban, 31% Rural

### Timing

- Age: Mean = 13.5 (SD = 1.4)
- Grade: 67% Middle School
- Prior Dating: 74% Yes

### Setting

- In-school: 67%
- After-School: 33%

### Intensity

- Condensed: 25%
- Weekly: 27%
- Monthly: 48%

### Content

- Lesson 10/11 or 12: 81%
- Lesson 13: 34%

## Outcome Measures

### Relationship Efficacy

(1=less confident, 2=about the same, 3= a little more confident, 4=a lot more confident)

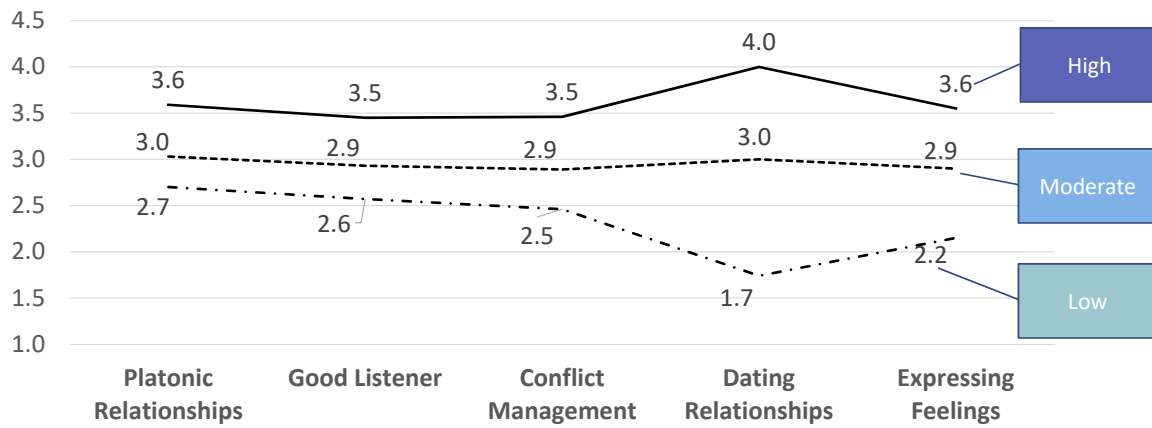
- Having a healthy relationship with family and friends
- Being a good and sensitive listener
- Handling conflict in a healthy way
- Having a healthy dating relationship
- Expressing your feelings and sharing what you want from a dating partner

### Feelings about Self (Self-Esteem)

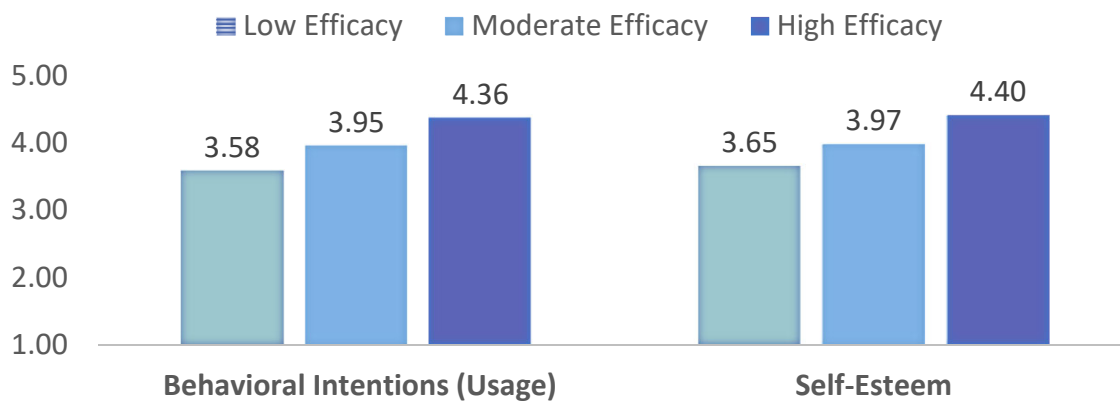
(I feel... 1=a lot worse 2= a little worse, 3=about the same, 4= a little better, 5=a lot better)

### Likelihood of Using Skills (Behavioral Intentions)

(1=not at all likely, 2=not too likely, 3=likely, 4=likely, 5=very likely)

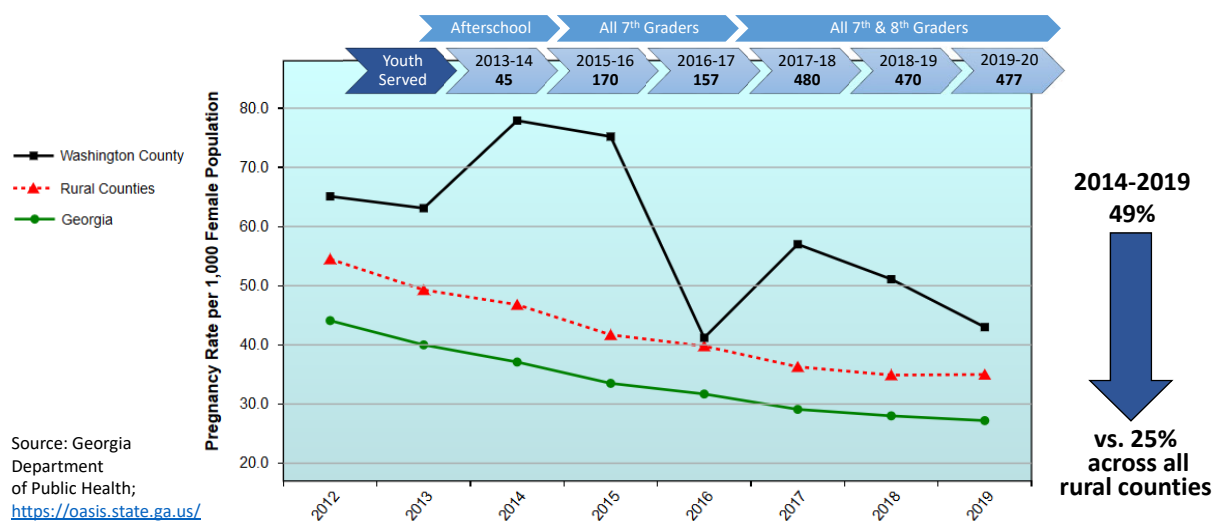


## Relationship Efficacy Latent Profiles



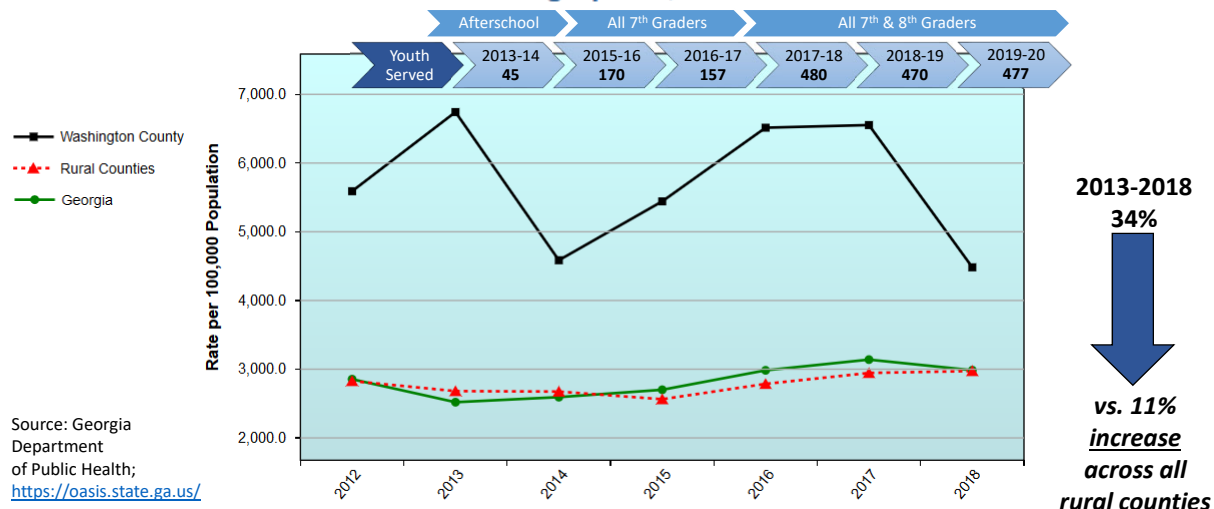
## Mean Group Differences

## Pregnancy Rate, 15-19 Years of Age, Selected Geographies, 2012-2019



GEOGRAPHY	2012	2013	2014	2015	2016	2017	2018	2019	2012-2019 TOTAL
Georgia	44.1	40.0	37.1	33.5	31.7	29.1	28.0	27.2	33.7
Rural Counties	54.5	49.3	46.8	41.7	39.8	36.3	34.9	35.0	42.3
Washington County	65.1	63.1	77.9	75.2	41.2	57.0	51.1	43.0	59.7

## STD Rate, All STD Except Congenital Syphilis, 15-19 Years of Age, Selected Geographies, 2012-2018



GEOGRAPHY	2012	2013	2014	2015	2016	2017	2018	2012-2018 TOTAL
Georgia	2,854.1	2,519.6	2,593.3	2,700.4	2,983.5	3,139.5	2,984.9	2,828.3
Rural Counties	2,827.9	2,681.4	2,674.7	2,563.4	2,786.7	2,945.8	2,973.4	2,779.1
Washington County	5,590.5	6,742.4	4,585.7	5,442.7	6,514.7	6,553.2	4,482.8	5,712.3

## Key Points

- ❖ Be patient and persistent
- ❖ Relationships matter!
- ❖ “Proof is in the pudding”

*“I have learned that you should never move too fast in a relationship and that you never do anything that you feel uncomfortable with.”*

Washington County Middle School Student



## 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.



**The webinar will be available in 3 days:**

<https://www.dibbleinstitute.org/free-resources/webinars/>

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## Second Wednesday Webinar

October 14, 2020

### Continuous Evidence-Building through Small Tests of Change

**Presenter:**

**Gregor Thomas**  
Project Evident