



The Dibble Institute®

Resources for Teaching Relationship Skills

Positive Youth Development Framework	Relationship Smarts PLUS 5.0
<p>Skill Building. Develop soft and life skills through skill building activities within individual, family, peer and community settings.</p>	<p><u>Relationship Smarts PLUS 5.0</u> empowers youth with skills needed to form and maintain healthy relationships, make wise sexual (and life) choices, and work toward their goals – skills that are transferable to family, peer, community, and work settings.</p> <p>The curriculum is designed to help students build confidence, and provide them with the tools they need to positively shape their future.</p> <p>Lesson 1 – Who Am I and Where Am I Going?</p> <ul style="list-style-type: none">• 1.3 - Being Yourself: Dealing with Pressure Situations <p>Lesson 2 – Maturity Issues and What I Value</p> <p>Lesson 3 – Attractions and Infatuation</p> <ul style="list-style-type: none">• 3.2 – Relationship Pyramid <p>Lesson 6 – Breaking Up and Dating Violence</p> <ul style="list-style-type: none">• 6.2 – Early Warnings and Red Flags <p>Lesson 8 – Communication and Healthy Relationships</p> <ul style="list-style-type: none">• 8.2 Patterns that Harm Relationships• 8.3 - Angry Brains and The Power of Time Outs• 8.4 - The Speaker Listener Technique When Talking Is Difficult <p>Lesson 9 – Communication Challenges and More Skills</p> <ul style="list-style-type: none">• 9.1 - Complain and Raise Issues Effectively• 9.3 - A Problem-Solving Model <p>Lesson 11 – Pregnancy, STIs and HIV</p> <ul style="list-style-type: none">• 11.4 - My Personal Plan• 11.5 - Pressure Situations and Assertiveness Skills
<p>Youth engagement and contribution. Allow youth engagement to take different shapes. This can include youth expression, youth involvement in community service and creating opportunities for youth decision-</p>	<p>The activities in <u>Relationship Smarts PLUS 5.0</u> are varied. They include role-plays, drawing, sculpting, games, and other activities that are designed to teach and reinforce the concepts with real-life scenarios that young people can relate to.</p>

<p>making at various levels of government. This can also include programs that provide structure for youth contribution or that support youth leadership.</p>	<p>Additionally, youth have the opportunity to write their own scenarios using their own unique needs and challenges, and share their learning in school or a class through a “graffiti wall” and teach-in activities. Open discussion between facilitator and youth is encouraged in all of the lessons.</p>
<p>Healthy relationships and bonding. Identify and link youth to positive adult role models, mentors, coaches, teachers, health care providers and community leaders. Ideally, youth have at least one caring and consistent adult in their lives. Healthy peer relationships are also particularly important to youth.</p>	<p>Trusted Adult-Teen Connection activities are provided for each lesson in the Relationship Smarts PLUS 5.0 curriculum. These activities are designed to provide conversation starters to nurture support and connection between each young person participating in the program and their Trusted Adult.</p> <p>Activities convey core concepts, provides talking points, and uses an easy activity to engage conversation between youth and adult.</p>
<p>Belonging and membership. Foster activities where youth feel included regardless of gender, ethnicity, sexual orientation, disabilities, or other factors. Identify activities that provide positive sense of belonging (schools, sports, community service, faith-based youth group, etc.)</p>	<p>Youth, regardless of sexual orientation, gender, ethnicity, etc. have attractions, emotions and desires for healthy relationships.</p> <p>Young people need skills and knowledge to navigate their relationships and make wise sexual choices. Relationship Smarts PLUS 5.0 was created with diverse representations of youth in the curriculum language and images. Furthermore, the activities included in <i>Relationship Smarts PLUS 5.0</i> have been designed to be inclusive.</p> <p>The scenarios, poetry, and stories have all been written by diverse youth. The images in the PowerPoint slides, as well as language in the lessons and scenarios, are inclusive.</p>
<p>Positive Norms, expectations, and perceptions. Have clear and consistent norms and expectations about health, relationships, and forms of engagement that provide youth an increasing amount of responsibility and independence and allow youth to grow and take on new roles.</p>	<p>Relationship Smarts PLUS 5.0 offers knowledge of what a healthy relationship is and isn’t, as well as insights and skills for handling the early chemistry of attraction and choosing partners wisely.</p> <p>Teens learn the building blocks of healthy relationships and are encouraged to identify relationship qualities they find personally important. Youth are provided principles to guide them in early</p>

	<p>relationship development. Frameworks to assess relationships are employed to help teens in relationship decision-making.</p> <p>Lesson 1 – Who am I and Where Am I Going?</p> <ul style="list-style-type: none"> • 1.1 – Possible Selves Tree • 1.2 – My Friends and My Future <p>Lesson 2 – Maturity Issues and What I Value</p> <ul style="list-style-type: none"> • 2.3 - Clarifying Values • 2.4 - What’s Important to Me? <p>Lesson 3 – Attractions and Infatuation</p> <ul style="list-style-type: none"> • 3.2 - Relationship Pyramid • 3.3 - The Chemistry of Attraction <p>Lesson 4 – Principles of Smart Relationships</p> <ul style="list-style-type: none"> • 4.2 - Seven Principles of Smart Relationships <p>Lesson 5 – Is It a Healthy Relationship?</p> <ul style="list-style-type: none"> • 5.1 - How Can You Tell? • 5.3 – Having Fun <p>Lesson 6 – Breaking Up and Dating Violence</p> <ul style="list-style-type: none"> • 6.2 - Early Warnings and Red Flags • 6.3 – Violence: Why it Happens, What Helps, Signs of Danger • 6.5 - Draw the Line of Respect <p>Lesson 7 – Decide, Don’t Slide!</p> <ul style="list-style-type: none"> • 7.3 – A Low-Risk Deciding Approach • 7.5 – Pathways and Sequences Towards Success <p>Lesson 8 – Communication and Healthy Relationships</p> <ul style="list-style-type: none"> • 8.1 – Communication Patterns Learned in the Family • 8.2 - Patterns that Harm Relationships <p>Lesson 9 – Communication Challenges and More Skills</p> <ul style="list-style-type: none"> • 9.4 - Taking Care of Relationships <p>Lesson 10 – Sexual Decision-Making</p> <ul style="list-style-type: none"> • 10.2 – What is Intimacy, Actually? <p>Lesson 11 – Pregnancy, STIs and HIV</p> <ul style="list-style-type: none"> • 11.4 - My Personal Plan
<p>Safe Space. Create safe spaces that are tailored to the needs of youth – including physical infrastructure as well as emotional safety. Space can be defined in a variety of ways, including virtual. Many communities lack any space for youth to convene. Thus,</p>	<p>The Relationship Smarts PLUS 5.0 curriculum training includes ground rules discussion for teachers to have with youth in order to set expectations for safe and open discussions.</p>

<p>communities must be committed to providing youth with safe spaces to practice, engage, and learn creatively and collaboratively. An emotionally safe space is critical to learning.</p>	<p>The Relationship Smarts PLUS 5.0 student journal also provides a safe and private space where students can reflect and apply the concepts they are learning into their own lives.</p> <p>Finally, the Trusted Adult-Teen Connection activities help students to identify someone in their personal life with whom they can safely connect and discuss what they are learning.</p>
<p>Access to age appropriate and youth friendly services; integration among services. Make information available to youth and families, connection and integrating health and social services so there is a continuum of care and support at a community level.</p>	<p>Course materials, review access, and resources are available from the curriculum developer on request.</p> <p>Student journals are for personal use and participants are encouraged to save them to reinforce and use the information to connect with other services in their community. Research behind the content in Relationship Smarts PLUS 5.0 is included in each chapter.</p>