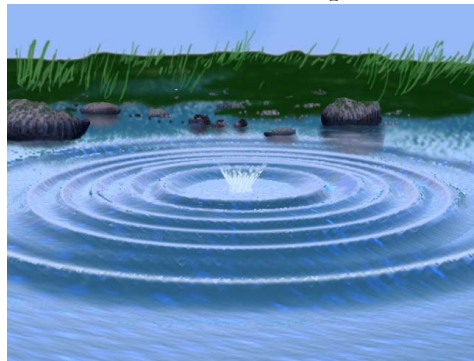


*January 2024 Webinar*

# **The State of Youth Relationship Education Today**

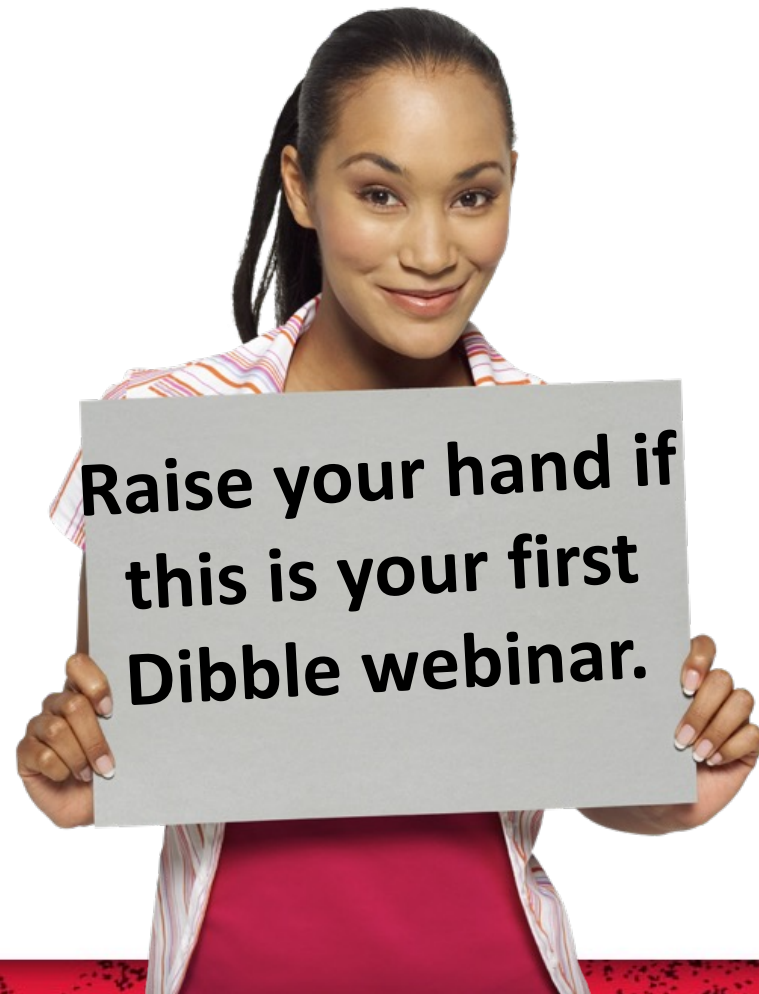


**Kay Reed, Executive Director**

The Dibble Institute

# Housekeeping

1. **If you cannot hear this presentation**, please exit the webinar and opt to call in on your phone, as this can solve most audio problems.
2. This **webinar will be recorded and archived** on our website for future viewing.
3. Raise your hand in your GoToWebinar control panel to answer questions.
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Dibble webinar.**

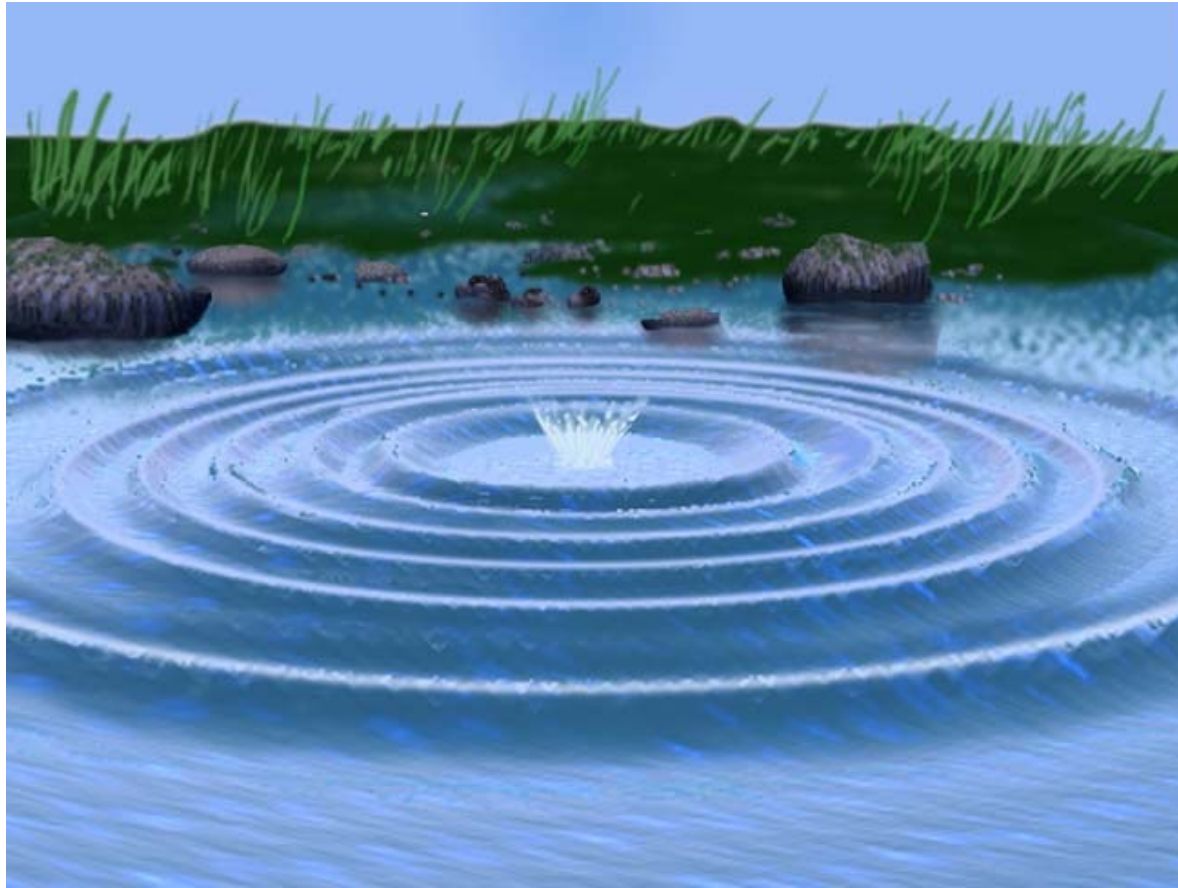


# The Dibble Institute

Resources for Teaching Relationship Skills

## The four topics of today are:

1. The history of youth relationship education (YRE).
2. Trends and shifts in relationships and marriage
3. What's going on now with YRE
4. What's the future for YRE





YRE started as a way to address future family formation and improve outcomes for children.

*PAST*



The Marriage Movement was a response to the growing divorce rate in the 1980's.

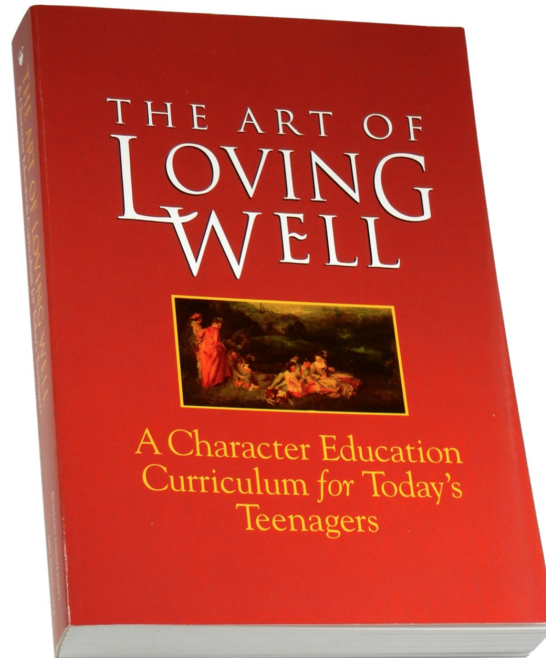




YRE was based in character education.



The Art of Loving Well was developed in the mid '80's.



8<sup>th</sup> graders (ALW) were 1/3 as likely to become sexually active as the control group.



Charlie Dibble started thinking about how to reach teens with relationship skills in the late '80's.



In 1996, Clinton signed a welfare reform bill that discouraged teen pregnancy & encouraged marriage.



In 1996 the first Smart Marriages conference was held.

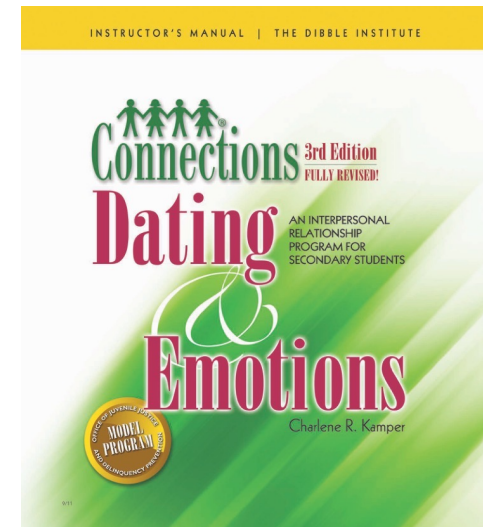
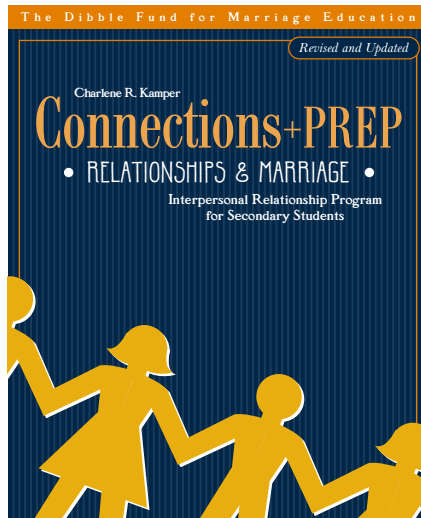




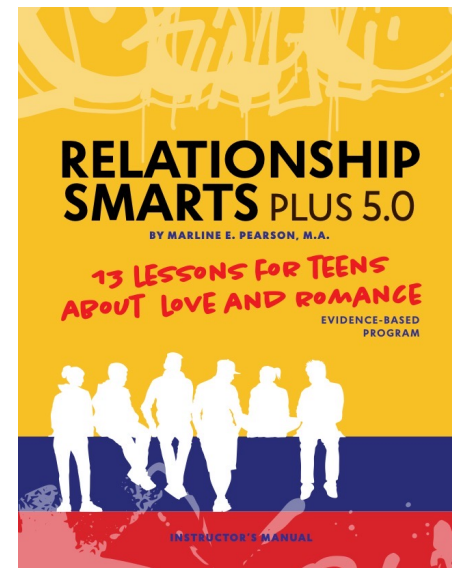
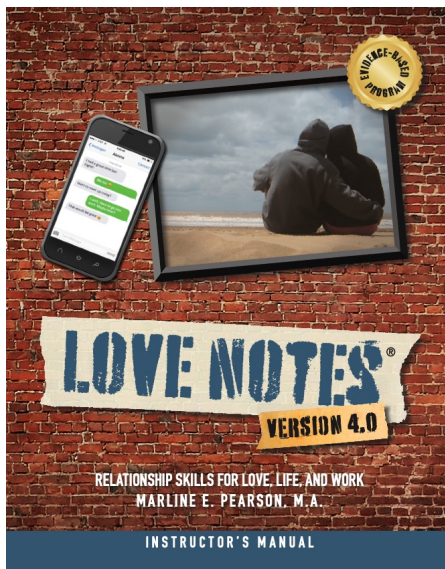
Dibble partnered with thought leaders to publish best practices materials starting in the early '90's.




# Charlene Kamper was our first major author.

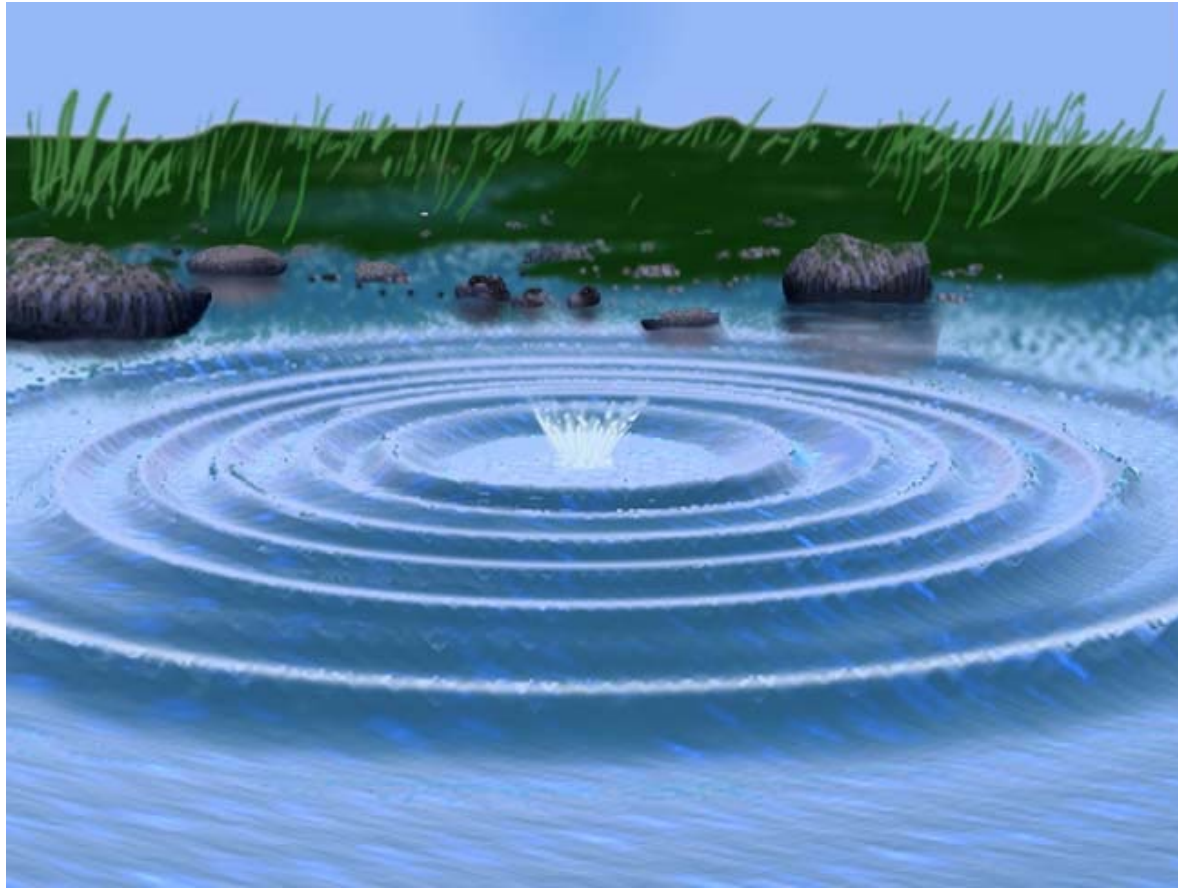


# Marline Pearson was our second major author.



A woman with dark hair pulled back, wearing a red dress and a striped shirt, is smiling and holding a grey sign. The sign contains the text: "Raise your hand if you teach relationship ed programs." The entire scene is framed by a red border with a black speckled pattern.

**Raise your hand if  
you teach  
relationship ed  
programs.**







YRE started as a way to address future family formation and improve outcomes for children.

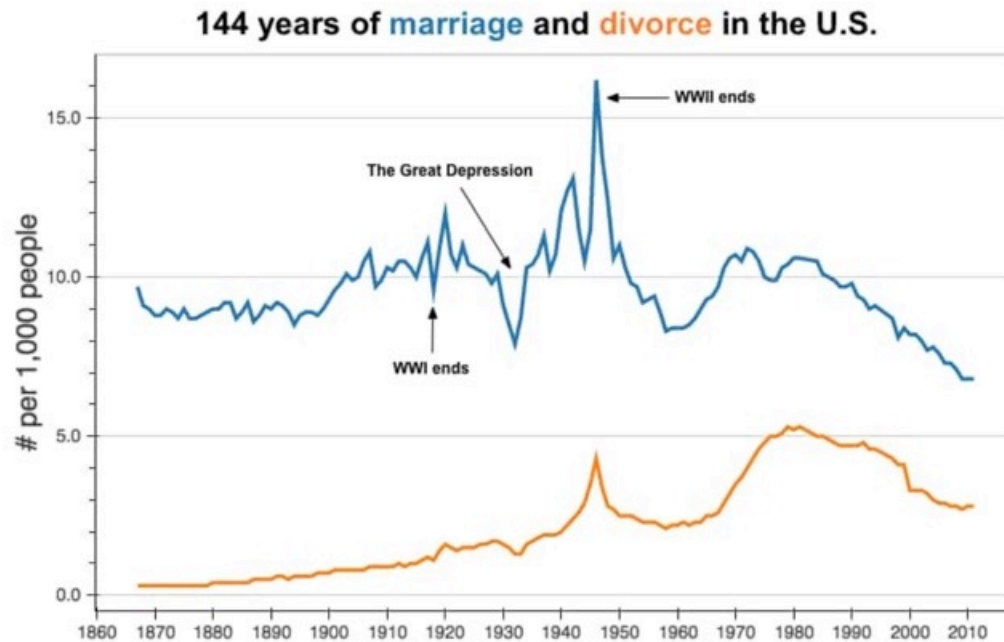
*PAST*



Family formation  
and societal norms  
have shifted.

*Trends*

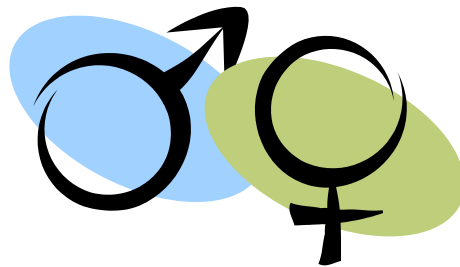
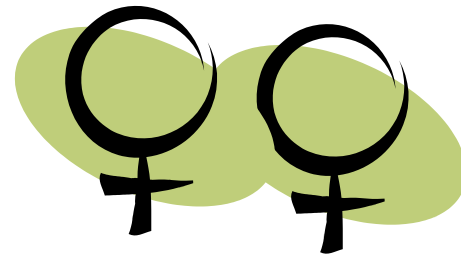
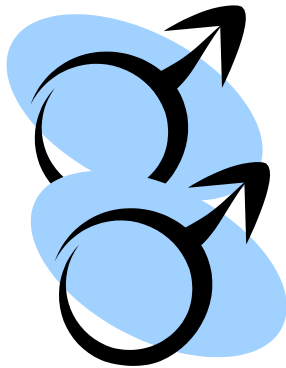
# 1) Marriage is down, as is divorce.



Data source: CDC NCHS  
Author: Randy Olson (@randal\_olson / randalolson.com)



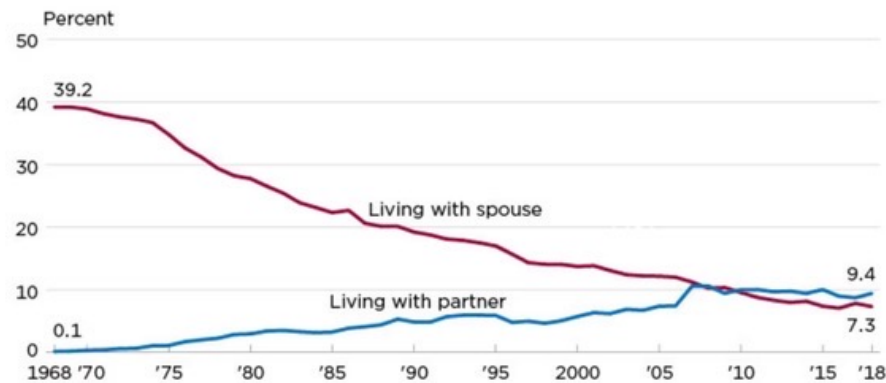
2) Marriage is open to all.



### 3) Cohabitation has become normalized.

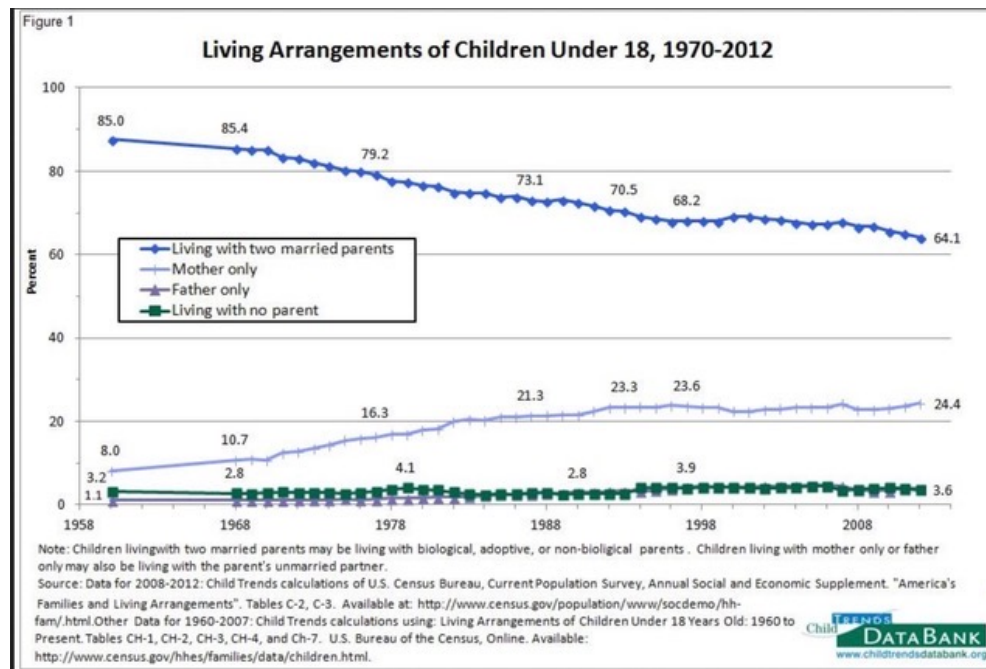
*A higher proportion of 18- to 24-year-olds live with an unmarried partner than a spouse.*

**Living Arrangements of Young Adults Ages 18 to 24**



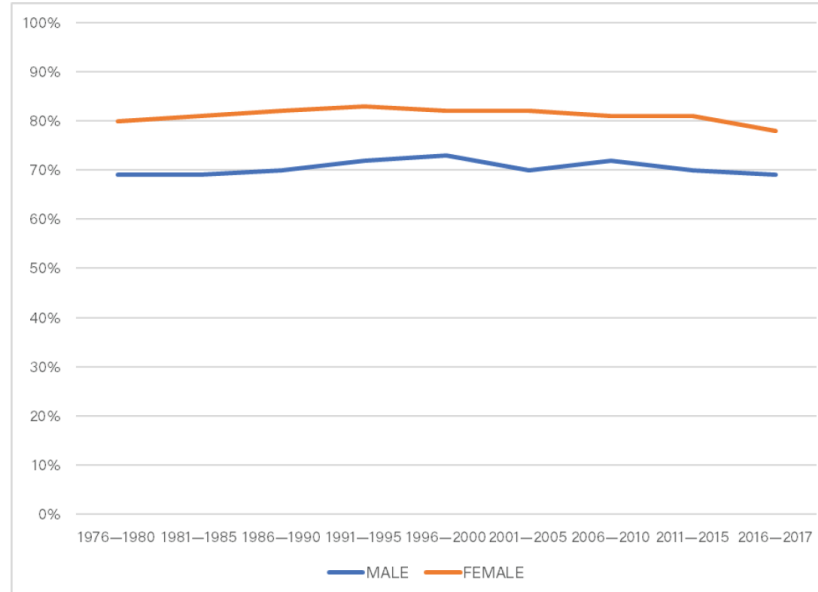
Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplements, 1968 to 2018.

## 4) More children are raised by single parents.



## 5) Young people's interest in marriage remains high.

Figure 17. Percentage of High School Seniors Who Said Having a Good Marriage and Family Life Is "Extremely Important," by Period, United States

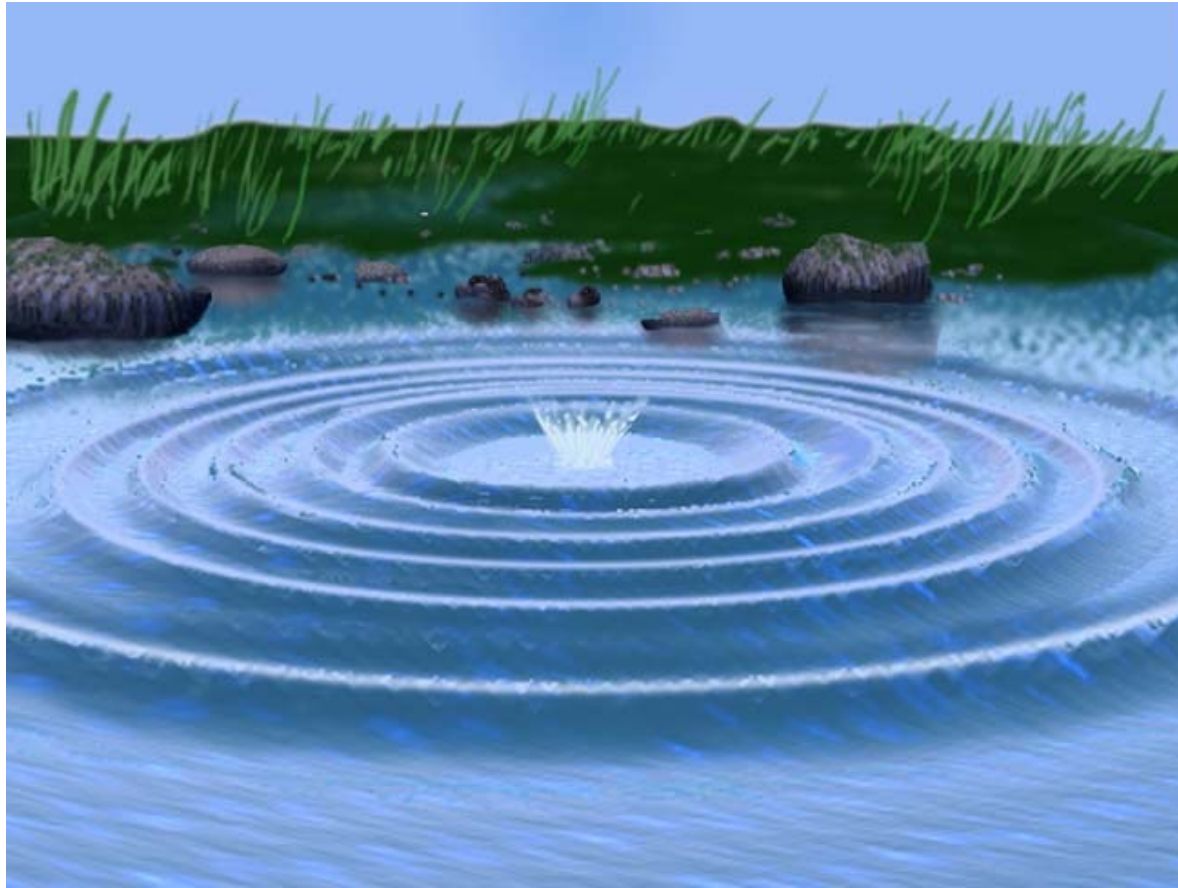


Source: "Monitoring the Future Survey," conducted by the Survey Research Center at the University of Michigan.

We must respect and have humility around family formation decisions.



We need to support stable, safe, and nurturing families.





Family formation  
and societal norms  
have shifted.

*Trends*





Evaluations show  
YRE to be an  
effective,  
prevention tool  
for young people.

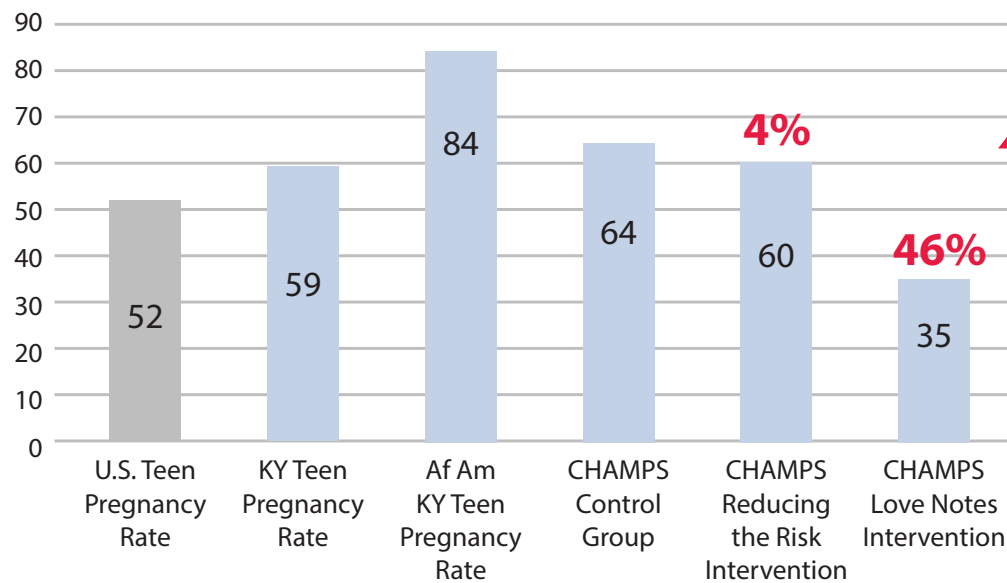
*Present*

1) YRE makes huge impact on sexual decision making.



# Teens are 46% less likely to become pregnant a year post-instruction.

Love Notes Teen Pregnancy Rates\*: 12-month Impact Comparison  
(\*Ages 15-19, per 1,000)



Percent lower than the control group

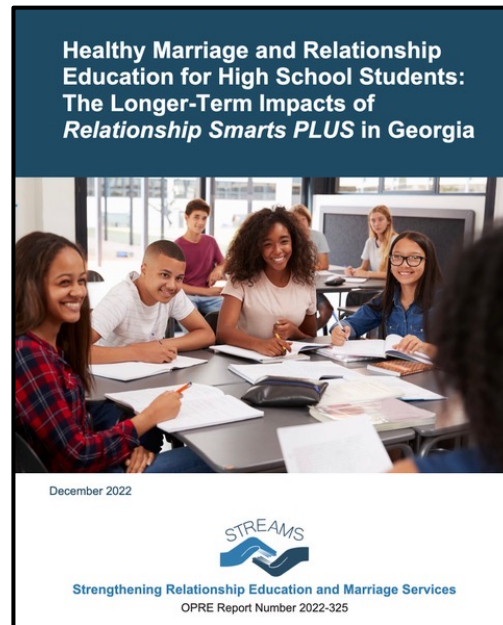
YRE helps young people gain agency in their intimate relationships, reduce faulty relationship beliefs, and build authentic connections.



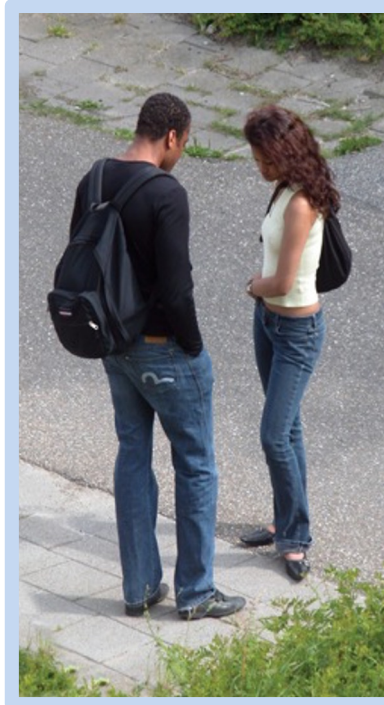
2) YRE also shows strong impact on youth violence.



3 years post-instruction, girls were less likely to be in an unhealthy relationship.



Physical aggression toward dating partners decreased.





Acceptance of  
relational aggression decreased.



### 3) New approaches to YRE address trauma and toxic stress.



Trauma coping skills improved.




PTSD symptoms declined.



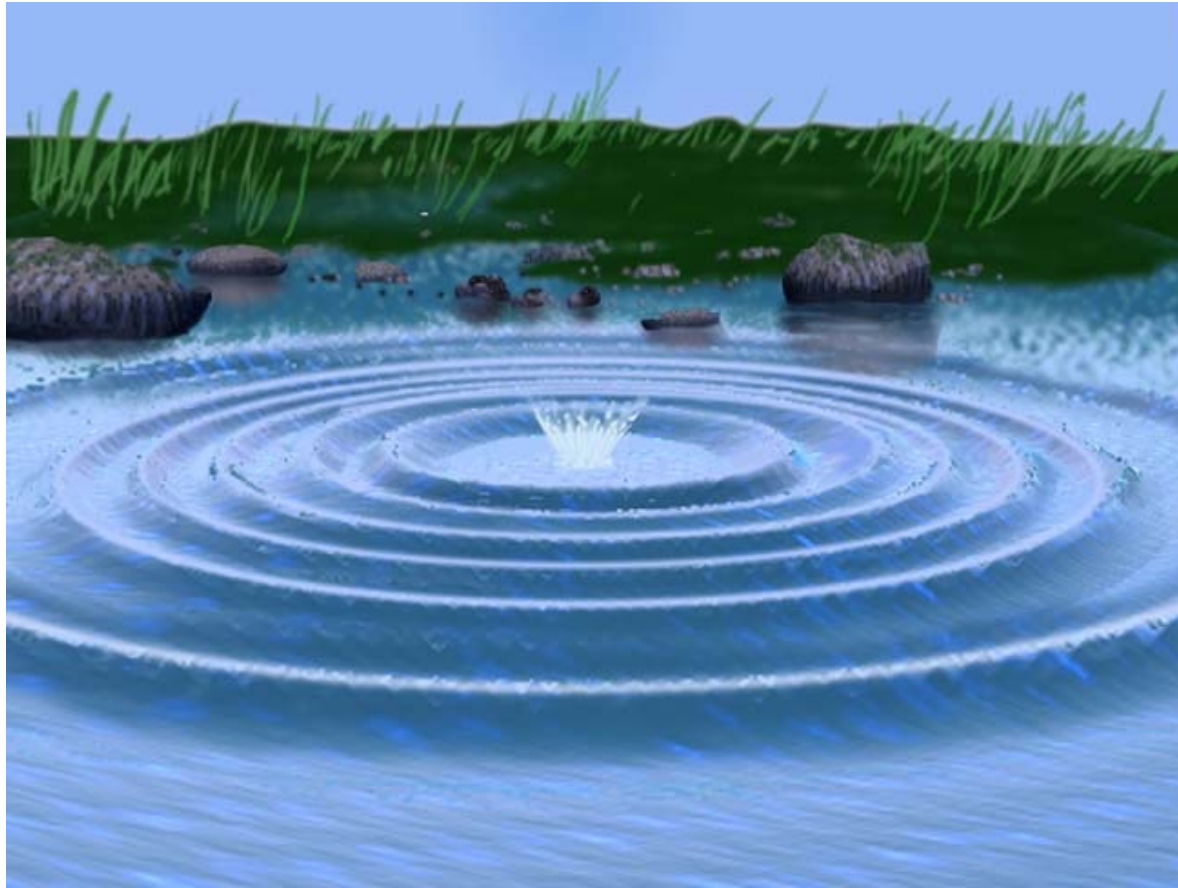
# Social competence and emotional regulation improved.



A woman with dark hair pulled back, wearing a red dress and a striped shirt, is smiling and holding a grey sign. The sign contains the text: "Raise your hand if you see young people benefit from YRE." The entire scene is framed by a red border with a black speckled pattern.

**Raise your hand if  
you see young  
people benefit  
from YRE.**







Evaluations show  
YRE to be an  
effective,  
prevention tool  
for young people.

*Present*



We see YRE  
expanding to reach  
more young people  
in new settings with  
diverse funding.

*Future*

1) YRE will be used  
with more diverse audiences.



Young people in the **correctional** system will take YRE classes.





# Young people in the child welfare system and residential care will take YRE classes.







YRE will be regularly used with young people who **experience life's challenges.**



2) YRE will be funded with more diverse funding streams.



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# Department of Health and Human Services

- Healthy Marriage/Relationship
- Responsible Fatherhood
- Teen Pregnancy Prevention
- PREP
- Title V
- SRA



# The Department of Agriculture **Extension Services**



# Department of Justice **VAWA, Title II, STOP School Violence Grants**





# Non-profit hospital community benefit funds will pay for YRE.



Dignity Health®



Arkansas  
Children's

HOSPITALS · RESEARCH · FOUNDATION



### 3) YRE will be widely used to address a greater range of youths' needs.



Graduation and college success



Workforce development – soft skills

# Child abuse prevention




# Substance Abuse/HIV-AIDS prevention



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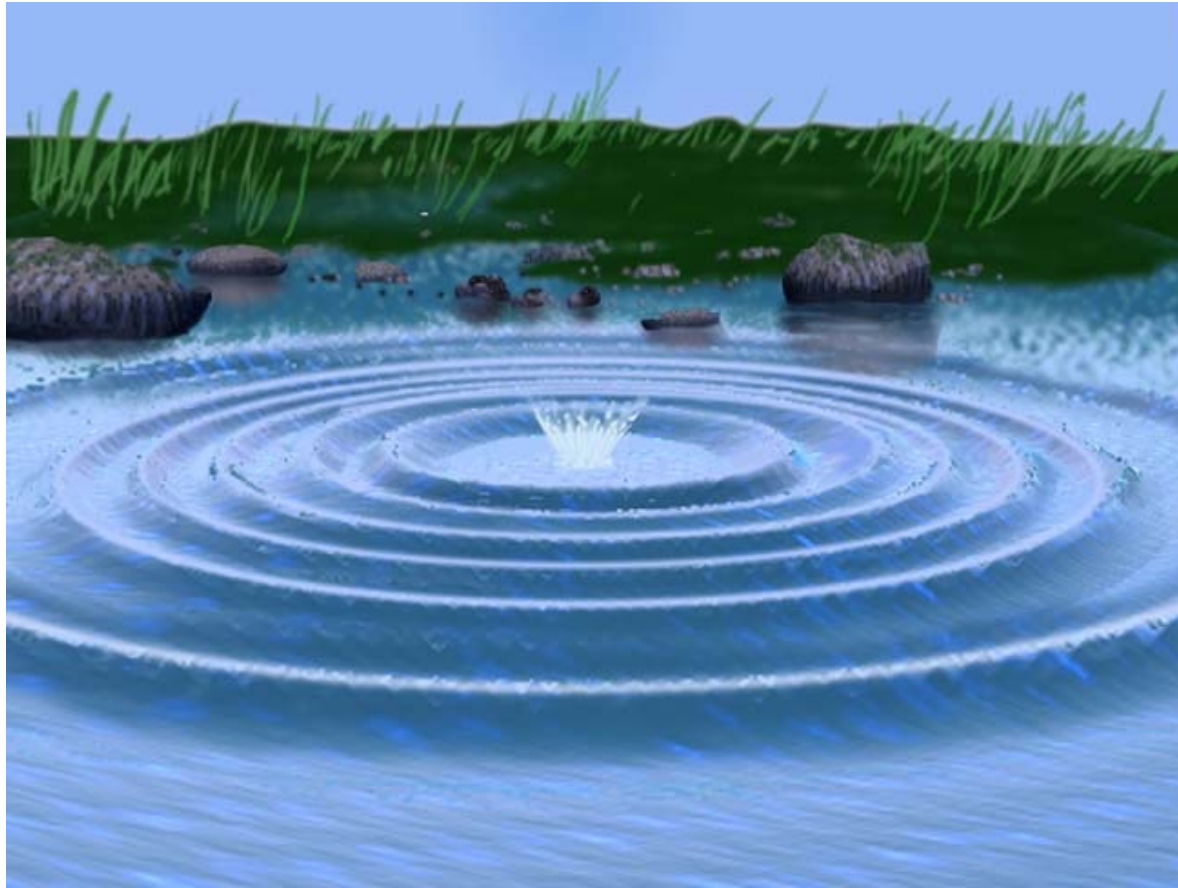
# Building hope (improving mental health)



A woman with dark hair pulled back, wearing a red dress and a striped shirt, is smiling and holding a grey sign. The sign contains the text: "What arenas do you see YRE moving to?". The entire scene is framed by a red border with a black speckled pattern.

**What arenas do  
you see YRE  
moving to?**









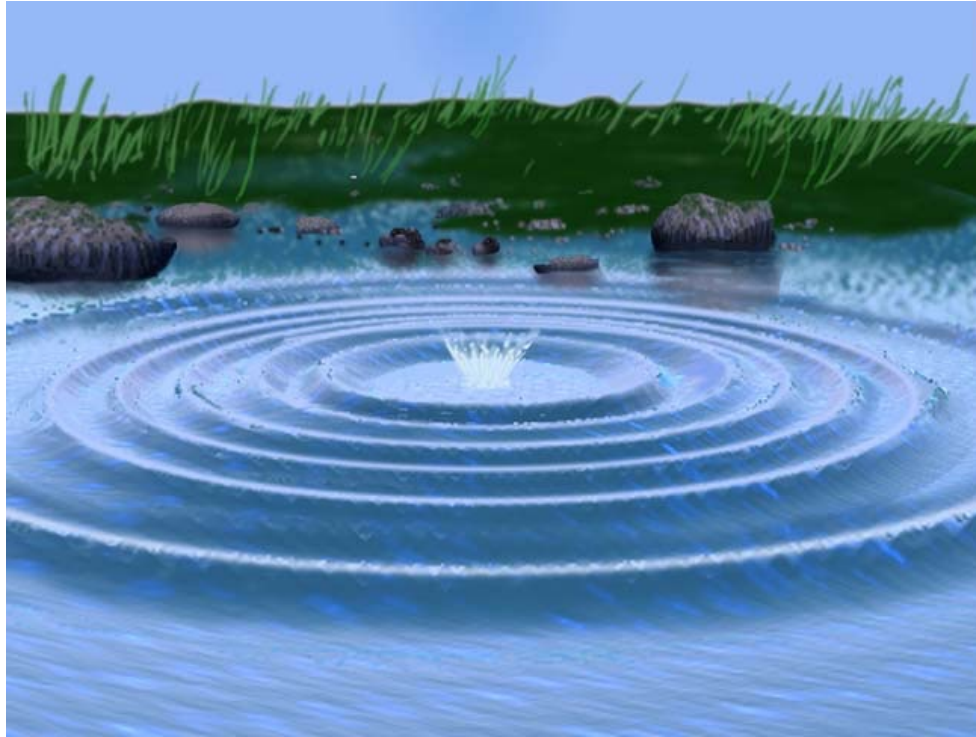
We see YRE  
expanding to reach  
more young people  
in new settings with  
diverse funding.

*Future*



Youth relationship  
education is a  
powerful tool to  
prevent real  
problems.

*Future*



Please join us to keep these ripples going!



# 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.

**Webinar will be available in 3 days:**

**<http://www.dibbleinstitute.org/webinar-archives/>**

**Questions?**

**[KayReed@DibbleInstitute.org](mailto:KayReed@DibbleInstitute.org)**

**[RelationshipSkills@Dibbleinstitute.org](mailto:RelationshipSkills@Dibbleinstitute.org)**



## Second Wednesday Webinar

February 14, 2024

# Young People's Perspective and Thoughts on Relationships Today



**A Conversation with Marline E. Pearson, MA**

Author of Love Notes