



# The Dibble Institute®

Resources for Teaching Relationship Skills

## CYFAR Guiding Principles Crosswalk- [Love Notes](#)

Guiding Principles and Descriptors	Love Notes 4.0
<p><b>Physical and Psychological Safety</b></p> <ol style="list-style-type: none"><li>1. Program emphasizes safe and health-promoting facilities and practices that increase safe peer group interaction and decrease unsafe or confrontational peer interactions.</li></ol> <ul style="list-style-type: none"><li>● Programs that teach skills related to conflict resolution, coping, managing feelings, healthy habits, health risk management, etc.</li></ul>	<p><b>Lesson 3: My Expectations—My Future</b></p> <ul style="list-style-type: none"><li>● What’s Important?</li><li>● The Power of Expectations</li></ul> <p><b>Lesson 9: Communication and Healthy Relationships</b></p> <ul style="list-style-type: none"><li>● Communication Patterns Learned in Family</li><li>● Patterns that Harm Relationships</li><li>● Angry Brains and the Power of Time Outs</li><li>● The Speaker Listener Technique—When Talking is Difficult</li><li>● Relationships in the Digital Age</li></ul> <p><b>Lesson 10: Communication Challenges and More Skills</b></p> <ul style="list-style-type: none"><li>● Complain and Raise Issues Effectively</li><li>● Hidden Issues: What Pushes Your Button?</li><li>● A Problem-Solving Model</li><li>● A Brief Review</li><li>● Constantly Connected — For Better or Worse</li></ul> <p><b>Lesson 11: Let’s Talk About Sex</b></p> <ul style="list-style-type: none"><li>● Let’s Talk About Sex</li><li>● What is Intimacy, Actually?</li><li>● Am I Ready?</li><li>● Risks of Sliding into Sex — Benefits of Deciding</li><li>● Navigating Relationships in the Digital Age</li><li>● Are We on the Same Page?</li><li>● Drawing Intimacy Lines and Pacing</li></ul>

<p><b>Appropriate Structure</b></p> <p>2. Program encourages limit setting, clear and consistent rules and expectations, firm enough control, continuity and predictability, clear boundaries, and age- appropriate monitoring.</p> <ul style="list-style-type: none"> <li>● Programs that provide clear and consistent program structure and appropriate adult supervision.</li> <li>● Programs that provide consistent monitoring and enforcement of rules and expectations.</li> <li>● Programs that structure staffing patterns according to age appropriateness.</li> <li>● Programs that screen staff and volunteers according to state guidelines.</li> <li>● Programs where input from teens is sought on program development.</li> </ul>	<p>The activities in <a href="#">Love Notes 4.0</a> are varied. They include role-plays, drawing, sculpting, and games that are designed to teach and reinforce the concepts with real-life scenarios young people can relate to.</p>
<p><b>Supportive Relationships</b></p> <p>3. Program encourages and models warmth, closeness, connectedness, good communication, caring, support, guidance, secure attachment, and responsiveness.</p> <ul style="list-style-type: none"> <li>● Programs where staff and volunteers have appropriate backgrounds and experiences related to the children with whom they will work.</li> <li>● Programs that utilize strategies to assure staff stability (low turnover).</li> </ul>	<p>Trusted Adult Connection activities are provided for each lesson in the <a href="#">Love Notes 4.0</a> curriculum. These activities are designed to provide conversation starters to nurture support and connection between each young person participating in the program and their parent and/or a trusted adult.</p> <p>Each activity conveys core concepts, provides talking points, and uses an easy activity to engage conversation between youth and adult. Lesson content also offers opportunities for instructors to connect youth with community resources.</p>

<p><b>Opportunities to Belong</b></p> <p>4. Program integrates opportunities for meaningful inclusion regardless of one's gender, ethnicity, sexual orientation, or disabilities; social inclusion; social engagement and integration; opportunities for socio-cultural identity formation; and support for cultural and bicultural competence.</p> <ul style="list-style-type: none"> <li>● Programs that are designed to allow all teens to participate.</li> <li>● Programs that are easily adapted to special needs or diverse audiences.</li> <li>● Programs that fit the needs/interests of the target audience.</li> <li>● Programs that provide opportunities to recognize teens for accomplishments.</li> <li>● Programs that contain culturally appropriate activities and involve parents and community groups in programming.</li> </ul>	<p>All youth, regardless of sexual orientation, gender, ethnicity, etc. have attractions, emotions and desires for healthy relationships.</p> <p>All youth need skills and knowledge to navigate their relationships and make wise sexual choices. <a href="#">Love Notes 4.0</a> was created with diverse representations of youth in the curriculum language and images.</p> <p>Furthermore, the activities included in <a href="#">Love Notes 4.0</a> have been designed to be inclusive. The scenarios, poetry, and stories have been written by diverse youth. The images in the PowerPoint slides, as well as language in the lessons and scenarios, are inclusive of diverse youth.</p>
<p><b>Positive Social Norms</b></p> <p>5. Program provides rules of behavior, expectations, injunctions, ways of doing things, values and morals, and obligations for service.</p> <ul style="list-style-type: none"> <li>● Programs designed to allow for appropriate interaction between staff and teens and between teens and group.</li> <li>● Programs in which activities are not stand-alone but fused with program outcomes.</li> <li>● Programs that offer service learning/civic engagement activities.</li> <li>● Programs that offer intergenerational activities</li> </ul>	<p><a href="#">Love Notes 4.0</a> offers young people—including young parents—knowledge of what a healthy relationship is and isn't, as well as skills for handling the early chemistry of attraction and choosing partners wisely. Young people learn the building blocks of healthy relationships and are encouraged to identify relationship qualities important for good foundations. Youth are provided several frameworks to help them assess relationships (past or present) and to make important relationship decisions.</p> <p><b>Lesson 2 – Knowing Yourself</b></p> <ul style="list-style-type: none"> <li>● Good Relationships Start with You</li> </ul> <p><b>Lesson 12 – Let's Plan for Choices</b></p> <ul style="list-style-type: none"> <li>● Planning for Choices</li> </ul>

## **Support for Efficacy and Mattering**

6. Program emphasizes support for efficacy and mattering: youth- based empowerment practices that support autonomy, making a real difference in one's community, and being taken seriously. Program practices empower, enhance responsibility, and promote meaningful challenge.
- Programs that provide opportunities for teens to be self-directing, autonomous, empowered, or demonstrate self-worth.
  - Programs that include opportunities for self- selecting activities and events in which to participate.
  - Programs that provide opportunities for leadership in planning and conducting an event.
  - Programs that encourage youth- adult partnerships.
  - Programs that offer service learning/civic engagement activities.

The activities in [LoveNotes4.0](#) are varied. They include role-plays, drawing, sculpting, and games that are designed to teach and reinforce the concepts with real-life scenarios young people can relate to.

## **Lesson 12 – Let’s Plan for Choices**

- Planning for Choices

## **Opportunities for Skill Building**

7. Program provides opportunities to learn physical, intellectual, psychological, emotional, and social skills; exposure to intentional learning experiences; opportunities to learn cultural and media literacy; communication skills; preparation for employment; and opportunities to be active citizens in the community.
- Programs that focus on developing life skills in teens and infusing diversity across the program.

## **Lesson 1: Relationships Today**

- Relationships Today
- Defining a Vision
- Choosing Reds or Greens?
- Introduction to the Trusted Adult Connection Activities

## **Lesson 2 – Knowing Yourself**

- Good Relationships Start with You
- Understanding My Personality Style
- Examining Family Origin

## **Lesson 3 – My Expectations—My Future**

- What’s Important?
- The Power of Expectations

## **Lesson 9 – Communication and Healthy**

<ul style="list-style-type: none"> <li>● Programs that provide opportunities for service learning and civic engagement that are teen directed.</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>● Communication Patterns Learned in the Family</li> </ul> <p><b>Lesson 10 – Communication Challenges and More Skills</b></p> <ul style="list-style-type: none"> <li>● Complain and Raise Issues Effectively</li> </ul> <p><b>Appendix</b></p> <ul style="list-style-type: none"> <li>● Supplemental Activities: Designing a Personal Policy for the Digital Age; Cyberbullying</li> </ul> <p><b>Background &amp; Research on Screen Time and Social Media</b></p>
<p><b>Targeted Audiences</b></p> <p>8. Program customizes efforts to target audiences based on community demographics, needs, and assets.</p> <ul style="list-style-type: none"> <li>● Programs that target high- priority community needs and audiences.</li> <li>● Programs that are initiated and developed on specific, identified community needs and assets.</li> </ul>	<p>For a growing number of adolescents and young adults, unplanned pregnancy, single parenting, and troubled relationships derail personal goals. <a href="#">Love Notes</a> was created for this vulnerable audience, some already pregnant or parenting. In 13 lessons, they discover—often for the first time—how to make wise choices about relationships, sexuality, pregnancy, partnering, and more.</p>