



The Dibble Institute
Relationship Skills for Teens and Young Adults

2022/2023 Annual Report

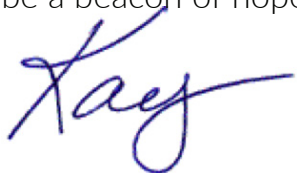


A Message from our Executive Director, Kay Reed

Healthy relationship education for young people continually adapts to the realities youth and young adults face today. As a leader in publishing and distributing healthy relationship curricula, The Dibble Institute regularly updates our widely-used research-informed and evidence-based programs—like *Love Notes*, *Relationships Smarts PLUS*, and *Mind Matters*—to reflect a changing landscape. We know fewer people are getting married, more people are cohabitating, and family formation has changed. But the need for healthy relationship education has not.

The Dibble Institute remains committed to equipping youth with the knowledge and skills they need to form and maintain healthy, committed relationships. Our vision is that all children grow up in families that are safe, stable, and healthy—and that vision is made possible when young people develop essential skills to nurture healthy relationships in love and life.

As I look back at all we have achieved in the past year and forward to what comes next, I stand strong in Dibble's commitment to helping our clients and their programs all around the country be a beacon of hope for young people's futures.



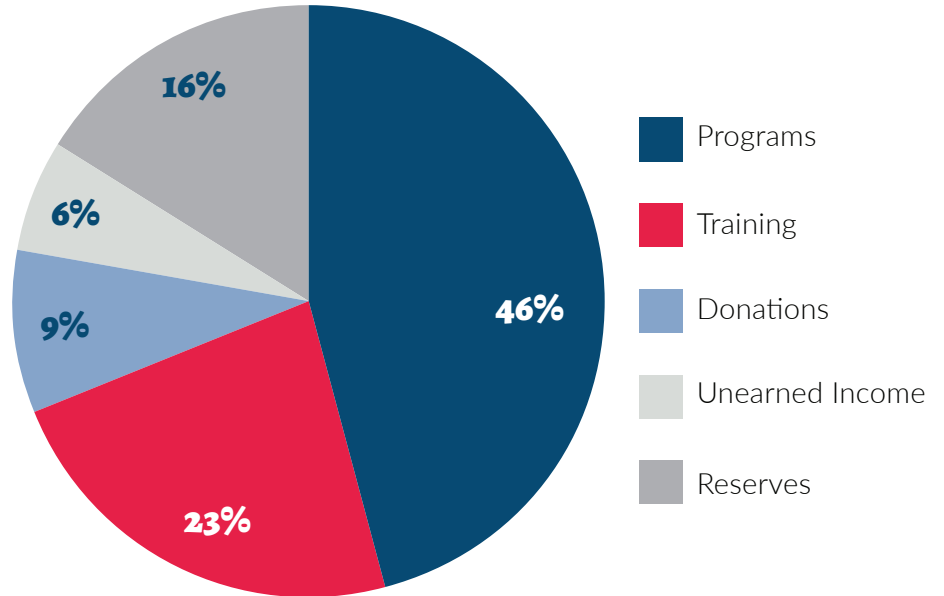
Kay Reed
Executive Director
The Dibble Institute



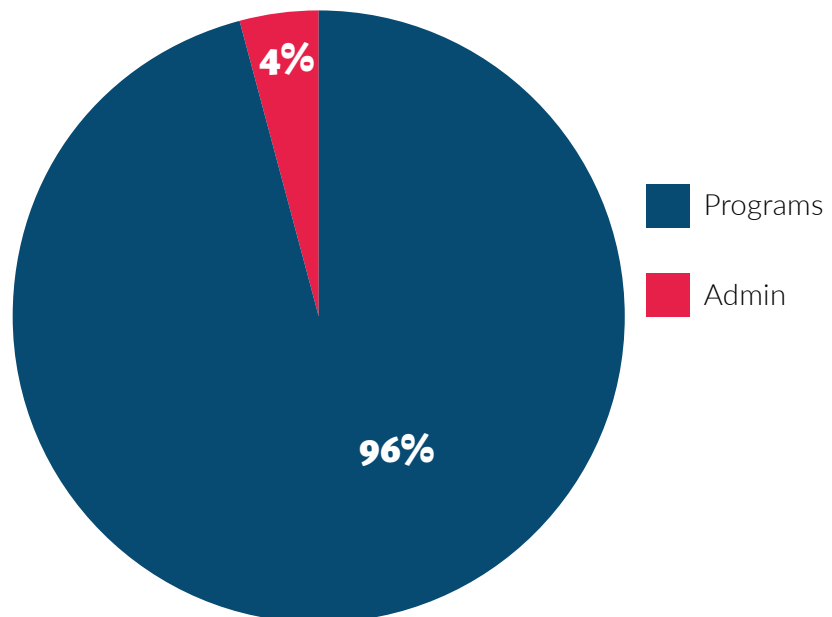
OUR MISSION:
**Empowering teens
and young adults
with knowledge and
evidence-based skills to
successfully navigate their
intimate relationships.**

Financials

FY 2023 Revenue: **\$1,375,865**



FY 2023 Expense: **\$1,375,865**



Scan to make a tax-deductible donation!





New Research Demonstrates *Love Notes*' Impact on Preventing Teen Pregnancy

Love Notes was created to build relationship skills for love, life, and work among young people aged 14 to 24 who are vulnerable to the challenges that come from unplanned pregnancy and single parenting (including those who are already pregnant or parenting). In a federally funded random control trial, newly published research from the University of Louisville found that youth who participate in *Love Notes* are 46% less likely to become pregnant than those assigned to a control group.

Now, new analysis reveals this effect lasts for a full year after participants complete the program!

These two papers show the power of *Love Notes* as a healthy relationship education program that actually impacts pregnancy outcomes!

“It made more sense to give teens the skills they need to have healthy relationships and healthy communication in life than try to help them afterward. We are preparing them for life, instead of picking up the pieces.”

-YMCA of Greater Louisville

Scan to read the findings!





“I learned how my relationships should look and what red flags I need to stay away from. I really appreciated this lesson and took in a lot of information that I can now use in everyday life.”

-Teen participant

Relationship Smarts PLUS Has Long-Lasting Benefits

Geared toward young teens aged 12 to 18, *Relationship Smarts PLUS* helps youth learn how to make wise choices about relationships, dating, partners, sex, and more. This evidence-based program now has all-new research to show its benefits last a long time!

Mathematica conducted a randomized control trial of *Relationship Smarts PLUS*, specifically to learn whether the benefits ninth graders in Georgia gained in the program were still present three years after instruction. They found some exciting lasting benefits, specifically for girls’ safer sexual decisionmaking and likelihood to avoid unhealthy relationships:

- Compared to girls in the *Relationship Smarts PLUS* group, girls in the control group were almost two times more likely to have sex without a condom.
- Girls in the *Relationship Smarts PLUS* group were almost two and a half times less likely than girls in the control group to be in an unhealthy relationship (defined as their partner has tried to keep them from seeing friends, their partner has made them feel stupid, they have felt their partner might hurt them).

It’s amazing how 13 lessons of *Relationship Smarts PLUS* translate to long-lasting effects!

Dibble's Reach

Our programs are relevant to agencies serving youth and young adults in multiple fields. A selected list of organizations that using Dibble's programs in FY 2023 include:

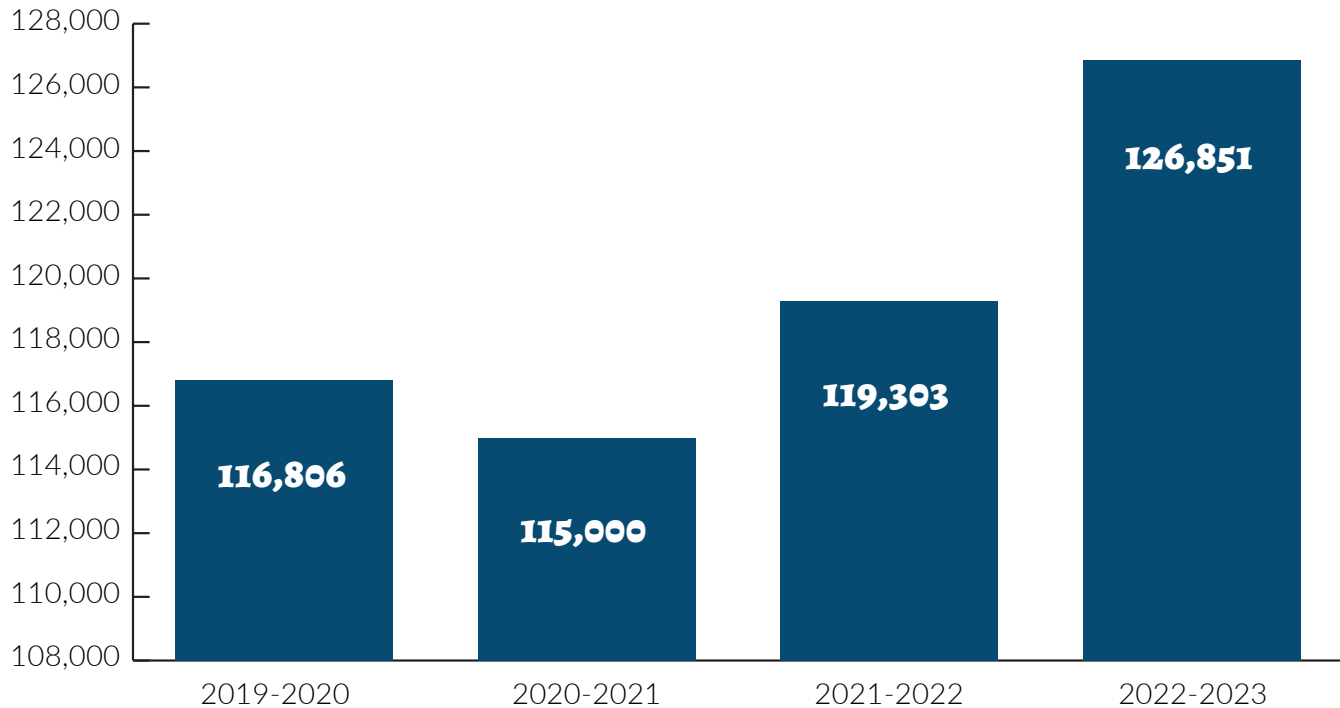
- Arizona Youth Partnership
- Arkansas Children's Hospital
- Boys & Girls Clubs of Greater Redlands-Riverside
- Family and Workforce Centers of America, MO
- National Alliance for Hispanic Families
- New Mexico State University
- Ohio State University
- Opportunity Investment Council of South Florida
- Prevent Child Abuse Iowa
- PRO Youth and Families, CA
- Social Innovation Laboratory, Inc., KS
- United Way de Puerto Rico
- YMCA of Greater Louisville

Federal, state, and private funders continue to provide grants to organizations implementing our programs. In FY 2023, a sample of these funders included:

- Children's Trust Funds
- Community Services Block Grant
- Drug Free Communities (SAMHSA)
- Farm and Ranch Stress Initiative (NIFA)
- Hospital Public Benefit Funds
- Personal Responsibility Education Program (FSBY)
- Prevention Navigator (SAMHSA)
- STOP School Violence (OJJDP)
- Teen Pregnancy Prevention (OPA)
- PREP (FYSB)
- Temporary Assistance to Needy Families (TANF)
- Title 2 (OJJDP)
- Tribal Victim Services (VAWA)
- USAID

Our Impact on Youth Keeps Growing!

Estimated Youth Served



“Just learning about, when you’re in a relationship, you have to wait three or four months to let the love chemical settle, then you see the person for who they really are and I’ve come to realize that in some of my own personal relationships.”

-High School Student who took *Love Notes*



***Mind Matters* Builds Mental Wellness in Rural New Mexico Youth**

Since its release in 2017, *Mind Matters* has continuously proven effective in teaching participants the skills and strategies that allow them to take charge of themselves and their responses to what life throws at them. Now the program is being used in a new setting. With funding from the Farm and Ranch Stress Initiative at USDA, New Mexico State University Extension Services is using *Mind Matters* to address stress from factors related to poverty and the volatility of farming life among youth and their families in rural New Mexico. They chose *Mind Matters* because of its focus on coping with trauma, building resilience, setting goals, and mentorship.

The program is implemented in middle classrooms and in 4H clubs. The pilot was a success. Teachers in the public schools where *Mind Matters* was implemented said they wished every eighth-grade student could participate. Extension Services now has a goal that *Mind Matters* will be offered throughout the state of New Mexico.

As is often the case with *Mind Matters*, instructors shared that they began using the same skills and techniques they taught youth to use. The program is effective for people of all ages as a non-clinical intervention to build skills that help people cope with life's stressors.

Equipping Instructors to Succeed!

In FY 2023, The Dibble Institute continued our high-quality instructor trainings.

38

Number of trainings

632

Number of instructors trained



Future instructors have great feedback about The Dibble Institute’s instructor trainings!

“This was a great training, the curriculum is going to be a huge benefit to our students.”

“I loved the training! It taught me so much from each section [of the curriculum]. I needed to hear most of this myself and I think it’ll help me better with teaching the youth because I can relate.”

“The facilitators were excited about the materials, and were obviously experts in presenting this curriculum. They were also concerned about us as learners, and gave us the support, space, and time we needed.”



The Dibble Institute is a national, independent nonprofit that empowers young people with the evidence based skills and knowledge they need to successfully navigate their intimate relationships.

We do this by translating research into teaching tools for use in multiple settings with diverse youth.

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