

# The Dibble Institute: How Love Notes Meets Your PREP needs!



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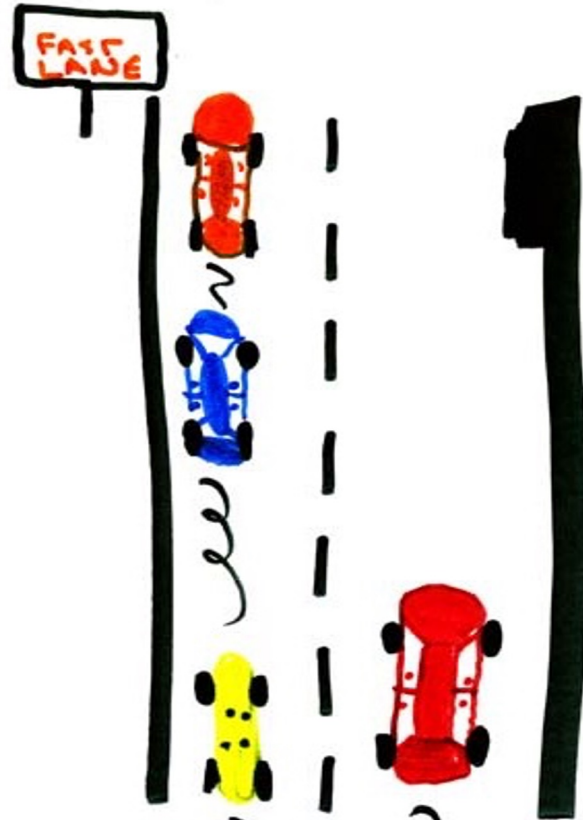
**What's your  
observation?**

Finish this thought with a word or short phrase

*The relationships of the youth I work with  
are like...*



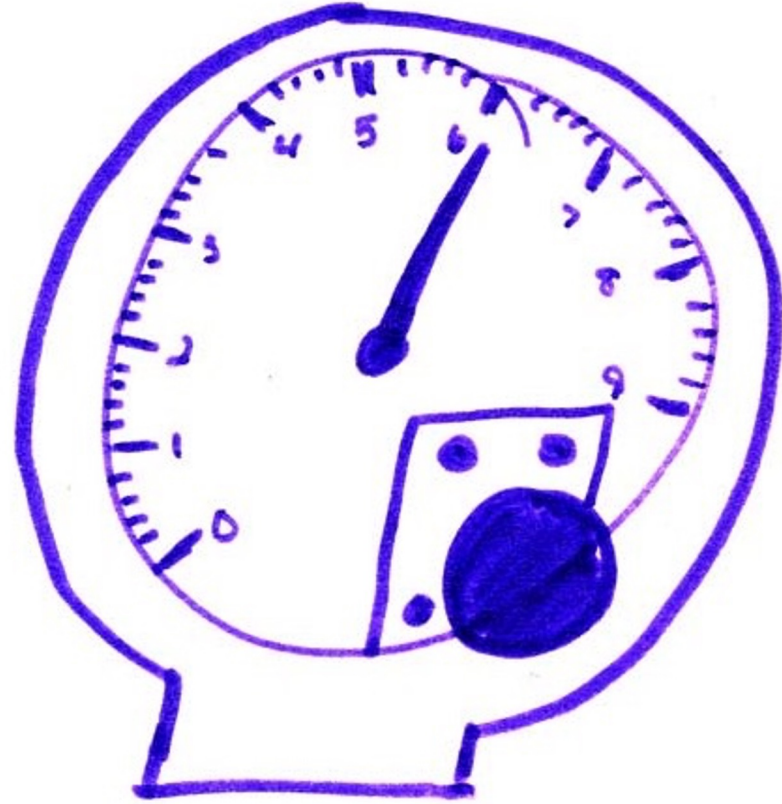
# Relationships today are Like...



The Fast lane - ~~they~~ they  
start out fast & end fast

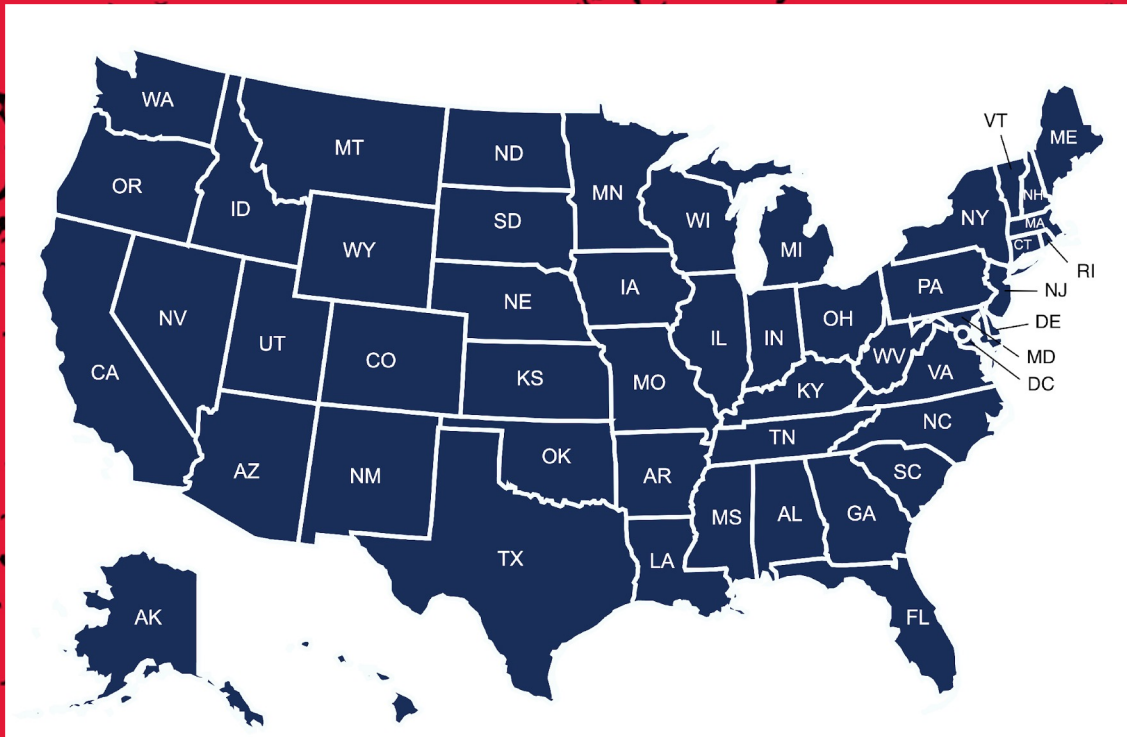
LOVE NOTES





Finely tuned  
race car.  
You need to work  
on it to keep it  
running.

2022-2023 Clients  
serving over  
126,000 youth



The Dibble  
Institute is a  
national,  
independent  
non-profit  
organization.

# Charlie and Helen Dibble





# EVIDENCE:

## Efficacy trial to test an innovative approach

Kent School of Social Work  
University of Louisville



Anita Barbee, Ph.D.  
Becky Antle, Ph.D.  
Michael Cunningham, Ph.D



# Evidence-Based Teen Pregnancy Prevention Programs at a Glance\*

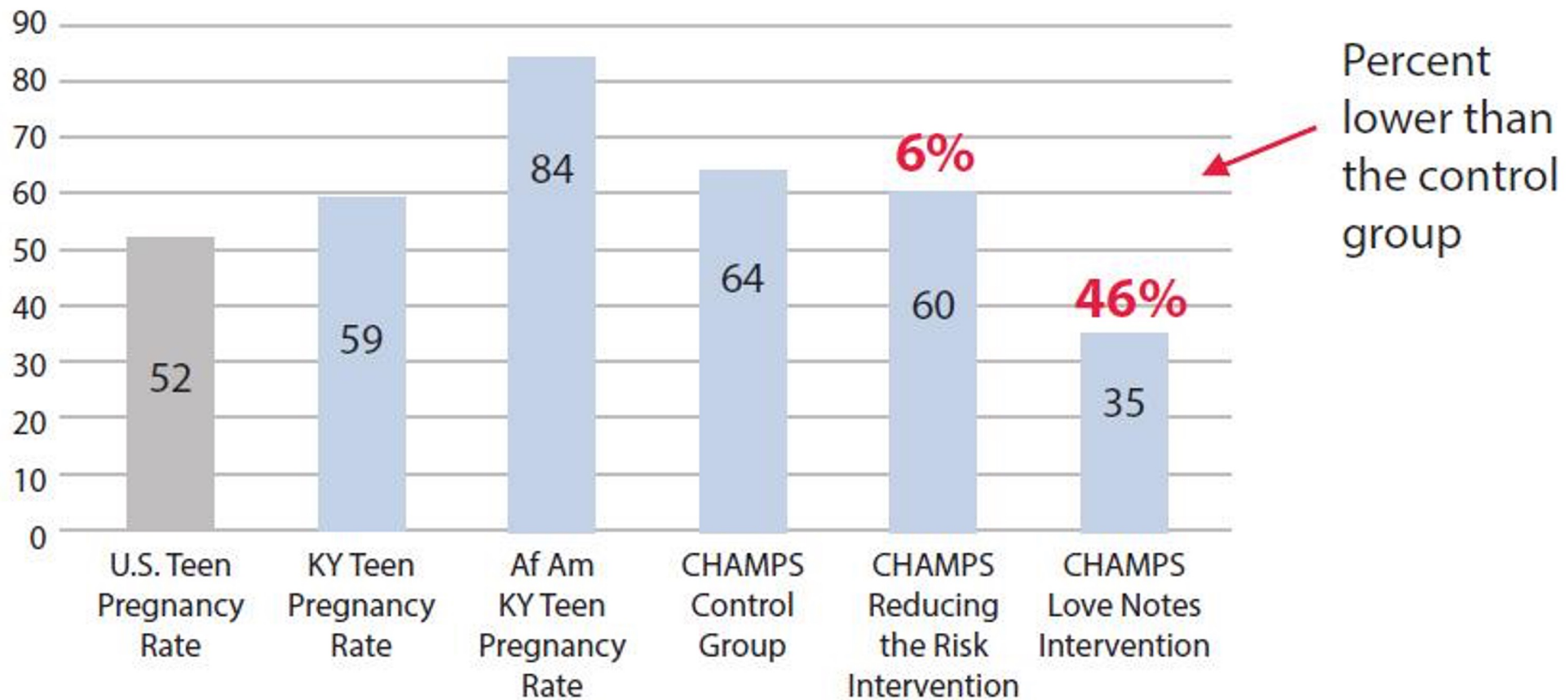
Program Name	Outcomes						# of Sessions	Program Duration	Age Program/(Eval)
	Recent Sexual Activity	# of Sexual Partners	Frequency of Sexual Activity	Contraceptive User /Consistency	Sexual Initiation & Abstinence	Pregnancy or Birth			
Love Notes	●		●	●	●	●	13	2 days to 3 months	15-24 (14-19)

\* Accessed from: <https://www.hhs.gov/ash/oah/sites/default/files/ebp-table.pdf> June 10, 2017

1. Contraceptive Use/Consistency
2. Pregnancy or Birth
3. Frequency of Sexual Activity
4. Recent Sexual Activity
5. Sexual Initiation & Abstinence

# 46% less likely to have a pregnancy 12 months post program completion

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







# Love Notes and Adult Preparation Topics

- 9 Lessons covering **Healthy Relationships**
- 2 Lessons covering **Adolescent Development**
- **Parent-Child Communication** activities in ALL lessons
- 3 Lessons addressing **Educational and Career Success**
- 7 Lessons addressing **Healthy Life Skills**

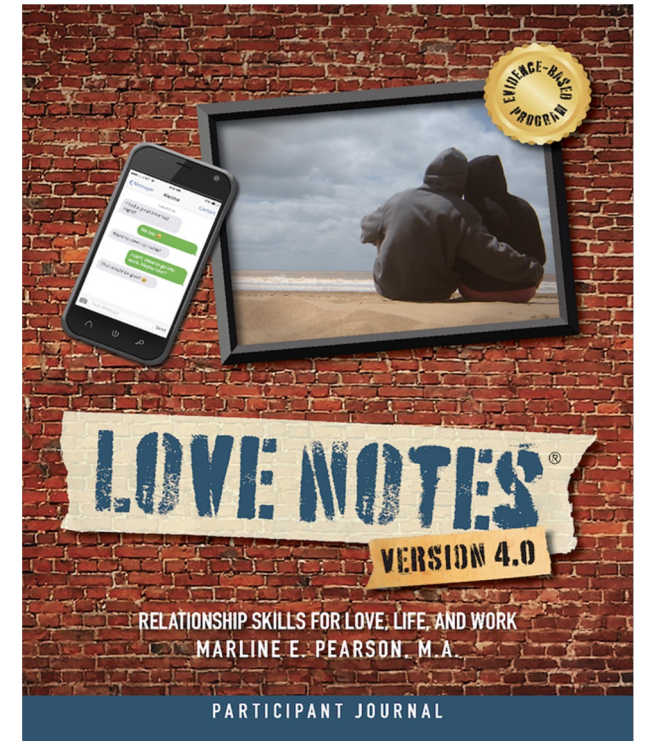
# Love Notes 4.0

**Section I:** Knowing Myself

**Section II:** All About Healthy Relationships

**Section III:** Communication Skills for Healthy Relationships

**Section IV:** Sexual Decision-Making & Pregnancy Prevention



# Section 1: Knowing Myself

## Lesson 1: Relationships Today

Explores the **challenges** of relationships today.  
Discusses **why healthy relationships matter** to our lives. Good relationships are **not just luck**.

## Lesson 2: Knowing Yourself

Understanding oneself and continuing to develop oneself are key to developing healthy relationships.

## Lesson 3: My Expectations—My Future

Identifying **what's important** in terms of qualities, relationship **expectations**, and preliminary **goal setting** for the future.



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# Section 2:

## All About Healthy Relationships

### Lesson 4: Attractions and Starting Relationships

What lays a healthy foundation for relationships and assisting young people in handling their attractions wisely.

### Lesson 5: Principles of Smart Relationships

Seven principles for choosing wisely within relationships.

### Lesson 6: Is it a Healthy Relationship?

Ways to assess a relationship and offering tips for exiting relationships safely.



# Mostly about sex, money, status

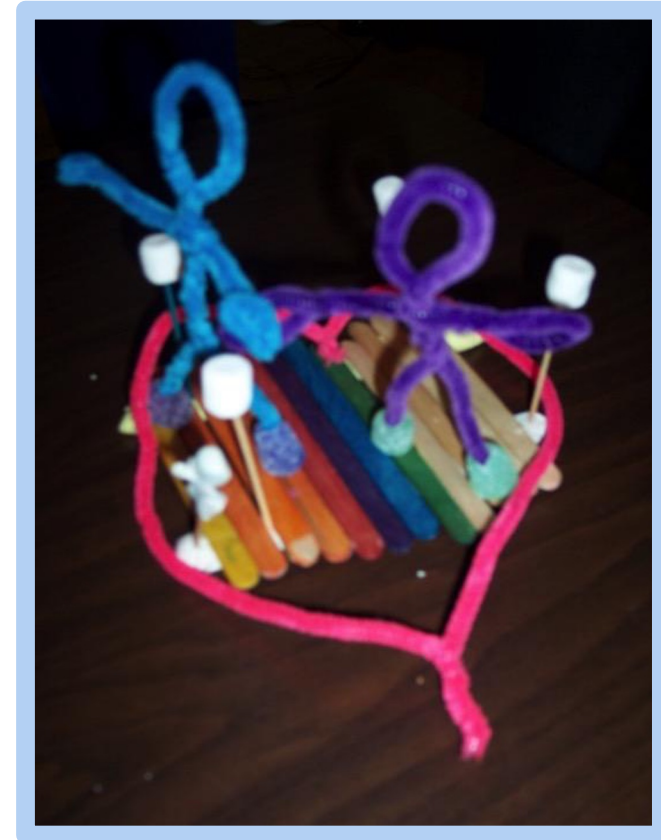


- He's in the pink bed throwing money and jewelry at her.
- Our girl only thinks about what her boyfriend buys her. In return for gifts she has sex.
- She spends lots of time on looking the way he wants (fancy hair-do's).
- The spirals coming from her head also represent her inner insecurity and turmoil.
- The gifts are nice, but she feels deep down there's nothing else.



# Attraction On Many Levels Not Just Physical

- The couple is on a date walking at the mall.
- Bought partner flowers (mini-marshmallows on toothpick).
- They are spending time together and getting to know each other.
- They are having fun, laughing, and enjoying each other's company (pink heart).
- The rainbow-colored sticks under them represent friendship to love and so many levels of communication.



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## Section 2:

### All About Healthy Relationships (continued)

#### Lesson 7: Dangerous Love

Recognizing signs of disrespect and abuse, resources for safety.

#### Lesson 8: Decide, Don't Slide

Low risk approach to relationships.



# Section 3:

## Communication Skills for Healthy Relationships

### **Lesson 9: What's Communication Got to Do With It?**

An introduction to the importance of communication and conflict-management skills for healthy relationships.

### **Lesson 10: Communication Challenges and More Skills**

Skill-building applications and evaluation of life in the digital age.



# Section 4:

## Pregnancy and Sexual Decision-Making

### Lesson 11: Let's talk about sex

Heart-based lesson. Define a meaningful context and timing (pace) for sex.



### Lesson 12: Let's plan for choices

Health-based lesson. Information on risks, protection; create a plan for one's intentions.



### Lesson 13: Through the eyes of a child

Strengthen motivation to prevent unplanned pregnancy & decide the timing of family.





# We Keep Content Updated

- In Love Notes 4.0 we've included:
  - sex trafficking prevention
  - technology in relationships
  - navigating relationships in the digital age
  - online porn
  - sexual assault
  - consent

# What Others Are Saying...

“I **needed this** program my freshman year...” – Ohio Student

“Just learning about, when you’re in a relationship, you have to wait three or four months to let the **love chemicals 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**” – Female Student, Butler HS

“I was able to **ask some questions** that would have been awkward to ask my parents. It has helped me realize that even if you’re in a relationship for a long period of time, the use of condoms does not mean you or your loved one is cheating its – just to **protect the both of you** from **unwanted pregnancy and STIs**. I love that you can go to class and be yourself; **talk about anything.**” –Student, PREP Grant, Utah

# Program Flexibility - Options

- Schedule
- Adaptations
  - Lesson guidance
  - Cultural sensitivity
  - Learning styles





*No More Drama*—Mary J. Blige



*Not Afraid*—Eminem



*Higher*—DJ Khaled ft. Nipsey Hussle & John Legend



*Starting Over*—Macklemore





# Training Options

- **Training of Educators (TOE)**  
Training can be online or in person.
- **Trainer of Trainers (TOT)**  
One day you can train your team!
- **Technical Assistance (TA)**  
We're here to help.





# How else can we help?

- Any other questions?
- Email us!
  - Kay Reed: [KayReed@Dibbleinstitute.org](mailto:KayReed@Dibbleinstitute.org)
  - Rachel Savasuk-Luxton: [Rachel@Dibbleinstitute.org](mailto:Rachel@Dibbleinstitute.org)
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