



2023/2024
**Annual
Report**

 **The Dibble Institute®**
Relationship Skills for Teens and Young Adults

A Message from our Executive Director, Kay Reed

As we look back, it's clear that 2024 was a year like no other. Yet in one important way, it was just like every other year: it reminded us of the critical role relationships play in enriching our lives. From moments of celebration to times of hardship, relationships are at the center of our experiences.

This belief is core to everything we do at The Dibble Institute®.

As leaders in relationship education, we help young people learn the skills needed to build and maintain healthy, meaningful relationships. Our curricula inform the full spectrum of relationships—whether romantic, familial, among friends, at school, or in the workplace.

The ability to navigate life's ups and downs is rooted in strong relationship skills. That's why our programs—*Love Notes*, *Relationship Smarts PLUS*, *Mind Matters*, and our newest offering, *Emerging Relationships*—are designed to help young people and the adults who guide them build resilience and self-understanding. Whether in the classroom or community setting, The Dibble Institute's® curricula are adaptable to the challenges and opportunities people face in the field of youth programming.

As you'll see in this report, the impact of our work is clear. Looking ahead, we're more committed than ever to creating a future where strong relationships lay the foundation for better lives. Thank you for being part of our journey.

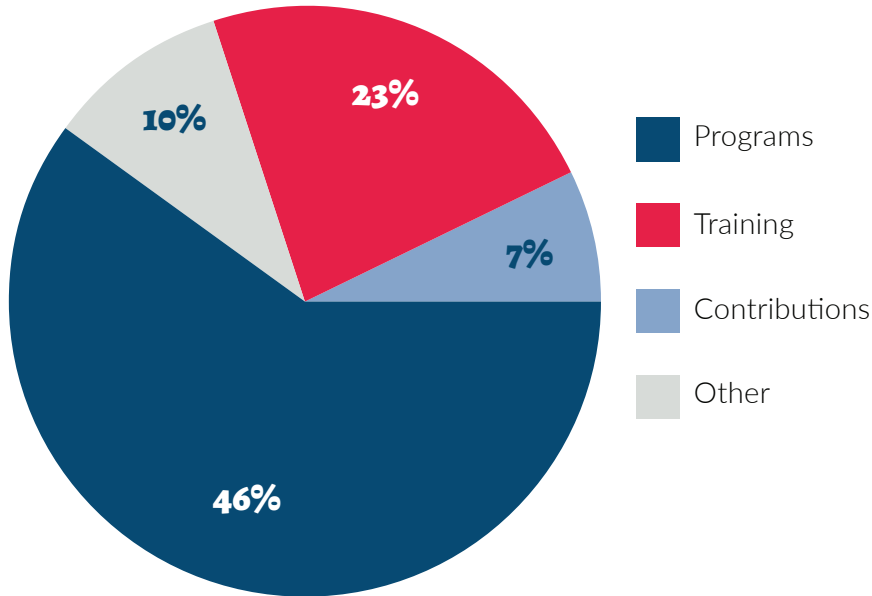
Kay Reed
Executive Director
The Dibble Institute®



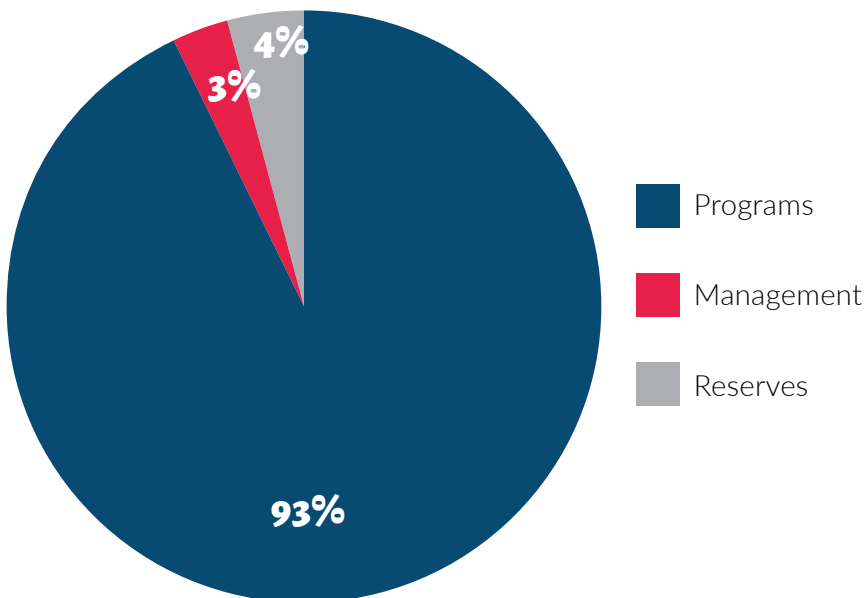
OUR MISSION:
**Empowering teens
and young adults
with knowledge and
evidence-based skills to
successfully navigate their
intimate relationships.**

Financials

FY 2023 Revenue: **\$1,779,899**



FY 2023 Expense: **\$1,770,899**



114,890
Youth reached
this year



Help us grow the impact of healthy relationship education.
Make a tax-deductible donation today.



Emerging Relationships for Tweens Debuts and Delivers

May of this past year marked the launch of [Emerging Relationships](#), the latest program from The Dibble Institute®. Tailored for 5th and 6th graders—an age group rarely included in relationship education—this program draws on the latest research in relationships, self-regulation, and leadership in pre-adolescence. It meets tweens at a pivotal moment in their lives, when they are just beginning to develop the critical skills needed to navigate the complexities of personal relationships.

“I liked that the lessons taught us that whatever we say or do can really affect people.”

-Female, Age 12

Over the course of six, 45-minute lessons, *Emerging Relationships* participants dive into topics like responsibility, self-awareness, healthy development, and how to foster supportive, positive relationships with others. This approach is rooted in the principles of positive youth development, helping to build the resilience and empathy that will serve them in every aspect of their lives.

Perhaps most importantly, *Emerging Relationships* has demonstrated that the key to success is not just in the content, but in the delivery. Reports from the field tell us that students respond well to facilitators who lean into the content in a relatable way, meet the students where they are, and remember what it was like to be 10 or 11 years old. When facilitators connect on a personal level, they open the door for young people to fully engage in the lessons and, in turn, share their own experiences with the group.

Read more about *Emerging Relationships* [here](#).

PROGRAM LEARNING OUTCOMES

- ◆ **Have Character:** practice self-regulation skills & healthy decision-making.
- ◆ **Be Caring:** develop personal competence for positive relationships.
- ◆ **Feel Confident:** build knowledge of development & recognize personal strengths.
- ◆ **Be Connected:** recognize healthy relationship traits and practice social skills.
- ◆ **Feel Competent:** develop boundary-setting skills & efficacy in risky situations.
- ◆ **Make a Contribution:** apply knowledge & skills about relationships to help others.

CASE STUDY:

Relationship Smarts PLUS Makes the Grade

[Relationship Smarts PLUS](#) empowers teens, ages 12 to 18, to make informed, healthy decisions about relationships, dating, sex, and more. The program provides valuable tools to help them navigate some of the most important choices in their lives—and new research confirms that the impact lasts long after the lessons are over.

A [three-year study](#) by Mathematica explored the lasting effects of *Relationship Smarts PLUS* on ninth graders in Georgia, measuring their behavior and decision-making years after the program. The results were compelling, especially for girls, showing that the program helped them make safer, healthier decisions about relationships and sexual activity.

These 13 lessons have a powerful impact, giving teens the knowledge and confidence to make choices that protect their well-being. By teaching them about healthy relationships, *Relationship Smarts PLUS* and the facilitators who teach it are helping build a future where participants can form stronger, safer connections with others.



Read the full report [here](#).

Study Findings: Three Years Post Instruction



Less likely to be
in an unhealthy
relationship



2.5x less likely to be
in a relationship where
unhealthy behaviors
were present



More likely
to use a condom
or not have sex

Dibble's Reach

Our programs are relevant to agencies serving youth and young adults in multiple fields. A selected list of organizations that used Dibble's programs in FY 2024 include:

- Aiming for Healthy Families, MS
- Arkansas Children's Hospital, AR
- Baltimore City Public Schools, MD
- Center for Family Services, NJ
- Choctaw Nation of Oklahoma, OK
- Community Action Corporation of South Texas
- Fact Forward, SC
- Family Counseling Services of the Finger Lakes, NY
- Foothill Family, CA
- Georgia Campaign for Adolescent Power & Potential, GA
- Grupo Nexos, Inc, PR
- Healthy Visions, OH
- Lao Family Community Development, CA
- Oklahoma Department of Human Services
- PRO Youth and Families, CA
- The Parenting Center, TX
- University of Texas - Teen Health
- Urban Youth Collaborative, CA
- Utah State University Extension, UT
- Young Women on the Move, KS



Putting the Power of *Love Notes* to the Test

For years, [Love Notes](#) has been a core part of The Dibble Institute's® curriculum offerings, helping youth navigate and build positive, respectful connections. The feedback from educators, facilitators, and young people has been overwhelmingly positive, and a new study highlights new evidence. Researchers from Utah State University took a closer look at how youth and young adults in difficult circumstances benefit from *Love Notes*, specifically around non-sexual relationship dynamics and secondary outcomes in various settings.

The findings of this study offer new insights into how *Love Notes* influences youth perceptions of relationships and their ability to succeed in them. It also highlights how small changes in the program's format can still produce meaningful results.

[Read the full report](#) or [listen to the webinar](#) to see how *Love Notes* is empowering young people and helping them build healthier, more successful relationships.

Report Excerpt:

“Love Notes was effective in producing change from pre to post in the targeted outcomes of rating of skills, ability to spot warning signs, relationship decision making, and relationship confidence. In turn, these improved skills and knowledge should lead to improved relationships and future outcomes.”



***Love Notes* Expands Its Base at The Y’s “Teen Vibe” Camps in Louisville**

One YMCA in Louisville is giving [Love Notes](#) center stage, offering teens the tools to build healthy, respectful relationships in a day camp setting instead of in a classroom. At the [YMCA of Greater Louisville](#), *Love Notes* is part of their Teen Vibe Camps—a program held during school breaks that mix the fun and energy of camp with the powerful *Love Notes* curriculum to help teens grow personally and socially. Through activities like podcasting, music, and social media design, the camps create a space for teens to connect and learn how to navigate relationships in real life.

The impact has been clear: teens, especially LGBTQ+ youth, are showing major growth in their identity and confidence. Many form meaningful adult connections and become more engaged in the program, proving that relationship education can happen anywhere!

What really sets these camps apart is they incorporate *Love Notes*’ [Peer Facilitator \(PF\) model](#). Instead of adults running the show, teens step up as facilitators, leading discussions and activities. PFs are trained in everything from Positive Youth Development to Trauma-Informed Care, and the experience is truly transformative, not just for the participants but for the facilitators too. They grow in confidence, leadership, and empathy, gaining skills that will serve them for years to come.

Participants said:

“We can openly talk about sex and stuff without it feeling uncomfortable.”

“Everyone was helpful and didn’t judge.”

“We had freedom and they didn’t make it feel like school.”

Trainers

In FY 2024, The Dibble Institute® continued our high-quality instructor trainings.

50
Trainings

800
Instructors Trained

Dibble's programs are taught in...

Substance Abuse Prevention
Child Abuse Prevention programs **YMCA'S** **CHURCHES**
REHAB PROGRAMS **Schools** **Behavioral health** **Shelters**
Pregnancy prevention programs **GROUP HOMES**
After school programs **TRIBAL COMMUNITIES**
JUVENILE DETENTION **Summer camps**
Girls, Inc. **Mental health programs** **Job Corps**
REFUGEE POPULATIONS **DELINQUENCY PREVENTION**
COMMUNITY ACTION AGENCIES
YouthBuild **Expecting and Parenting Youth programs**
Re-entry programs **BOYS AND GIRLS CLUBS**
EXTENSION **Violence prevention programs**
COMMUNITIES IN SCHOOLS **AVID PROGRAMS**



Inside Story: *Mind Matters* for Justice-Involved Youth in Arizona

In rural Arizona, where youth services can be few and far between, the [Arizona Youth Partnership \(AZYP\)](#) is making a difference by putting *Mind Matters* into action. Partnering with Mohave County Juvenile Probation, AZYP is using OJJDP Title II funding to bring this program to young people at risk of entering or already involved in the justice system. Through [Mind Matters](#), they're helping prevent juvenile delinquency and create positive outcomes for youth and their families.

AZYP is implementing *Mind Matters* in a variety of settings: youth shelters, tribal schools, diversion programs, the local PRIDE Center, and weekly classes for kids on probation. And it's working! Facilitators report that when *Mind Matters* is in session, the classroom environment shifts noticeably. Kids who may have been distracted or unsettled start to calm down, allowing for better focus and more productive interactions. It's clear that *Mind Matters* is doing more than just teaching essential life skills—it's creating a space where youth can engage and thrive.

This real-world example shows how targeted funding like OJJDP Title II is being used effectively to address youth needs in a community that often lacks resources. AZYP's implementation of *Mind Matters* is helping young people develop the mental health tools and coping strategies they need to make positive choices. The program is proving to be a powerful resource in the effort to prevent juvenile delinquency and improve lives.

**Thank You for Your
Continued Support!**



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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