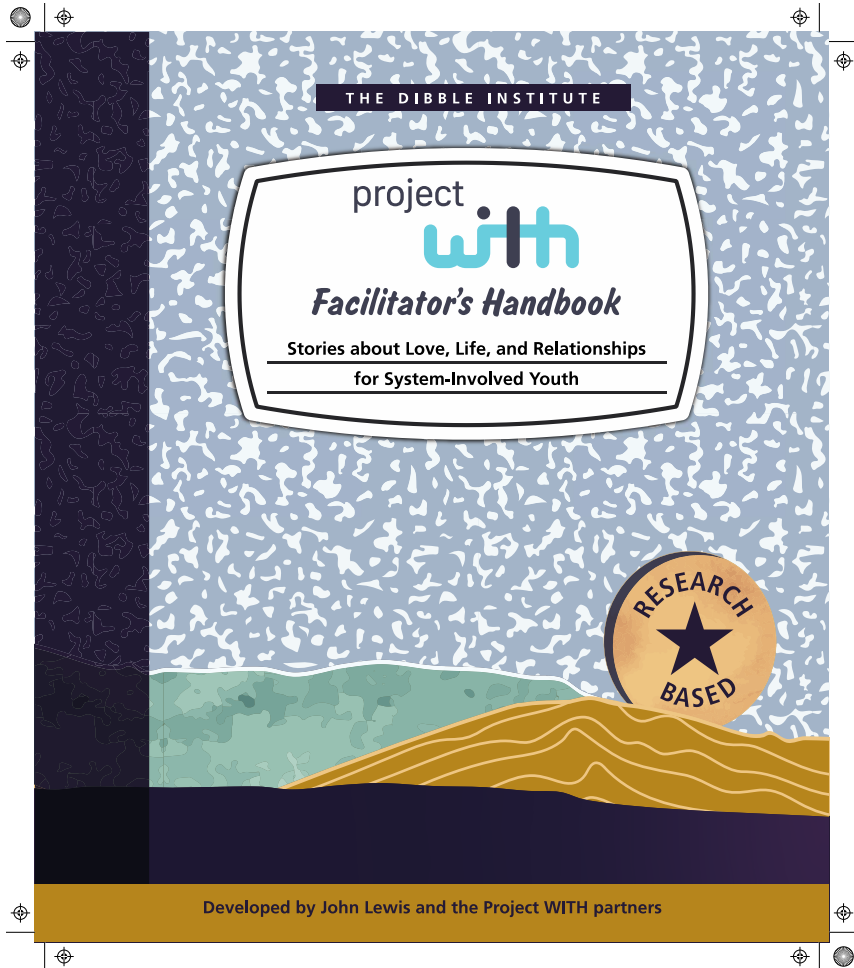


April 2025 Webinar



Introducing Project WITH

Presenter:

John Lewis
AbleWorks

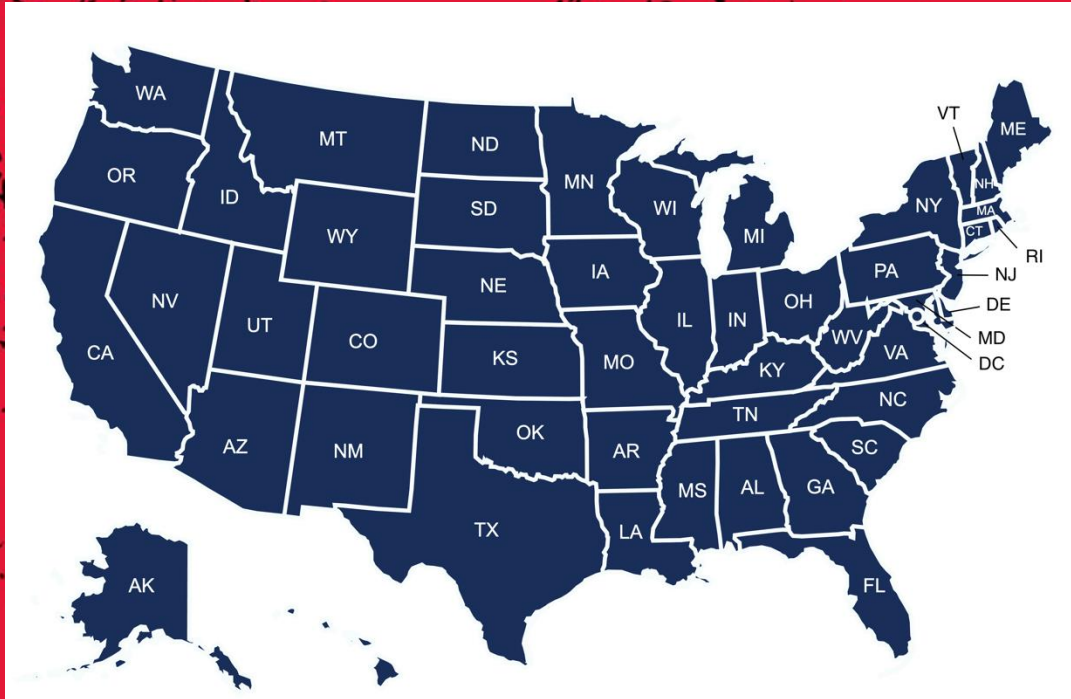
Technical Questions

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. Locate the “hand” on your GoToWebinar control panel to indicate if you are new to Dibble webinars.
3. You will find **handouts** and the **questions box** located in your control panel.

Charlie and Helen Dibble



2023-2024 Clients
served approximately 114,890 youth



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

Our Mission

*Empowering youth
and young adults
with skills to build
and sustain healthy
interpersonal and
romantic
relationships.*



We believe in research.



We believe in stable, safe, and nurturing families.



We believe that relationship education is for everyone.



THE DIBBLE INSTITUTE



Facilitator's Handbook

Stories about Love, Life, and Relationships
for System-Involved Youth



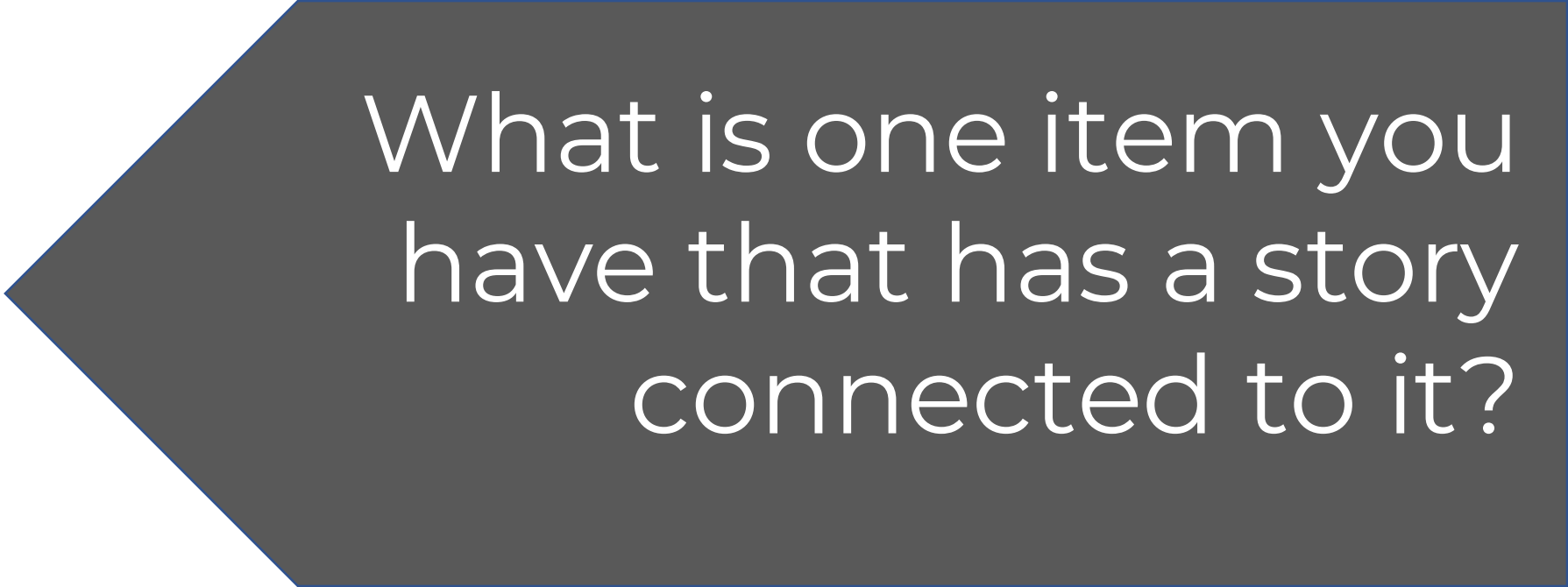
STORIES ABOUT LOVE, LIFE AND RELATIONSHIPS FOR SYSTEM-INVOLVED YOUTH

OBJECTIVES

By the end
of this
webinar
participants
will:

- 1) recognize the power of storytelling in helping system-involved youth think critically about their lives and future.
- 2) understand Project WITH's theory of change to impact system-involved youth.
- 3) dive into the Project WITH curriculum to understand the BIG ideas and facilitation process.
- 4) learn the impact of two evaluations over the last five years on Project With by an outside evaluator.

Your Story



What is one item you
have that has a story
connected to it?

WHERE THE
INNOVATION
BEGAN

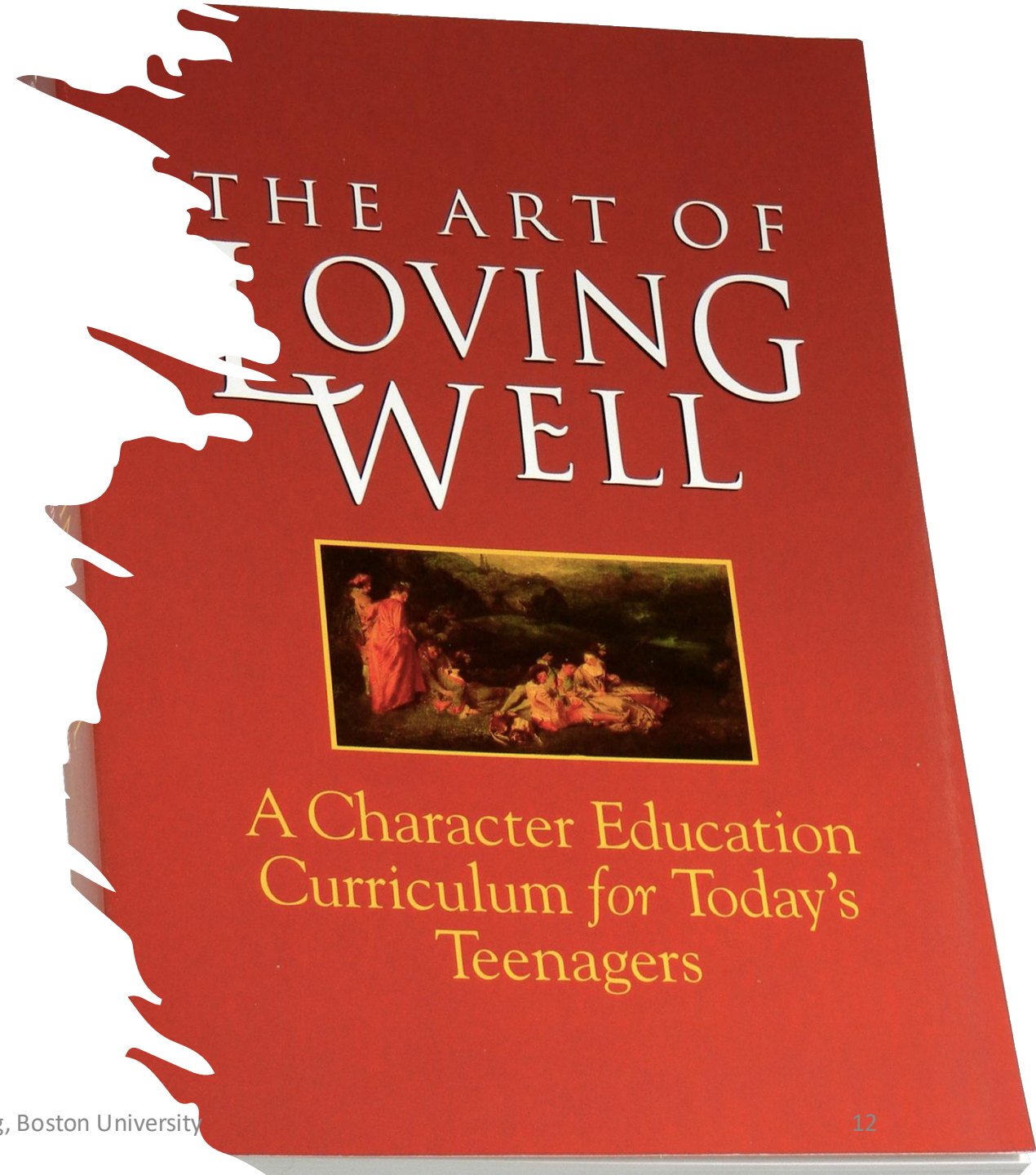


Fig. The Art of Loving, Boston University



Why Stories?


“A story presents a sequence of events that haven’t happened — but could — and invites us to imagine ourselves as the protagonist.”

– Carl Alviani, *The Science Behind Storytelling*
(2018)

- Stories **activate empathy** by connecting abstract ideas to human experience
- They **anchor ideas in emotion**, making them more memorable and persuasive

“We all have a persistent sense of self, and stories hitch a ride on that self-awareness.”

– Alviani (2018)

- 
- We identify with characters, not concepts
 - Conflict and change keep us emotionally engaged
 - Stories work because they feel personal



The Story Arc: A Universal Path

1. Old Normal – The world as it is

2. Clear Goal

3. Obstacles

4. External Allies

5. Struggle

6. New Normal



The Story Arc: A Universal Path

1. Old Normal – The world as it is

2. Clear Goal – What the protagonist wants

3. Obstacles

4. External Allies

5. Struggle

6. New Normal



The Story Arc: A Universal Path

1. **Old Normal** – The world as it is

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3. **Obstacles** – Challenges that create tension

4. **External Allies**

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The Story Arc: A Universal Path

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The Story Arc: A Universal Path

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5. **Struggle** – Internal and external conflict

6. **New Normal** – Growth and transformation



Project WITH Big Ideas Lessons 1-4

- Lesson 1: Two Wolves
 - **BIG IDEA:** LOVE AND RELATIONSHIPS ARE A JOURNEY
 - Story: *The Two Wolves*, Cherokee Native American folklore
- Lesson 2: Student Poetry: “Being Male” and “Uncertainty”
 - **BIG IDEA:** MATURITY STARTS WITH KNOWING WHO YOU ARE
 - Poetry:
 - *Being Male*, Anonymous
 - *Uncertainty*, Cathy Holland
- Lesson 3: The Old Grandfather and His Little Grandson
 - **BIG IDEA:** WE LEARN ABOUT LOVE AND RELATIONSHIPS FROM OUR FAMILIES
 - Story: *The Old Grandfather and His Little Grandson*, Traditional European fold story, retold by Leo Tolstoy
- Lesson 4: Alone
 - **BIG IDEA:** TO SURVIVE IN THIS WORLD, WE NEED CONNECTION WITH OTHERS
 - Poem: *Alone*, Maya Angelou

Project WITH Big Ideas Lessons 5 - 7

- **Lesson 5: Our Deepest Fear**
 - **BIG IDEA:** HAVING A HEALTHY SENSE OF WHO WE ARE ALLOWS US TO CONNECT WITH OTHERS IN HEALTHY WAYS
 - Poem: *Our Deepest Fear*, Marianne Williamson
- **Lesson 6: Ancestor**
 - **BIG IDEA:** LOVE AND RELATIONSHIPS ARE OFTEN COMPLEX AND COMPLICATED
 - Story: *Ancestor*, Jimmy Santiago Baca
- **Lesson 7: Block Party**
 - **BIG IDEA:** REAL LOVE MEANS GETTING TO KNOW THE OTHER PERSON, RESPECTING THEM, AND ACTING RESPONSIBLY FOR THEIR WELL-BEING
 - Story: *Block Party*, Project WITH Team



Project WITH Big Ideas Lessons 8 - 9

- **Lesson 8: Eagle**
 - **BIG IDEA:** WAITING AND SELF-CONTROL CAN LEAD TO COMMITTED, MATURE RELATIONSHIPS
 - Story: *How the Female Eagle Chooses Her Mate*, Wintu Tribal Elders of California
- **Lesson 9A: Jace's Story**
 - **BIG IDEA:** SEXUAL RELATIONSHIPS ARE A BIG DEAL AND SHOULD NEVER BE TAKEN LIGHTLY
 - Story: *Jace's Story*, Anonymous
- **Lesson 9B: Mia's Story**
 - **BIG IDEA:** SEXUAL RELATIONSHIPS ARE A BIG DEAL AND SHOULD NEVER BE TAKEN LIGHTLY
 - Story: *Mia's Story*, Anonymous

Project WITH Big Ideas Lessons 10-12

- **Lesson 10: Through The Eyes of The Heart**
 - **BIG IDEA:** OUR CHARACTER OFTEN DETERMINES OUR DESTINY
 - Story: *Through the Eyes of the Heart*, Project WITH Team
- **Lesson 11: A Brother's Silence**
 - **BIG IDEA:** BY CONSIDERING DEATH AND PAST REGRET, WE CAN TAKE ACTIONS THAT WILL STRENGTHEN OUR CURRENT RELATIONSHIPS
 - Story: *A Brother's Silence*, Anonymous
- **Lesson 12: I Love You**
 - **BIG IDEA:** DEEP COMMITMENT IS REQUIRED TO ESTABLISH AND MAINTAIN LASTING RELATIONSHIPS
 - Poem: *I Love You*, Elmo Robinson

Project WITH Lesson



Lesson 8

Big Idea

**Waiting and Self-Control Can
Lead to Committed, Mature
Relationships**



30

Big Idea & Skills



BIG IDEA: Waiting and Self-Control Can Lead to Committed, Mature Relationship

LESSON CONNECTIONS:

- We learn to love from our families and communities.
- Human relationships are complex, take time and sexual relationships are a big deal.

Story Summary:

Author: As told by the Wintu Tribal Elders of California

Story Summary:

When it comes time for the female eagle to choose her mate, she prepares herself for many suitors. She does not settle for the first male eagle who tries to get her attention. She does not settle just because every other female eagle she knows has a mate. She practices self-control and patience while going through the process. Many male eagles will try to impress her. She will take her time to evaluate them, test their strength, and make her decision based on an informed outcome.

This is equivalent to dating; just because someone takes you out on a date does not mean he or she is the right one for you. The reason for dating is to see if this person is the right fit. The female eagle does not allow herself to become emotionally connected to the male eagle, but rather, she sticks with her plan without any distractions. Her focus is to make sure he fits the profile that she has in mind. The male eagle she chooses will be her mate for the rest of her life. She will not mate with another male eagle unless her mate dies. It is important for her not to rush the process.

If we learn to take the emotion out of the initial dating phase and focus on the knowing phase, there's a higher chance for a positive outcome. Relationships are too important and yet complicated to be rushed into because it takes time to get to know someone. Remember to put logic before emotions.

Lesson Preparation

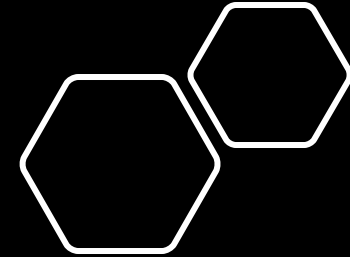
MATERIALS

- Project *WITH* Student Journals
- Paper (if Student Journals are not being used)
- Large Sticky Notes Easel Pad
- Small Sticky Notes
- Markers / Pencils / Pens
- Tablet
- Colored circle stickers
- Paper printouts with the following statements (at the end of the lesson):
 - No flirting
 - Returns calls
 - Doesn't look at other (girls/guys)
 - Dates only me
 - Shows affection publicly
 - I'm more important than friends
 - Gives respect and kindness
 - Shows up on time

DIGITAL RESOURCES

Video Clips:

- *Bronx Tale - Door Test*
tinyurl.com/3yt67cce
- *Love On Top*
tinyurl.com/yx66zjbx



Lesson Plan Outline

1. Welcome, Rewind, On-Ramp



- 1.1 Welcome
- 1.2 Rewind
- 1.3 On-Ramp: Bronx Tale
- 1.4 Transition to Theme

2. The Story: Activities, Discussion, Media



- 2.1 The Story
 - Frame the Story
 - Read: *How the Female Eagle Chooses Her Mate*
 - Explain the Connection
- 2.2 Activities & Discussion
 - Video: *Love on Top*
 - Video Discussion
 - Activity: The Stick Test
 - Discussion

3. Wrap Up



- 3.1 Journal Reflection: Thank You for Catching the Stick
- 3.2 Big Idea Reflection



Lesson 8

Big Idea

Waiting and Self-Control Can Lead to Committed, Mature Relationships



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Eagle Story

(As told by the Wintu Tribal Elders of California)

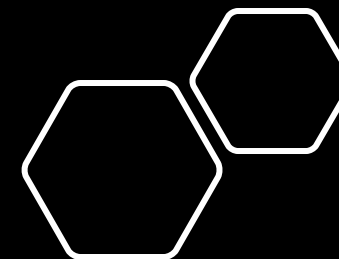


Lesson 8

When it comes time for the female eagle to choose her mate, she prepares herself for many suitors. And many come before her. She looks them over quite well and then picks one to fly with for a while.

If she likes the way he flies, she finds a small stick, picks it up and flies high with it. At some point she will drop the stick to see if the male can catch it. If he does, then she finds a larger stick and flies with it much higher this time. Each time the male catches the sticks, she continues to pick up larger and larger sticks. When she finds the largest, heaviest stick that she herself can carry, the stick is at this point almost the size of a small log! But she can still fly very high with this large stick.

31



Student Journal

30



At any time in this process, if the male fails to catch the stick, she flies away from him as her signal that the test is now over. She begins her search all over again. And when she again finds a male she is interested in, she starts testing him in the exact same way. And she will continue this “testing” until she finds the male eagle that can catch all the sticks. And when she does, she chooses him, and will mate with him for life.

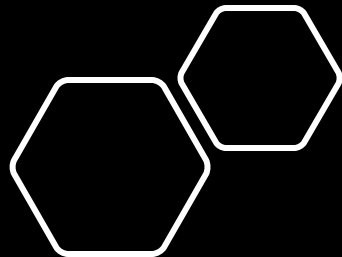
One of the reasons for this test is that at some point they will build a nest together high up and will then have their eaglets. When the babies begin to learn to fly, they sometimes fall instead. It is then that the male must catch his young. And he does!

Lesson 8

Journal Reflection:

Thank You for Catching the Stick

When have you “dropped the stick” in past relationships? Write down the name of one person in your life you can thank for “catching the stick.”



Student Journal

“The most powerful person in the world is the storyteller.”

– Steve Jobs

The Power of the Storyteller!

Project WITH connects culturally relevant facilitators who have similar backgrounds with system-involved youth





Group size 6-12 youth



Youth sit in a circle



Facilitators sit in the circle with youth



Tablets share the videos

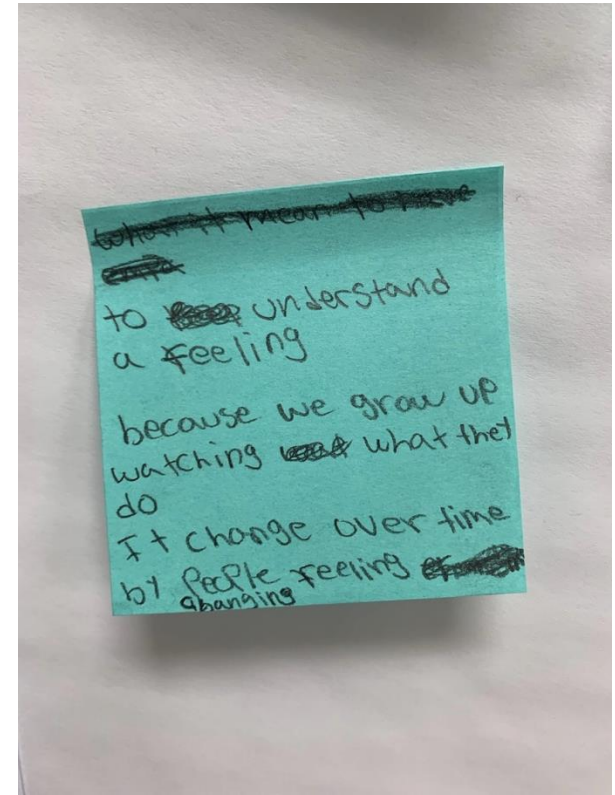


Ideally share a meal with the youth



Journals to reflect

Facilitation Strategies



How does
having similar
experiences to
youth help
create
connection?



Fig. 1 Image of Project With team members



Creating New Stories

Project WITH is the bridge to start a relationship with youth to help them begin to think critically and process a new story for their lives.

Our team has utilized excursions to help celebrate the completion of the curriculum.

Fig. Participants of Project With

Project WITH Evaluation #1: Quasi- Experimental Study

**Quasi-experimental evaluation using pre- and post-tests
with a comparison group**

- Impact on youth engagement in healthy relationships and future planning
- Statistically significant increase in youth reporting future planning behaviors

**Findings under peer review in Children and Youth Services
Review**

Project WITH Evaluation #2

- 81% of youth said Project WITH made them more likely to make plans to reach their goals
- 77% reported a better understanding of what makes a relationship healthy
- 66% said they are more likely to think about consequences before making decisions

Project WITH:

- increases protective factors
- improves ability to resist temptations and provocations
- increases knowledge and skills to form and sustain healthy relationships
- improves planning and decision-making skills, and
- enhances positive connections and communication with family and caregivers



“We need people to show us that path out of here – some people say we’re lost causes but not the facilitators.”

– Youth participant



Fig. Project With participants

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? RelationshipSkills@Dibbleinstitute.org

Second Wednesday Webinar

May 14, 2025

Mind Matters: Foster Youth and Behavioral Health

Joanna Lamb Looby

The Community College Foundation