



# The Dibble Institute<sup>®</sup>

## Resources for Teaching Relationship Skills

Program Considerations	Love Notes SRA
<p>Teach the benefits of personal responsibility, self-regulation, setting goals, healthy decision making, and planning for the future.</p>	<p>Each lesson in the Love Notes 4.1 SRA curriculum includes either an activity, discussion, journal prompt, and/or trusted adult connection activity designed specifically to teach the benefits of personal responsibility, improve their self-regulation skills, promote healthy decision-making, and future planning.</p>
<p>Discourage sexual coercion, dating violence, and other risk behaviors such as underage drinking or illicit drug use.</p>	<p>The following lessons include content that discourage sexual coercion, dating violence, and other risk behaviors such as underage drinking or illicit drug use:</p> <ul style="list-style-type: none"><li><b>Lesson 3: My Expectations—My Future</b><ul style="list-style-type: none"><li>• 3.2 The Power of Expectations</li></ul></li><li><b>Lesson 5: Principles of Smart Relationships</b><ul style="list-style-type: none"><li>• 5.2 Seven Principles of Smart Relationships</li></ul></li><li><b>Lesson 6: Is It a Healthy Relationship?</b><ul style="list-style-type: none"><li>• 6.1 How Can You Tell?</li><li>• 6.3 Breaking Up</li></ul></li><li><b>Lesson 7: Dangerous Love</b><ul style="list-style-type: none"><li>• 7.1 Early Warnings and Red Flags</li><li>• 7.2 Violence: Why it Happens, What Helps, Signs of Greatest Danger</li><li>• 7.3 Sexual Assault and Consent</li><li>• 7.5 Draw the Line of Respect</li></ul></li><li><b>Towards Success</b><ul style="list-style-type: none"><li>• 8.1 The High Costs of Sliding</li></ul></li><li><b>Lesson 9: Communication and Healthy Relationships</b><ul style="list-style-type: none"><li>• 9.2 Patterns that Harm Relationships.</li><li>• 9.3 Angry Brains and the Power of Time Outs</li><li>• 9.4 The Speaker Listener Technique – When Talking is Difficult</li></ul></li><li><b>Lesson 11: Let’s Talk About Sex</b><ul style="list-style-type: none"><li>• 11.6 Are We on the Same Page?</li><li>• 11.7 Setting Your Line</li></ul></li><li><b>Lesson 12: Let’s Plan for Choices</b><ul style="list-style-type: none"><li>• 12.5 Pressure Situations—Assertiveness Skills</li></ul></li></ul>

<p>Encourage making choices that avoid sexual activity outside of marriage.</p>	<p>The following lessons include content that encourage making choices that avoid sexual activity outside of marriage:</p> <p><b>Lesson 3: My Expectations—My Future</b></p> <ul style="list-style-type: none"> <li>• 3.2 The Power of Expectations</li> </ul> <p><b>Lesson 4: Attractions and Starting Relationships</b></p> <p><b>Lesson 6: Is It a Healthy Relationship?</b></p> <ul style="list-style-type: none"> <li>• 6.1 How Can You Tell?</li> </ul> <p><b>Lesson 8: Decide, Don't Slide! Pathways &amp; Sequences Towards Success</b></p> <p><b>Lesson 11: Let's Talk About Sex</b></p> <p><b>Lesson 12: Let's Plan for Choices</b></p> <p><b>Lesson 13: Through the Eyes of a Child</b></p>
<p>Provide formal training for program leaders and educators on the program's approach, and factors that affect youth's sexual risk avoidance.</p>	<p>The Dibble Institute offers high-quality, ongoing professional development and training in the program model for all your project staff and facilitators to ensure successful implementation and evaluation. We are also available to provide follow-up technical assistance to facilitators, as needed.</p>
<p>Choose programs and/or program elements that research shows are effective in achieving positive behavior changes, such as preventing unmarried teen pregnancies, STIs, and non-marital sexual activity, for the group being served.</p>	<p>In a randomized control trial, youth in Love Notes were:</p> <ul style="list-style-type: none"> <li>• <b>More likely to remain abstinent,</b></li> <li>• <b>more likely to return to abstinence, AND</b></li> <li>• <b>46% less likely to become pregnant or experience a teenage pregnancy.</b></li> </ul> <ol style="list-style-type: none"> <li>1. Barbee, A. P., Cunningham, M. R., Antle, B. F., &amp; Langley, C. N. (2022). Impact of a relationship-based intervention, Love Notes, on teen pregnancy prevention. <i>Family Relations</i>, 1–20. <a href="https://doi.org/10.1111/fare.12798">https://doi.org/10.1111/fare.12798</a></li> <li>2. Barbee, A. P., Cunningham, M. R., van Zyl, M. A., Antle, B. F., &amp; Langley, C. N. (2016). Impact of Two Adolescent Pregnancy Prevention Interventions on Risky Sexual Behavior: A Three-Arm Cluster Randomized Control Trial. <i>American Journal of Public Health</i>, 106(Suppl 1), S85–S90. <a href="http://doi.org/10.2105/AJPH.2016.303429">http://doi.org/10.2105/AJPH.2016.303429</a>. For the OAH evidence-based list, see <a href="https://www.hhs.gov/ash/oah/sites/default/files/ebp-chart1.pdf">https://www.hhs.gov/ash/oah/sites/default/files/ebp-chart1.pdf</a></li> </ol>

<p>Select curricula that are medically accurate, age-appropriate, culturally appropriate.</p>	<p>Love Notes 4.1 SRA is medically accurate, age-appropriate, culturally appropriate:</p> <p><b>Medically accurate</b> All medical information has been referenced to peer reviewed publications by educational, scientific, governmental, or health organizations.</p> <p><b>Age-appropriate</b> Information, activities, stories and scenarios in Love Notes are written for 14–19-year-old youth. A middle school adaptation is available for organizations implementing Love Notes with younger youth and the content has been adapted to be age-appropriate for younger youth.</p> <p><b>Culturally appropriate</b> Love Notes 4.1 SRA has been developed for youth utilizing current youth culture. Additional cultural adaptations can be made to fit the needs of participant groups.</p>
<p>Select curricula that address healthy relationships, life skills, and decision-making with a positive youth development (PYD) approach.</p>	<p>Love Notes 4.1 SRA addresses healthy relationships, life skills, and decision-making with a positive youth development (PYD) approach. Love Notes 4.1 SRA aligns with the 5 C’s of Positive Youth Development:</p> <p><b>Competence</b> Builds essential life and relationship skills like communication, conflict resolution, goal setting, and decision-making through interactive lessons and real-life scenarios.</p> <p><b>Confidence</b> Strengthens self-efficacy and resilience by helping youth reflect on their values, set personal goals, and practice healthy behaviors in a safe, supportive setting.</p> <p><b>Connection</b> Encourages strong, supportive relationships with peers and trusted adults through group activities, discussions, and “Trusted Adult Connection” exercises.</p> <p><b>Character</b> Promotes personal responsibility, empathy, and respectful behavior in relationships, reinforcing positive norms and emotional maturity.</p> <p><b>Contribution</b> Empowers youth to make informed decisions and contribute positively to their communities by advocating for healthy choices and envisioning a successful future.</p>