

November 2025



**Love Notes and Life Lessons:
Building Resilience among Youth
Where It's Needed Most**

Presenter:

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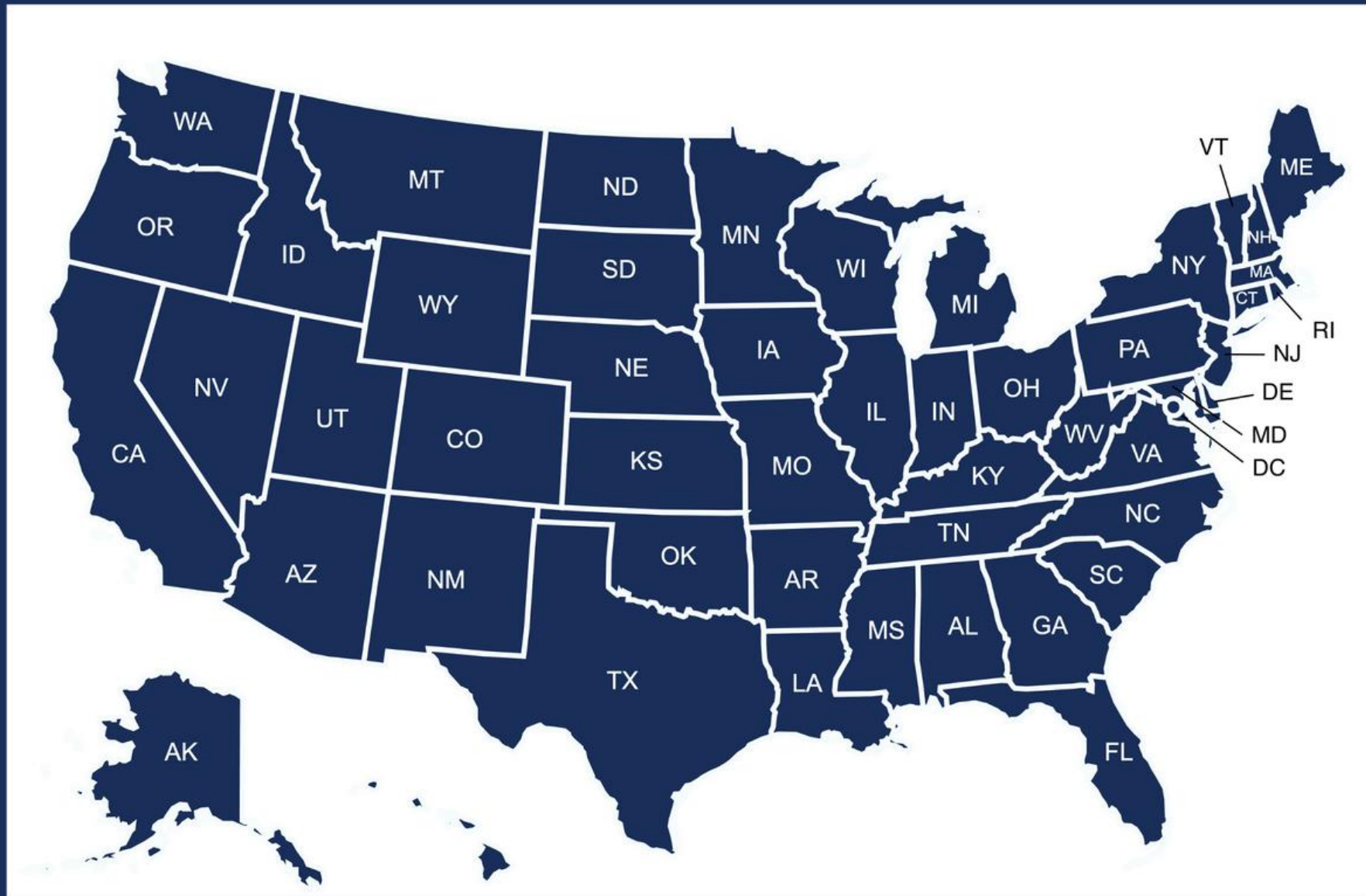
Webinar Resources

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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.



Love Notes and Life Lessons: Building Resilience among Youth Where It's Needed Most

Esra Şahin, Ph.D.



What are some things youth should know about when it comes to romantic relationships?



Romantic Relationships among Youth

- Time together
- Identity development
- Understanding dynamics of a family
- Development of sexuality
- Career planning



**What are some potential risks
of romantic relationships
among youth?**



Benefits and Risks

- Conflict management
- Communication skills
- Emotional expression
- Future relationship quality
- Dating violence
- Drug use
- Risky sexual behavior
- Depression and anxiety



What does resilience mean to you?



Resilience

- Maintaining wellbeing despite adversity
- Focus on positive factors
- Strength based interventions



Goal of Relationship Education among Youth

- Supporting informed decisions about dating
 - Partner selection
- Improved healthy relationship attitudes and skills
 - Relationship pacing
 - Conflict management
- Recognizing risks (e.g. red flags)



Love Notes

- Unplanned pregnancy
 - Single parenting
 - Troubled relationships
- How to make wise choices about partners, sex, relationships, pregnancy, and more



Focus on Youth with Greatest Need and Disparities

Community of focus: youth in urban counties along the Wasatch front who have high rates of teen births, STIs, sexual risk, mental health challenges, poverty

Table 1. *Teen Birth Rates per 1,000 females ages 15-19 (UT Dept. of Health, 2020)*

Utah			U.S.
Statewide	Wasatch Front Urban Area†	UT Ethnic/Racial Minorities°	U.S.
12.6	22.2	25.9	15.4

Table 2. *Sexually Transmitted Infections (STIs) per 100,000 for youth ages 15-19 (UT Dept. of Health, 2020)*

STI	Utah			U.S.
	Statewide	Wasatch Front Urban Area†	UT Racial Minorities°	U.S.
Chlamydia - Males	439.2	1,138.7	852.6	1,009
Gonorrhea - Total	107.0	570.4	600.9	442.6



Research Questions

- Were there differences in pre and post program outcomes of *Love Notes* among youth from
 - urban high schools,
 - alternative education,
 - behavioral health facilities?
 - Covariates: age, GPA, needs met, intervention format, race/ethnicity, gender, well-being, anger control, school connection, and parental/guardian connection
- Were there differences in experiences among these youth?
 - Also based on age, gender, and ethnicity



Methods

Pre and post program data collected from youth in

- urban Title I high schools (UHS, n=270)
- alternative education high schools (AHS, n=878),
- behavioral health facilities (BHF, n=1749)

Relationship Deciding Scale: —————→

- Relationship Confidence
- Relationship Decision-Making
- Recognizing Warning Signs

Open-ended questions: —————→

- “What did you find most useful about the course?”
- “What did you find least useful about the course?”

Analyses

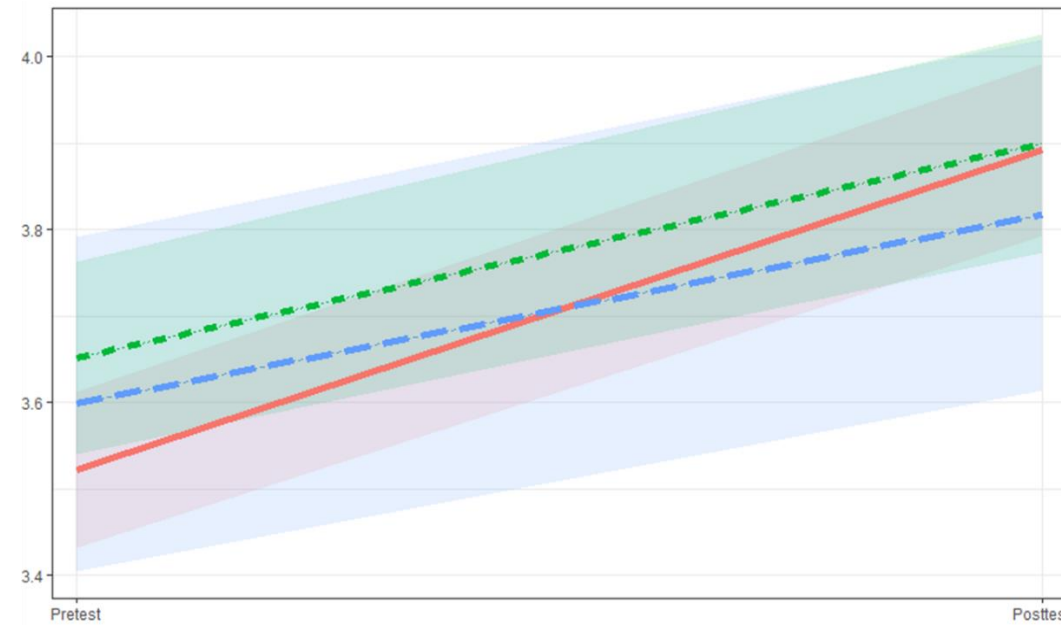
Multilevel modeling
(outcome differences)

&

Thematic analysis
Chi square tests
(experiences)



Results (outcome differences)

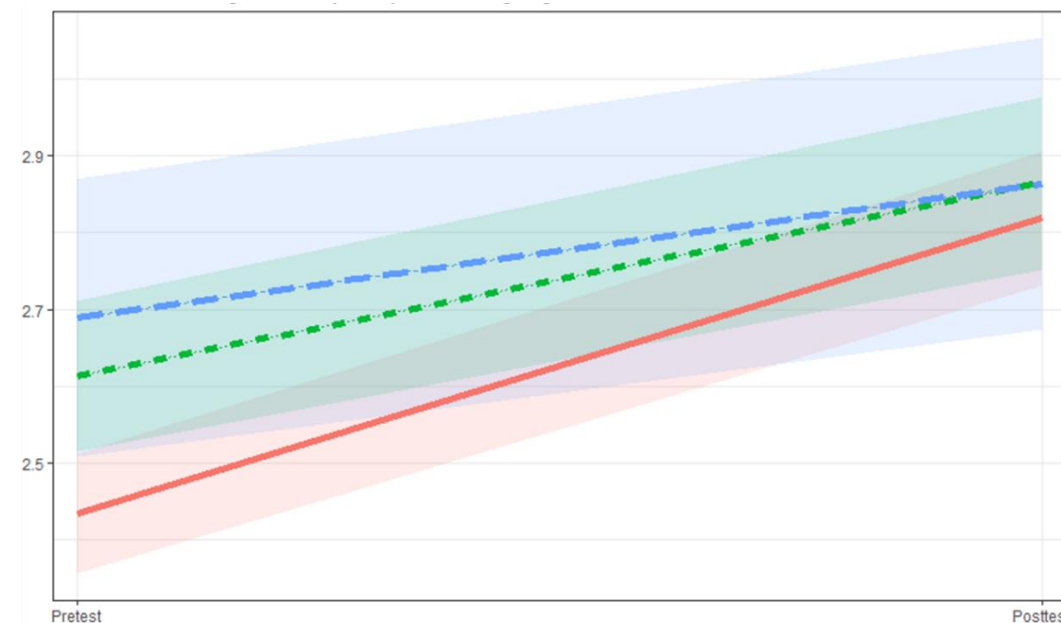
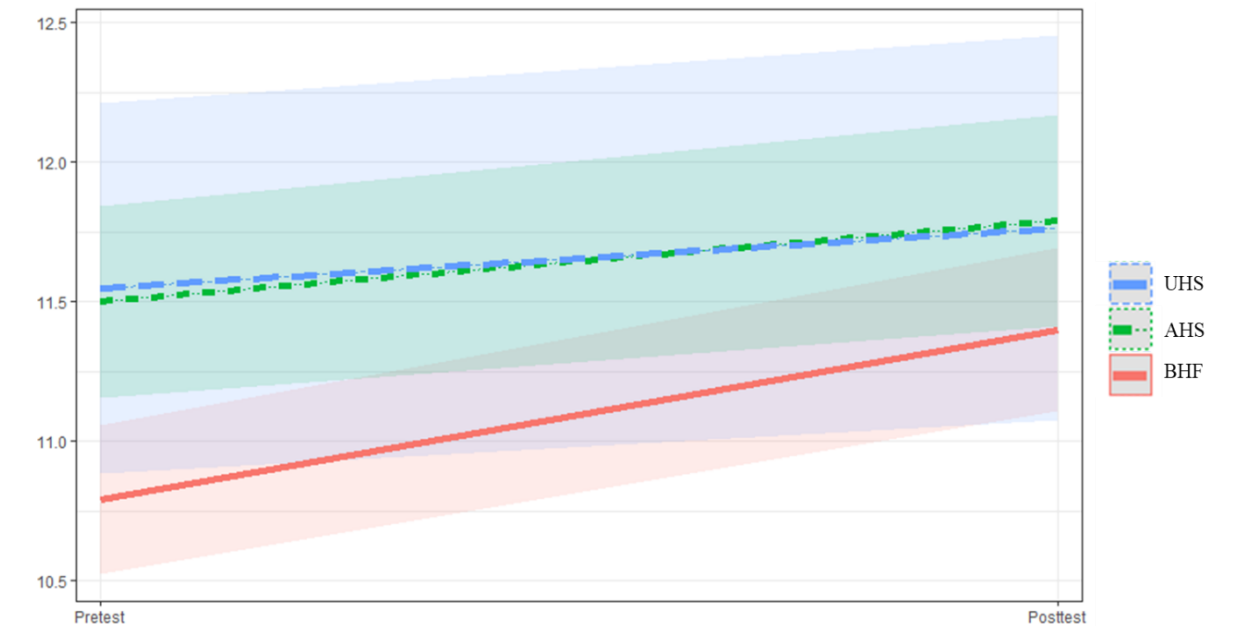


Relationship Confidence

- BHF youth > UHS and AHS
- No difference between UHS and AHS
- School and parental connection, well-being were important

Relationship Decision-Making

- No difference between groups
- GPA, anger control, school and parental connection, and well-being were important



Recognizing Warning Signs

- BHF youth > UHS and AHS
- No difference between UHS and AHS
- Parental connection, well-being, and identifying as Hispanic/Latinx were important



Results (experiences)

Almost half (49.4%) reported finding everything useful

Most Useful (n=1318)

1. Healthy relationship knowledge & skills

“What a good relationship looks like and how we can take the best decisions.” (16-year-old UHS female)

2. Unhealthy relationship knowledge & skills

“Decide, don't slide. Make clear decisions and wait for the chemistry to surface.” (16-year-old BHF transgender)

“The most useful thing was learning how to identify red flags and toxic relationships.” (20-year-old BHF female)

3. Sex education

“Learning about birth control and safe sex.” (17-year-old BHF male)

Least Useful (n=1029)

1. Specific course components

“What stages you should do things at because when you know you know.” (17-year old AHS male)

“There's a lot of meters and they didn't make sense.” (17-year-old BHF male)

2. Uncomfortable/Negative aspects

“Triggers.” (15-year-old BHF female)

“Abusive relationships.” (14-year-old BHF female)

3. Sex education

“How you should be married to have a kid.” (18-year-old AHS male)

“What birth control does and the different types because I have had discussions about all of them before.” (15-year-old BHF other gender)

Results (experiences)

Almost half (49.4%) reported finding everything useful

BHF, younger, female & other gender, Hispanic/Latinx youth

Most Useful (n=1318)

1. Healthy relationship knowledge & skills

- UHS & AHS youth
- Older youth (18-20)

2. Unhealthy relationship knowledge & skills

- Other gender
- Non Hispanic/Latinx youth

Recognizing risks:

- BHF youth
- Females & other gender

3. Sex education

- BHF youth
- Males

Least Useful (n=1029)

1. Specific course components

- Non Hispanic/Latinx youth

2. Uncomfortable/Negative aspects

- BHF youth
- Older (18-20) and younger youth (14-15)

3. Sex education

- BHF youth
- Other gender

Abstinence only focus:

- Older youth (18-20)
- Non Hispanic/Latinx youth

Discussion & Implications

- Successful curriculum and implementation
 - Almost half found everything useful
 - Content was helpful
- Importance of wellbeing, school & parental connection
- Resilient youth
 - BHF youth showed more gains & specified most and least useful content
- Role of participant background
 - Age, gender, ethnicity
- Sex education
 - Most useful (STIs, birth control, being safe)
 - Least useful (Abstinence, already known information)



THANK YOU!



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