

2024/2025 ANNUAL REPORT



The Dibble Institute®
Relationship Skills for Teens and Young Adults



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

A Message from our Executive Director, Kay Reed

This year reminded us just how essential research based relationship skills are for young people. When youth learn to correct faulty beliefs about love, communicate clearly, and advocate for themselves, they gain tools that support every part of their lives—from school and work to family and community.

I'm proud that **The Dibble Institute®** stood firmly with our clients during a year of major federal funding shifts. As requirements changed, we worked closely with organizations nationwide to ensure they could continue their good work. Our team adapted materials where needed and helped partners meet funder expectations without altering the core content that makes our curricula effective with and relevant to today's youth and young adults.

That commitment is reflected in the field's response: 82% of newly funded Ready4Life grantees selected a Dibble program as their curriculum of choice. Their trust underscores the strength of our evidence base and our ability to help organizations deliver healthy relationship education in ways that truly meet the needs of young people.

The Dibble Institute will always be dedicated to expanding access to high quality relationship education and supporting our partners through every shift in the landscape. Together, we are helping youth build the skills that foster safety, connection, and success both now and in the future.



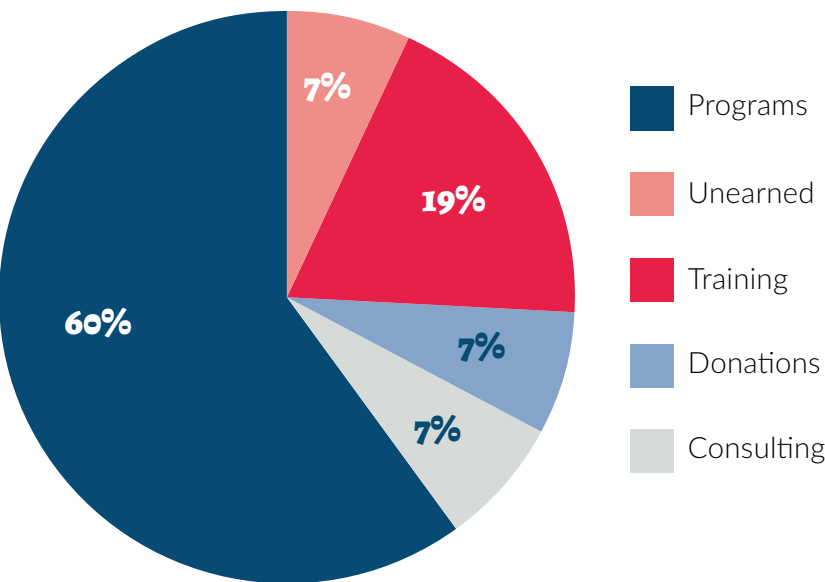
Kay Reed
Executive Director
The Dibble Institute®



Financials

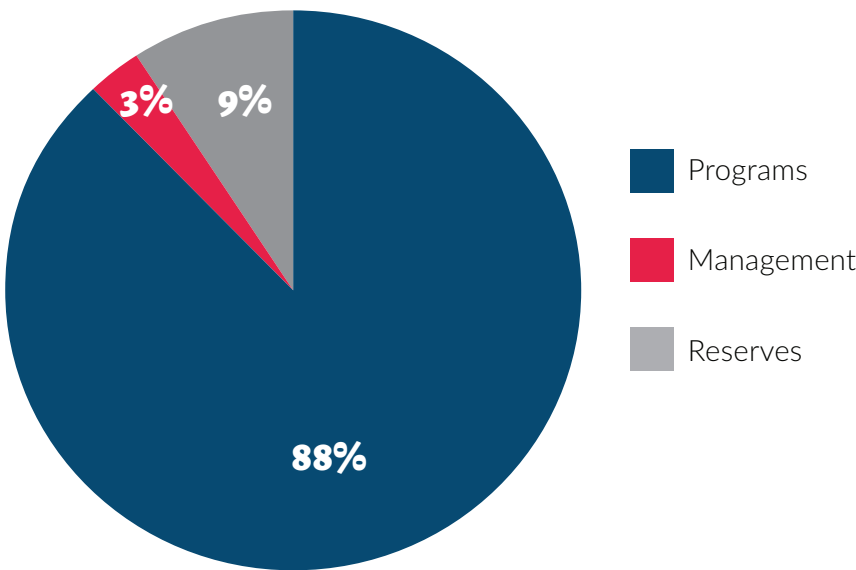
Thank you to the more than 325 organizations that reached over 117,000 young people with a Dibble relationship education program this year!

FY 2024 Revenue: \$1,864,294



“Thank you so much for all that you and your team have done to support our work — and, by extension, thousands of young people. We are truly grateful for the time and commitment you dedicated to us during the recent funding crisis. Your guidance helped keep me grounded and focused on moving forward.

FY 2024 Expense: \$1,864,294



Your team is truly exceptional.”

-Staci Anderson
President & CEO, PRO Youth & Families





Introducing Dibble's Newest Curriculum, *Project WITH*:

A Story-Based Program About Love, Life, and Relationships for System-Involved Youth

In February 2025, The Dibble Institute launched *Project WITH*, an all new, research based curriculum for ages 15–24 that centers the voices and experiences of system involved youth.

A young person's ability to build and sustain healthy relationships is shaped by the examples they observe and the support they receive. For youth who become involved with the justice or child welfare systems, those opportunities to learn, practice, and refine relationship skills are often disrupted.

Through a carefully curated collection of short stories and poems that explore universal themes in lifelong relationships, *Project WITH* offers a meaningful, accessible way for young people to reflect on what healthy connection looks and feels like.

"I learned new things about relationships that I had never thought about before. Before this class, my ideas about relationships came from what I saw around me, and I realized those weren't always the best examples."

-Project WITH Participant



Project WITH's 12 lessons support participants in navigating real time challenges in their relationships while encouraging intentional, responsible steps toward building positive future connections. The curriculum's accompanying videos and interactive activities expand the learning experience, offering space for reflection and personal insight.

By promoting thoughtful conversations and reflections on the shared human experience, *Project WITH* empowers system-involved young people to navigate relationships with greater awareness and resilience, understand how their actions today shape their futures, and make informed and constructive choices.



Scan the code
to request a
review copy of
Project WITH.

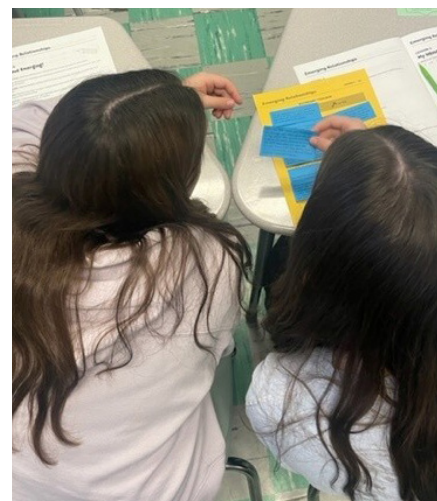


“One young woman asked for support in repairing her relationship with her brother because she saw how strengthening that relationship could bring more stability into her life.”

-Project WITH Facilitator

Emerging Relationships Shows Early Success in Alabama Classrooms

Dibble's curriculum for younger students, *Emerging Relationships*, is helping sixth graders build stronger connections at two Alabama Schools. An educator from Alabama Cooperative Extension introduced the program because she wanted younger students to gain early relationship skills before moving into the *Relationship Smarts PLUS* classes already being taught to high schoolers. By introducing *Emerging Relationships* earlier, she hoped to create classrooms where students feel more connected and confident.



She quickly saw how *Emerging Relationships* gives students the basic building blocks they need for healthier relationships. Teachers reported that students showed stronger self esteem, a more positive self image, and greater confidence in class. The educator also noticed how the lessons validated students who often feel overlooked, including special education students and those who have been bullied.



Over two years, *Emerging Relationships* has reached more than 300 students in two of Alabama's poorest counties. Demopolis Middle School hosted the program twice during social studies, and Pickens County Middle School offered it during advisory period. With support from Extension funding, the program continues to grow and help young people build healthier relationships.

"[*Emerging Relationships*] is so fun, I've enjoyed it. Students are open and talk. Sometimes they want to talk more after class. I absolutely love it. And, I'm out trying to get more people to use it!"

**- Leigh Akins,
Alabama Cooperative Extension Agent**

Scan the code to
request a review
copy of *Emerging
Relationships*



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 2025 include:

COMMUNITY ACTION COALITIONS

Children's Hospitals

COMMUNITY YWCAs

COLLEGES

Recovery Associations

Public Health Departments

State Cooperative Extension Services

PUBLIC SCHOOLS

Boys and Girls Clubs

YMCA's

Gang Intervention Projects

TRIBES

Community-Based Organizations

Non-profit Hospitals

ALASKAN NATIVE VILLAGES

YOUTHBUILDS

University Schools of Social Work

City Departments of Social Services

HEALTH SYSTEMS



The Evidence Base for Healthy Relationship Education Continues to Grow!

In 2025, three studies examining the effectiveness of Dibble's healthy relationship curricula were published in peer-reviewed journals, reinforcing what previous studies have already confirmed: Healthy relationship education works!

One study found that teens who participated in *Love Notes* showed improved relationship confidence, decision-making skills, and ability to recognize warning signs, especially for youth with greater behavioral health challenges.

Another study of *Love Notes* in school and community-based settings showed similar results. Participating teens grew in their understanding, knowledge, and skills around building and maintaining healthy relationships. This finding held true for the majority of outcomes, whether they took the full 12-lesson or shorter 9-lesson version of the curriculum.

A third evaluation done in Alabama examined three Dibble programs: *Relationships Smarts Plus 4.0*, *Money Habitudes*, and *Mind Matters*. Classes were led by either community teachers or college-aged peer teachers. The study found that teens in both types of classes gained valuable skills, learning how to manage conflict, boost their confidence, and make healthier choices in their relationships.

Together, these three studies strengthen the evidence base for Dibble's programs and affirm that healthy relationship education supports young people in building the skills they need to thrive.

Scan the code to explore
a complete list of
research evaluations for
Dibble's programs.



Healthy Relationship Education Funders

Alongside Teen Pregnancy Prevention, Title V, SRAE, and Healthy Relationship funding, organizations across the country are accessing a wide array of public and private resources to support healthy relationship education.

Federal Government Funders

- Health Resources and Services Administration: Rural Communities Opioid Response Program—Pathways
- Department of Justice: Office of Juvenile Justice and Delinquency Prevention (OJJDP): Second Chance Act - and - Title II Formula Grants Program
- Department of Justice: Office on Violence Against Women: Violence Against Women Act (VAWA) Funding
- Department of Agriculture: Farm and Ranch Stress Assistance Network
- Substance Abuse and Mental Health Services Administration (SAMHSA): Prevention Navigator Program - and - Rural Opioid Technical Assistance Regional Centers
- Department of Labor: Workforce Innovation and Opportunity Act: Strengthening Community Colleges Training Grants
- Department of Homeland Security: Targeted Violence and Terrorism Prevention Grant

State Government Funders

- Opioid Settlement Funds
- Trauma-Informed Substance Abuse Prevention Programming
- Drug Free Communities
- Medicaid
- Ready by 21
- California Youth Behavioral Health Initiative
- New Jersey Statewide Student Support Services
- Temporary Assistance for Needy Families

Private Funders

- Weyerhaeuser Family Foundation
- Humana Foundation
- Hospital Community Benefit Funding





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