

# Empowering Disconnected Youth:

*The Protective Factors of Healthy Relationship Education*



Webinar  
April 12, 2017

**Presenter: Dixie Zittlow | Director of Outreach**

# Webinar Information

If you are unable to access audio through your computer, please use your phone: **+914-614-3221** /access code: 332-318-811. All attendees are muted.

## Ways to participate:

- Type your questions in the “Questions” box
- Raise your hand
- Answer the poll questions

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# CHARLIE AND HELEN DIBBLE





# **The Dibble Institute**

Resources for Teaching Relationship Skills

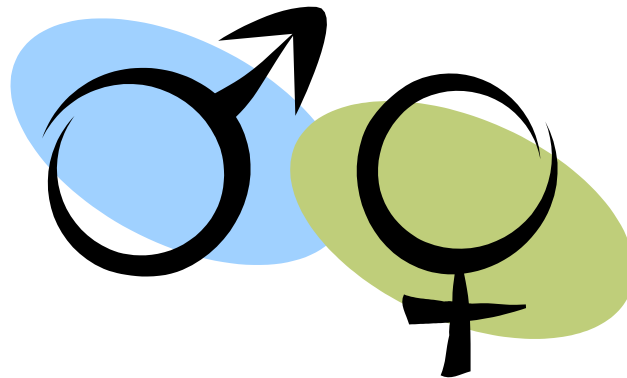
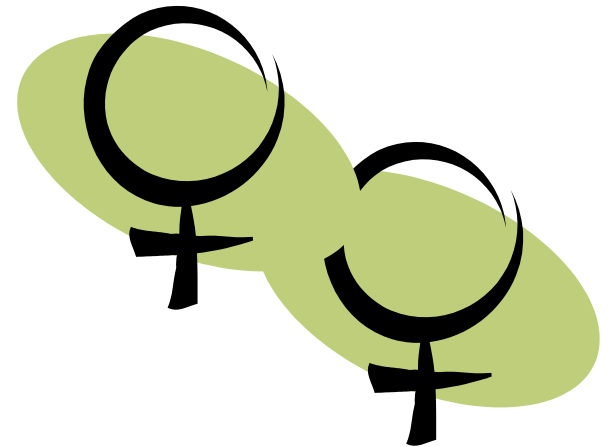
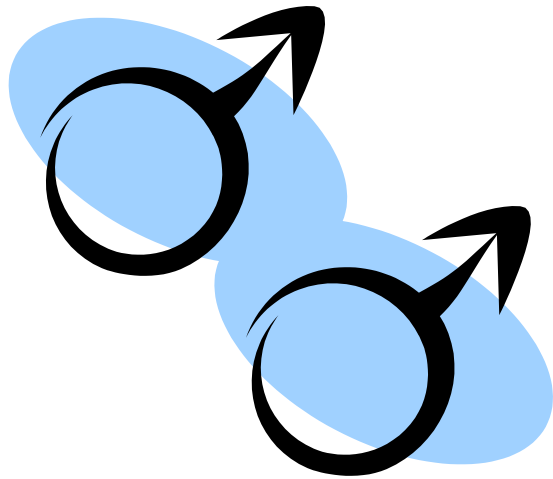
The Dibble Institute believes in research.



The Dibble Institute  
believes in stable, healthy families.



The Dibble Institute believes  
all people deserve respect.



# Goals for today:

- 1. Identify the risk factors that disconnected youth experience and the protective factors that healthy relationship education offers to homeless youth.
- 2. Learn how healthy relationship education is a protective factor that addresses and teaches social and emotional well-being for youth.
- 3. Discover how the evidence-based curriculum, *Love Notes*, provides these skills as reported from others who work with at-risk youth in a variety of venues.



Disconnected youth experience many risk factors and healthy relationship education offers protective factors to homeless youth.





What are the risk factors that disconnected youth experience.



# Risky sexual behaviors and unplanned pregnancy







Faulty relationship beliefs are  
a risk factor.





What are the protective factors that can counter the risk factors they experience?



# Impulse control is a protective factor – how do I get that?





Building connections with others -  
peers, adults, and romantic  
partners is a protective factor.



Empower them to have  
relationship efficacy.



# What if ...



Healthy relationship education meets these needs in a holistic way.





**Protective behaviors increase with healthy relationship education.**





Healthy relationship education  
teaches social and  
emotional well-being for youth.



There are skills that can develop social and emotional well-being.



## Expectations – Put them to Work Positively in Your Relationships

- Be aware of your expectations
- Communicate them
- Problem-solve differences
- Be willing to meet each other's most important ones as best you can.

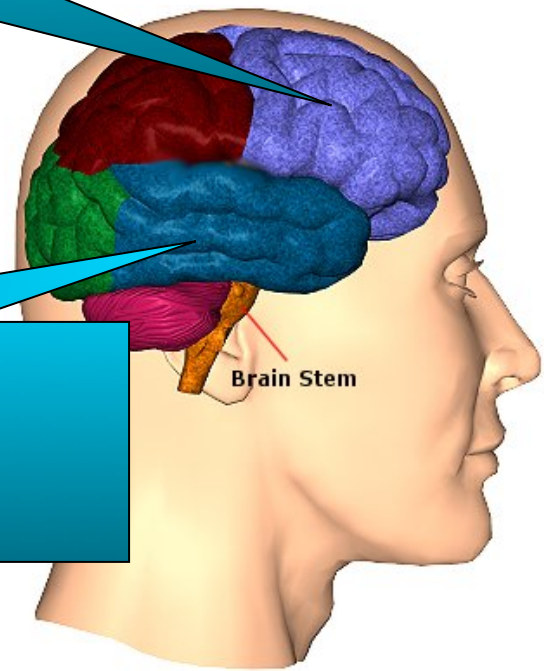




# Angry Brains Aren't Smart Brains

Cortex-Your Higher Thinking Brain  
Where logic, reason, perception,  
planning, and problem-solving take  
place.

Lower Brain-Reactive, Automatic  
Regulates bodily functions &  
Reactions (fight or flight)



What are they doing now about their love lives?





Evidence based materials make a difference in empowering youth.





- The research done at the UOL was for a 5 year study funded by the OAH.
- The study served youth 14-16 who were
- The outcomes included info on pregnancy prevention, dv, healthy relationships, communication and conflict resolution.

The research  
from University  
of Louisville, KY



- Love Notes (LN) is a 13-module curriculum designed to
  - Educate youth about healthy relationships, including issues of planning, decision making, communication, and conflict resolution;
  - Aims to reduce teen dating violence and unprotected sex (and thus pregnancy, the spread of sexually transmitted infections [STIs], and injury.

Evidence based materials provide assurance to the agency that they are providing quality knowledge and skills.

- Already has gone through rigorous evaluation for effectiveness
- Proven to work for any audience
- Saves organization development time - core elements and their usage has already been packaged for implementation





Healthy  
relationship  
education is  
taught in a  
variety of venues  
in the  
community.



Examples of meeting them where they are.



UNIVERSITY OF UTAH  
HEALTH CARE

Places that use healthy relationship ed  
for domestic and dating violence  
awareness and prevention.







family  
RESOURCES



WICHITA  
Children's Home

Healthy relationship education meets many needs for disconnected youth in a holistic way.



# Q & A





# Thank You for Joining Us Today!

There is a brief survey after the end of this webinar. Thank you for providing us your feedback!

**Webinar will be available in 3 days:**

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**Questions? Contact:**

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# May 2017 Webinar

## **A Collaboration Between Organizations:**

*Getting Relationship Education into the Communities*

Wednesday, May 10, 2017

4:00 PM EST/1:00 PM PACIFIC



# Thank you for joining me today!

Questions?

Feel Free to contact me –

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