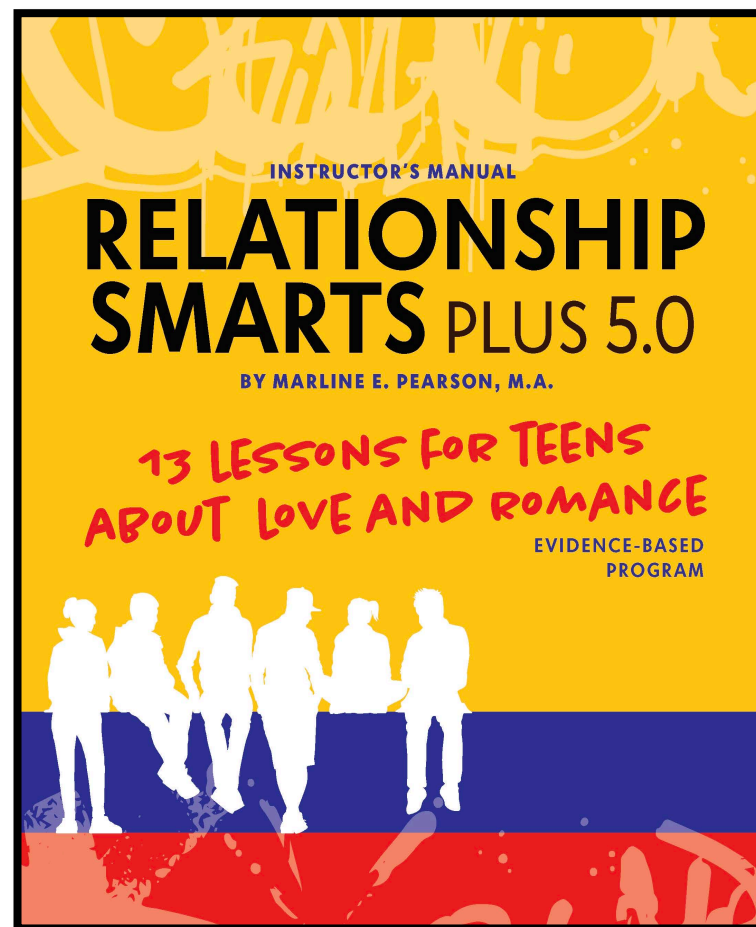
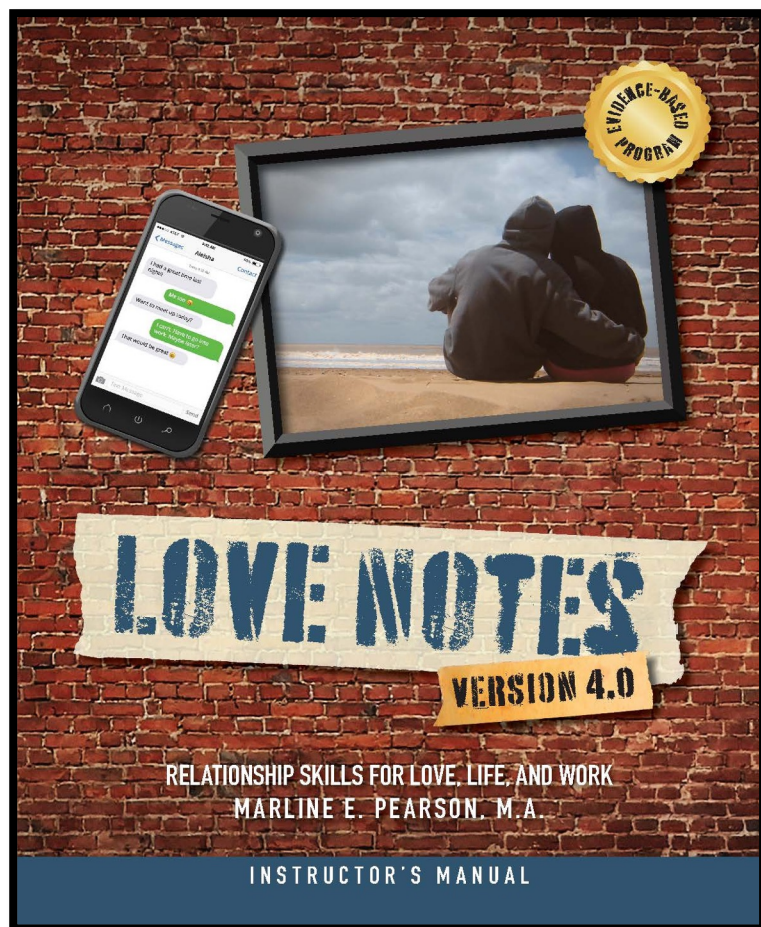


The Dibble Institute

Relationship Skills for Teens and Young Adults



Update Overview

Why the update?

- Updated research
- Activities improved
- Workbook is now called Journal
- New images--contemporary, diverse and inclusive—in PPs and Journal.
- Updated and inclusive language in activity scenarios
- Some new videos, music
- Trusted Adult Activities

What's Important to Me?



What are you looking for in a partner/friend? What qualities are important to you?

Check your top 10.

- | | | |
|---|---|--|
| <input type="radio"/> Caring/kind to others | <input type="radio"/> Adventurous/will try new things | <input type="radio"/> Good work ethic |
| <input type="radio"/> Dependable/reliable | <input type="radio"/> Sensitive | <input type="radio"/> Doesn't want to change me |
| <input type="radio"/> Good looking | <input type="radio"/> Has drive/goals | <input type="radio"/> Fun |
| <input type="radio"/> Positive attitude | <input type="radio"/> Real, not fake | <input type="radio"/> Good manners/polite |
| <input type="radio"/> Athletic/physically fit | <input type="radio"/> Drug-free | <input type="radio"/> Artistic/creative |
| <input type="radio"/> Intelligent | <input type="radio"/> Has good relationship with family | <input type="radio"/> Confident/has good self-esteem |
| <input type="radio"/> Doesn't drink (or drink too much) | <input type="radio"/> Respects me | <input type="radio"/> Respects my sexual boundaries |
| <input type="radio"/> Good listener | <input type="radio"/> Good dancer | <input type="radio"/> Affectionate |
| <input type="radio"/> Clean and neat | <input type="radio"/> Outgoing/friendly | <input type="radio"/> Imaginative |
| <input type="radio"/> Rich | <input type="radio"/> Has skills/talents | <input type="radio"/> Good with children |
| <input type="radio"/> Responsible with money | <input type="radio"/> Same cultural background as me | <input type="radio"/> Faithful |
| <input type="radio"/> Easygoing | <input type="radio"/> Shares my interest in _____ | <input type="radio"/> Quiet and thoughtful |
| <input type="radio"/> Romantic | <input type="radio"/> Carefree | <input type="radio"/> Can disagree and fight fairly |
| <input type="radio"/> High energy | <input type="radio"/> Religious/spiritual | <input type="radio"/> Good conscience |
| <input type="radio"/> Honest/trustworthy | | <input type="radio"/> Sense of humor |

what's important to me?

Top 3

What are the 3 qualities that are must-haves for you?

1. _____
2. _____
3. _____

List 3 things you could *not* accept in a partner/friend (Example: drugs, no drive/ambition.)

1. _____
2. _____
3. _____

Focus on your top 3 and answer this question: In a new relationship/friendship, how long would it take you to know if these were present?

Clearer background design in Journal

LOVE NOTES

Update Overview

Why the update?

- Updated research
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- New images--contemporary, diverse and inclusive—in PPs and Journal.
- Updated and inclusive language in activity scenarios
- Some new videos, music
- Trusted Adult Activities

Update Overview

Important and Emerging Topics included:

- Sexual Assault and Consent
- Digital consent issues
- Sex trafficking prevention
- New approach for internet porn
- Mutuality as it relates to sexual decision-making
- Young people's lives and relationships in the digital age



LESSON THIRTEEN

Teens, Technology, and Social Media

SUPPLEMENTAL CONTENT

SECTION 9.5

Relationships in the Digital Age

- Video clip: *Face Time* (embedded in PowerPoint)

7 minutes

This section begins with a short video clip comparing a relationship situation played out face-to-face with one through texting. Tips on respectful texting in a relationship will be offered.

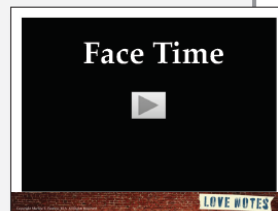
- ❖ (PP) *You've just learned and practiced some useful skills to help you communicate clearly and effectively.*
- ❖ *But as you know, today, much of our communication occurs via texting. Let's examine how it may impact our relationships.*



Video Clip: *Face Time*

Before showing the video clip ask this:

- ❖ *Has anyone ever had the experience of being misunderstood or misinterpreted with a text or social media post? Ask for a quick show of hands.*
- ❖ (PP) *Let's view a short clip of two scenarios side by side.*
- ❖ *Take notice of any differences between the couple with the face-to-face interaction versus the couple relying on texting to communicate.*
- ❖ View the YouTube video, *Face Time* (1:48 minutes). **Note:** It is embedded in the PowerPoint slide.



New layout

Examine Patterns



Look

Look at
the past.

Decide

Decide
what to
keep and
what to
change.

Work

Work to
create the
healthy
patterns
you want
for your
future.

Journal

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LOVE NOTES

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RELATIONSHIP SMARTS PLUS

Sorting Baggage



Positive? Negative?

Maturity & Character



- A person works to develop these through their own efforts, actions, and choices.

Journal pgs. 11 & 12

Activity - Identify that Principle

1. Seek a good match.
2. Pay attention to values.
3. Don't try to change a person into someone else.
4. Don't change yourself just to keep someone's love or friendship.
5. Expect good communication
6. Don't play games, be phony, pressure, or use someone.
7. Expect respect. Have standards for how you will be treated.



Red Flags Activity

And It Depends Discussion



- Any unwanted sexual act or behavior which is threatening, violent, forced or coerced, to which
- a person has not given or is able to give consent.
- What does **coercion** mean?



Sex Trafficking



A form of modern-day slavery

Social media
increasingly
used to
recruit





- Everyone deserves love, kindness, caring, protection without a price.
- Become aware of unmet needs. Build yourself up.
- If you have a gut feeling something's not right—talk to a safe and trusted adult.

Draw the Line of Respect



CAUTION CAUTION CAUTION CAUTION CAUTION



The image above conveys a reality about dating violence: emotional or physical harm—even murder—doesn't always pop out of nowhere one day. It can often be traced back to earlier behaviors of disrespect.

It is important to expect and insist on being treated with respect from the start of any relationship. And, it is never too late for a person to raise their bar for behaviors they accept or for behaviors they engage in.

Awareness of disrespect and early warning signs can help reduce the risks of getting attached to an abuser. Once attached, some abusers will do anything—to the point of threats, injury, and even murder to keep a partner from leaving.

Knowing as a teenager what a healthy relationship is, expecting respect, kindness, and caring in all relationships, and assertively drawing the line of respect is important. A go-slow and get-to-know-first approach to relationships is a safer way to go.



RED FLAGS List as many examples of **disrespect** and **early** warning signs of abuse as you can.

.....

.....

.....

.....

SAFE RESPONSES Circle one example from above. What could a person say or do in such a situation to draw the line of respect and move away from the situation toward safety and respect. Create an assertive (not aggressive) response or action.

.....

.....

.....

.....

Signs of Greatest Danger

- Makes you feel stupid; start to lose your self-confidence.
- Extreme jealousy-demands exclusive attention.
- Keeps tabs on you; checks cell.
- Controls who you talk to, where you can go.
- Tries to cut you off from family/friends— isolates you.
- Hits, shoves, slaps you. Often says you provoked it.
- Threatens, scares, injures you, forces sex.
- Has a gun and has made threats with it.

- Unwanted sexual touch and continues to pressure you after you say no.
- Guilt trips you; makes you feel you owe them sex.
- Badgers you, yells at you, holds you down.
- Pushes alcohol or drugs on you to get you to “loosen up.”
- Makes you feel threatened or afraid if you say no.

- Involved in a fast-moving relationship with a big age or financial difference—especially with tales of romantic or everlasting love.
- Being showered with gifts, compliments, money, or promises sounding too good to be true; told they have the answers to your problems.
- Offered a plane ticket to meet up with this person you’ve met online.
- Being blackmailed by nude photos/videos you’ve sent.

Safety Note:

Talk to a trusted adult if you’re concerned or afraid for yourself or a friend.

These websites are full of information, quizzes, videos, and tips (how to know, how to help a friend, what’s a healthy relationship, ways of sexual coercion, signs and stories of grooming for sex trafficking, and so much more). Go to the following websites and browse the tabs to see what’s there.

LovelsRespect.org for dating violence information and help 24/7. Text “loveis” to 22522.

RAINN.org for sexual assault information and help 24/7. Live chatline or call 800-656-4673.

HumanTraffickingHotline.org for information and live chat. Text 233733 or Call 1-888-373-7888.

Everyone is worthy of love, kindness, caring, protection, and respect.

draw the line of respect

A safe and trusted adult I can go to: _____

ACTIVITY: Turn back the clock on a High-Cost Slide

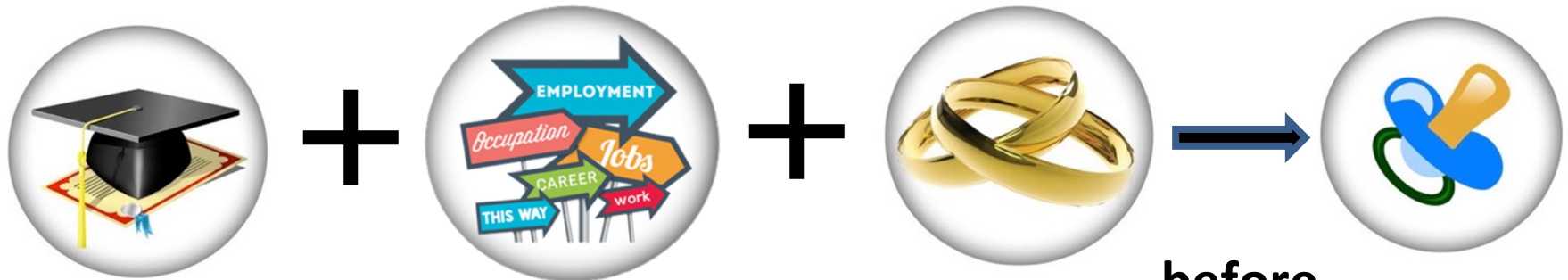
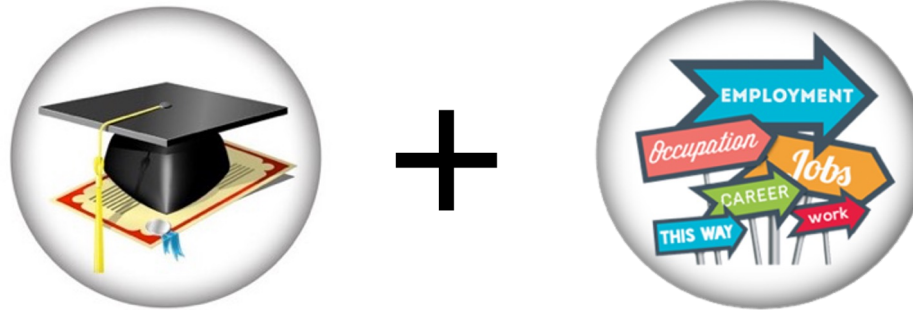
1. How well did they know each other?
2. What was the slide?
3. Were there any red flags?



Now go back in time

- What **steps** might have been taken,
- **information gathered**, and
- **decisions** made to have avoided the high-cost slide?

Pathways & Sequences Towards Success

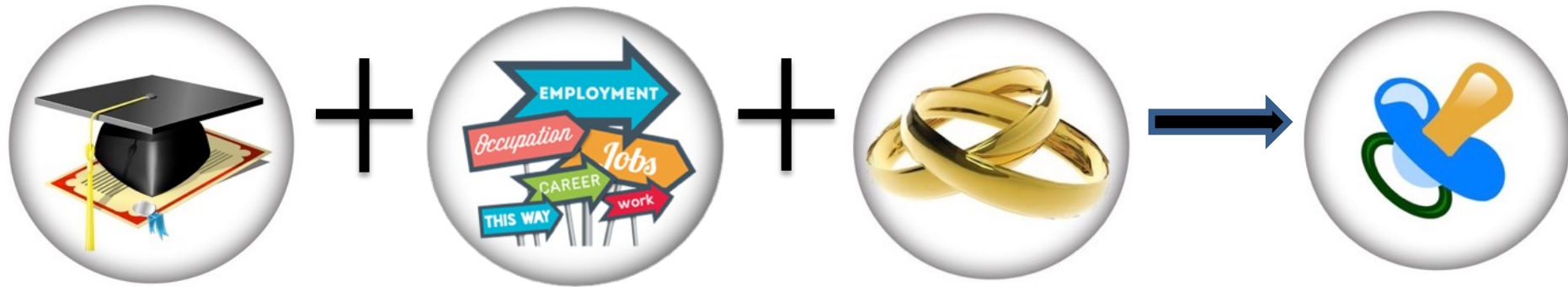


Milestones



A certain number, combination, and sequence can matter

When Children are Part of Your Vision



Marriage before baby

Advantage of Combination and Sequence

The Success Sequence: Her Story



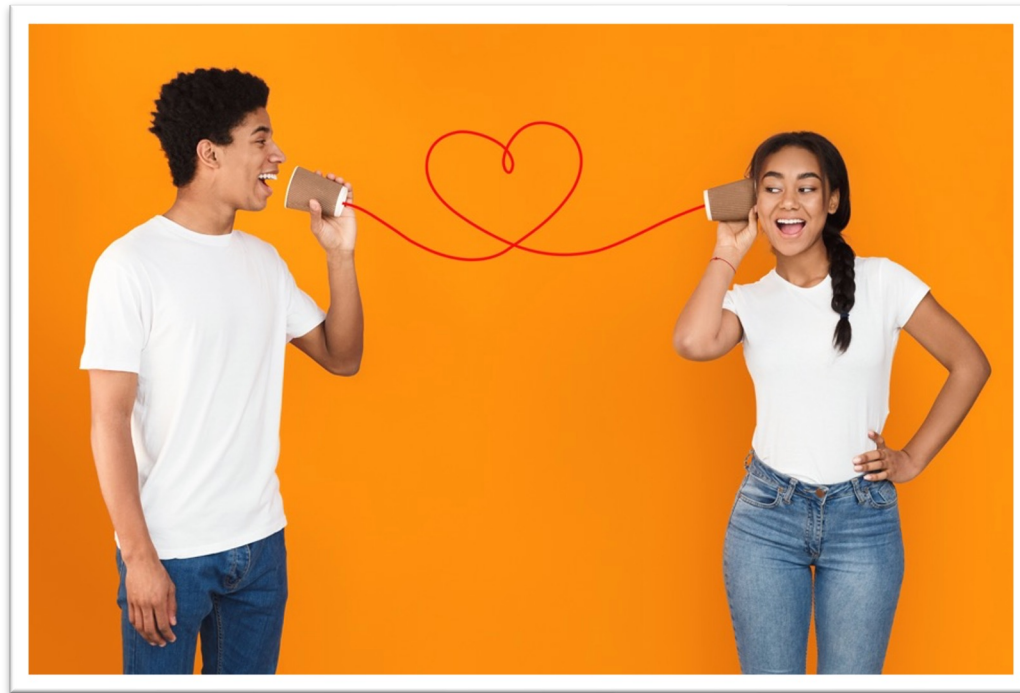
<https://www.youtube.com/watch?v=Hyxul-rv4oA>

The Success Sequence: His Story



<https://www.youtube.com/watch?v=183aXPmgtFQ>

Communication Lessons





Arguments

What's
really going
on under the
surface?

`black·ish



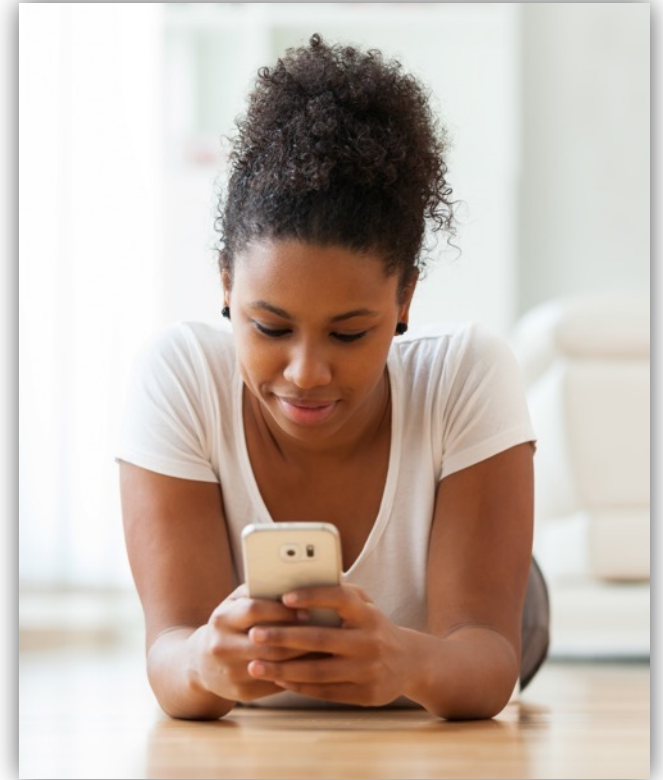
<https://www.youtube.com/watch?v=WRxSNzpmurI>

THIS IS **US**



<https://www.youtube.com/watch?v=o-rNrbuPqkg>

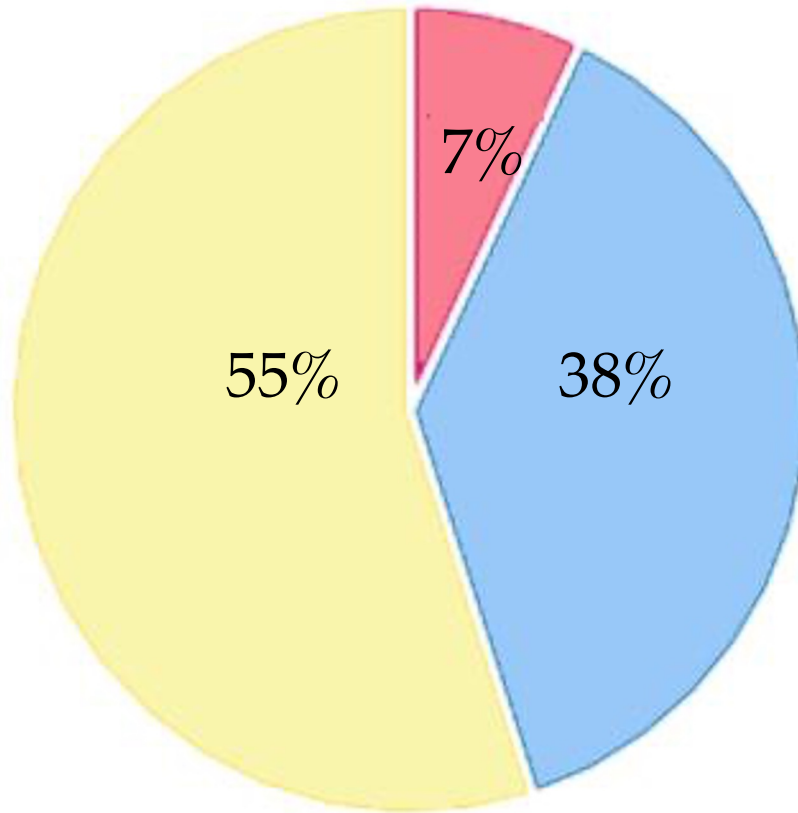
Texting & Relationships



Constantly Connected



Communication – Let's talk about it



Elements of Personal Communication

- 7% Spoken Words
- 38% Voice, Tone
- 55% Body Language

Social and Emotional Intelligence



Screen Time



- Are some types more beneficial?
- Are some types possibly problematic?
- Does it matter how many hours a day?
- What kinds of things might a heavy user be doing **LESS** of? What might it be crowding out?

What do you think?



Ideas for being in control vs being controlled





LESSON ELEVEN

Let's Talk about Sex



LESSON TEN

Sexual Decision-Making

What's Your Hunch?

- What contributes to their happy & satisfying sex life?
- What do you think their relationship is like? Describe.
- Your hunch: Describe their personality qualities & how they treat each other.



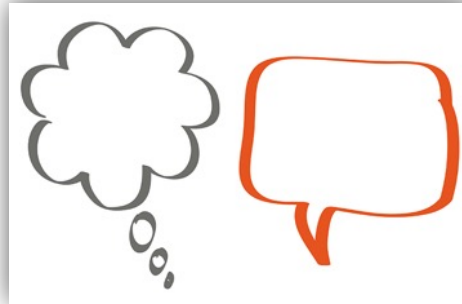
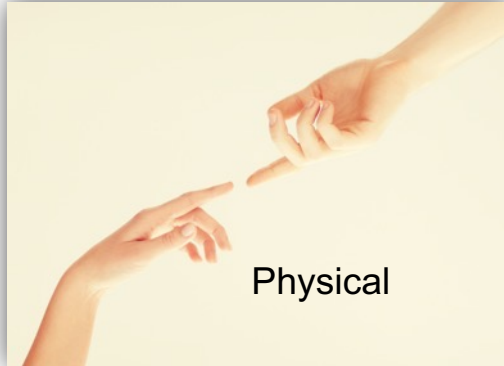
Hooking Up – A Poll

1. After the hookup, one person typically starts a conversation about when they'll get together again.
2. After a hookup when they see each other (like at school), they ignore one another.
3. They often brag about their hookup to their friends; share details about it—even on their social media.
4. They typically discuss their sexual boundaries before hooking up.
5. Alcohol accompanies a lot of hookup sex.

Experiences & Surveys



Intimacy—More than a physical thing



Analyze a Relationship

0%

50%

100%



Physically

Verbally

Emotionally

Socially

Spiritually

Trust/Commitment

2 lines, one each



Mutuality

Caring & Respect





...of Deciding

1. Time to grow, learn & discover your authentic self
2. Time to decide for yourself what you want any level of physical intimacy to mean
3. Time to decide your boundaries; how you want to pace things.
4. Time to discover if there is mutual concern for each other's feelings, experience and wellbeing.

Take your time. You have the power to decide!

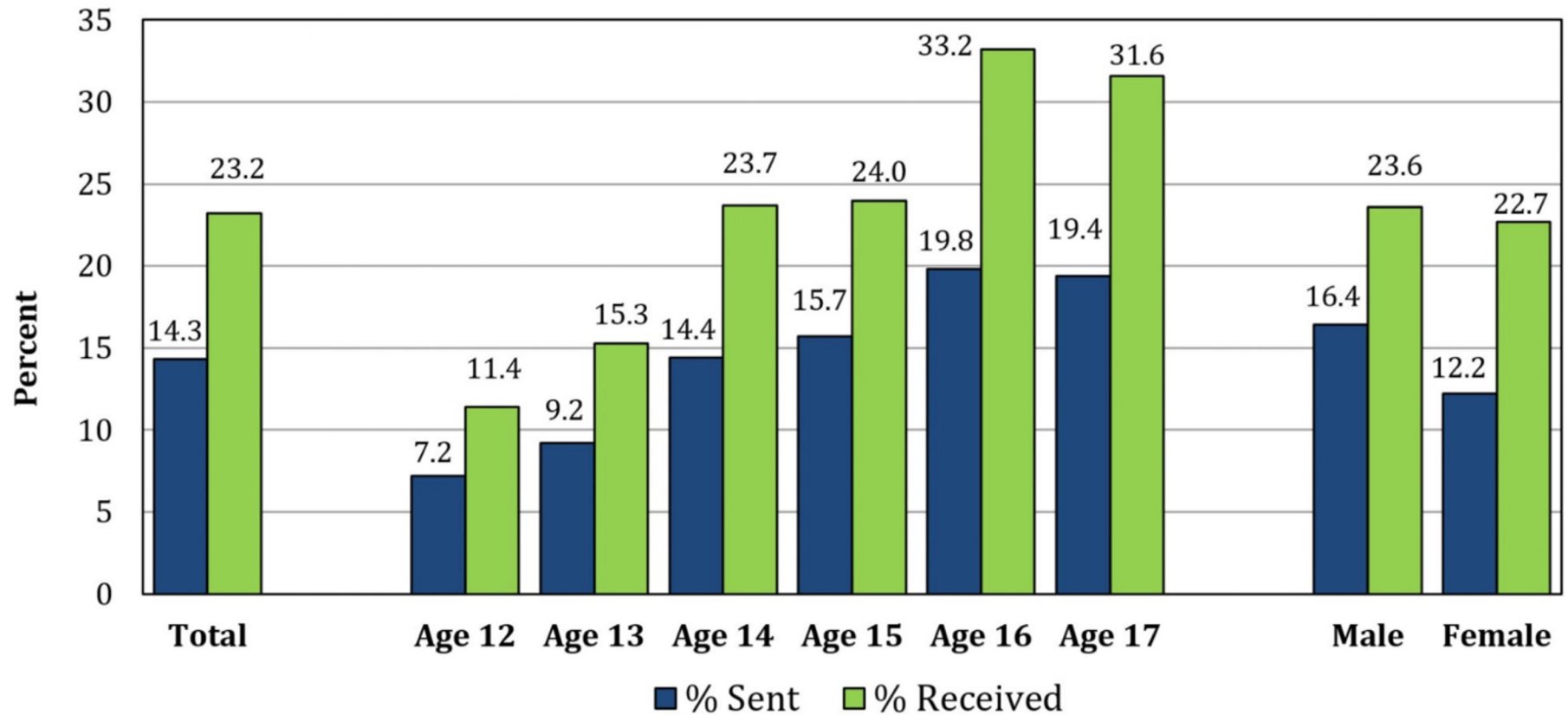
Intimacy and Online Sharing



Verbal, Emotional, Social, Trust

Sexting among Middle and High School Students

(2019 national U.S. sample of 4,972 12-17 year-olds)



Sameer Hinduja and Justin W. Patchin (2020)

Cyberbullying Research Center
www.cyberbullying.org

Potential Risks



Digital Consent



1. Freely given
2. Reversible??
3. Fully informed—honesty??
4. Mutually desired
5. Specific

Getting on the Same Page



Key questions and conversations to have to know if
you're on the same page

Mutuality for any level of physical intimacy



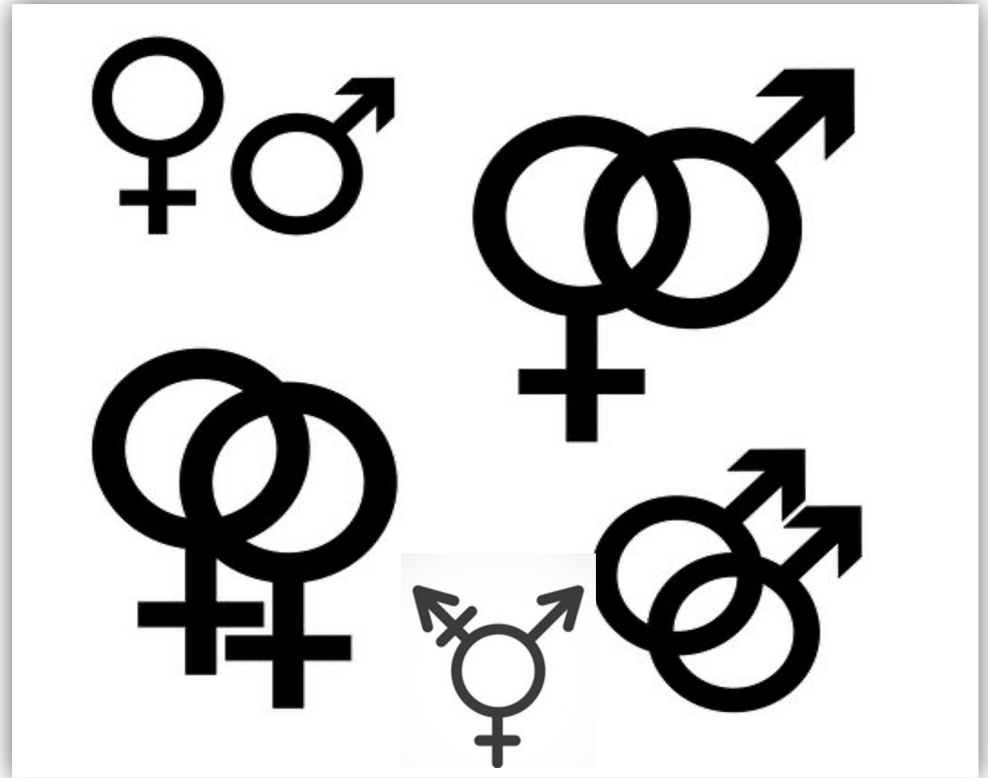
Honesty, communication, trust, mutual caring, respectful of each other's boundaries.

Lesson 11

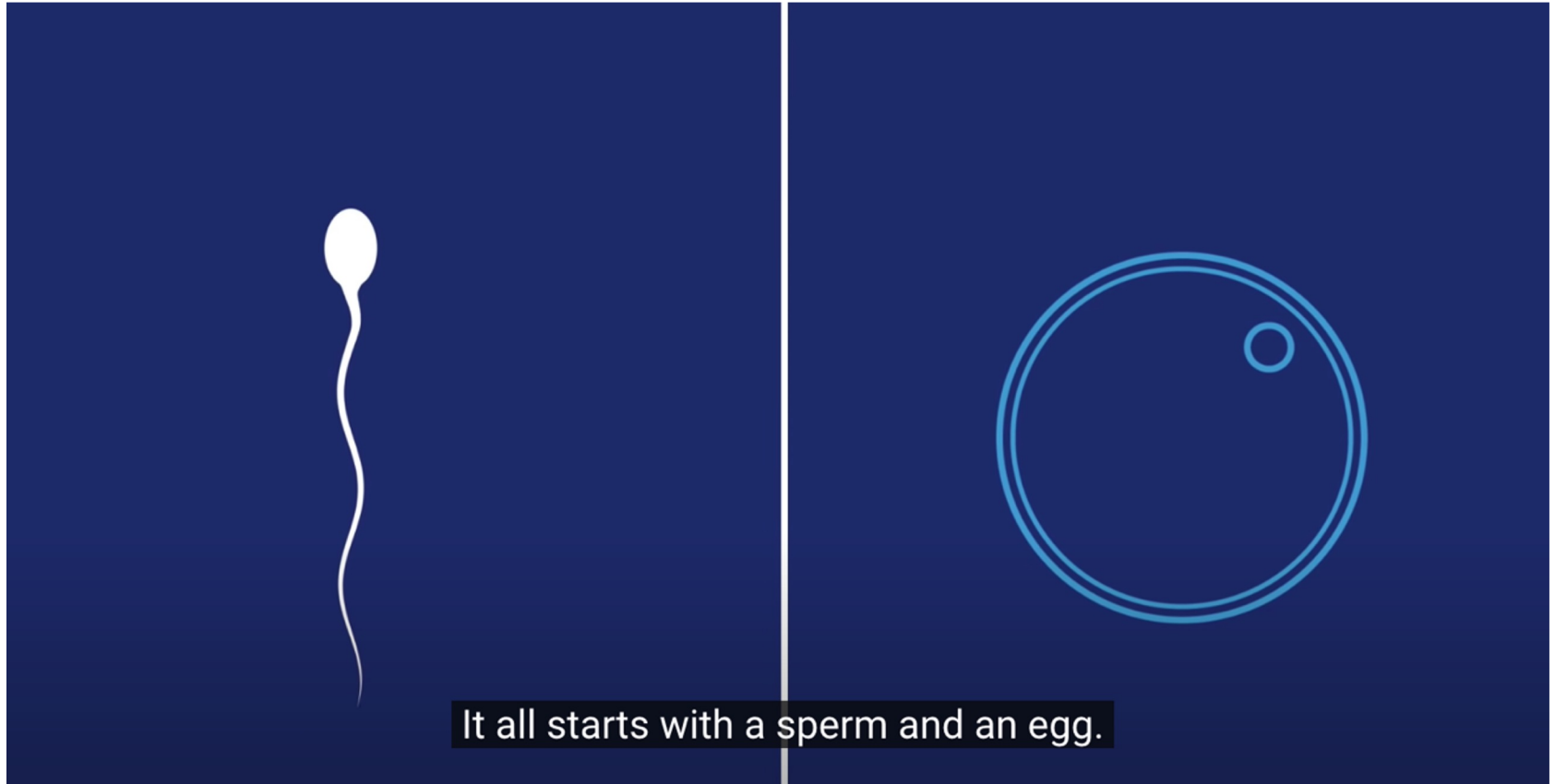
Pregnancy, STIs and HIV

Lesson 12

Let's Plan for Choices



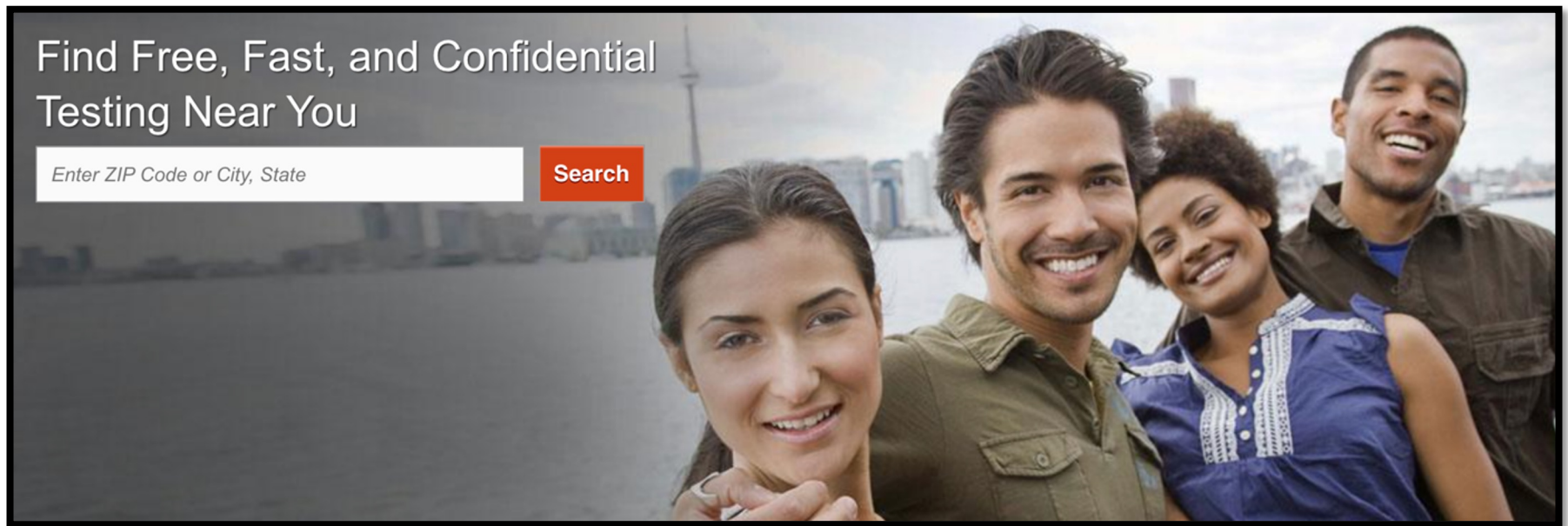
How Do You Get Pregnant?



<https://www.youtube.com/watch?v=n04NPtZI4QQ>

Testing—critical for anyone who's sexually active

- Half of the 26 million reported STDs each year are among 15-24 yrs.
- 1 in 4 sexually active females, aged 14-19, has an STD.
- Most are unaware.



A person can find free, fast and confidential testing
<https://gettested.cdc.gov/>

Pornography

Informed Decision-making

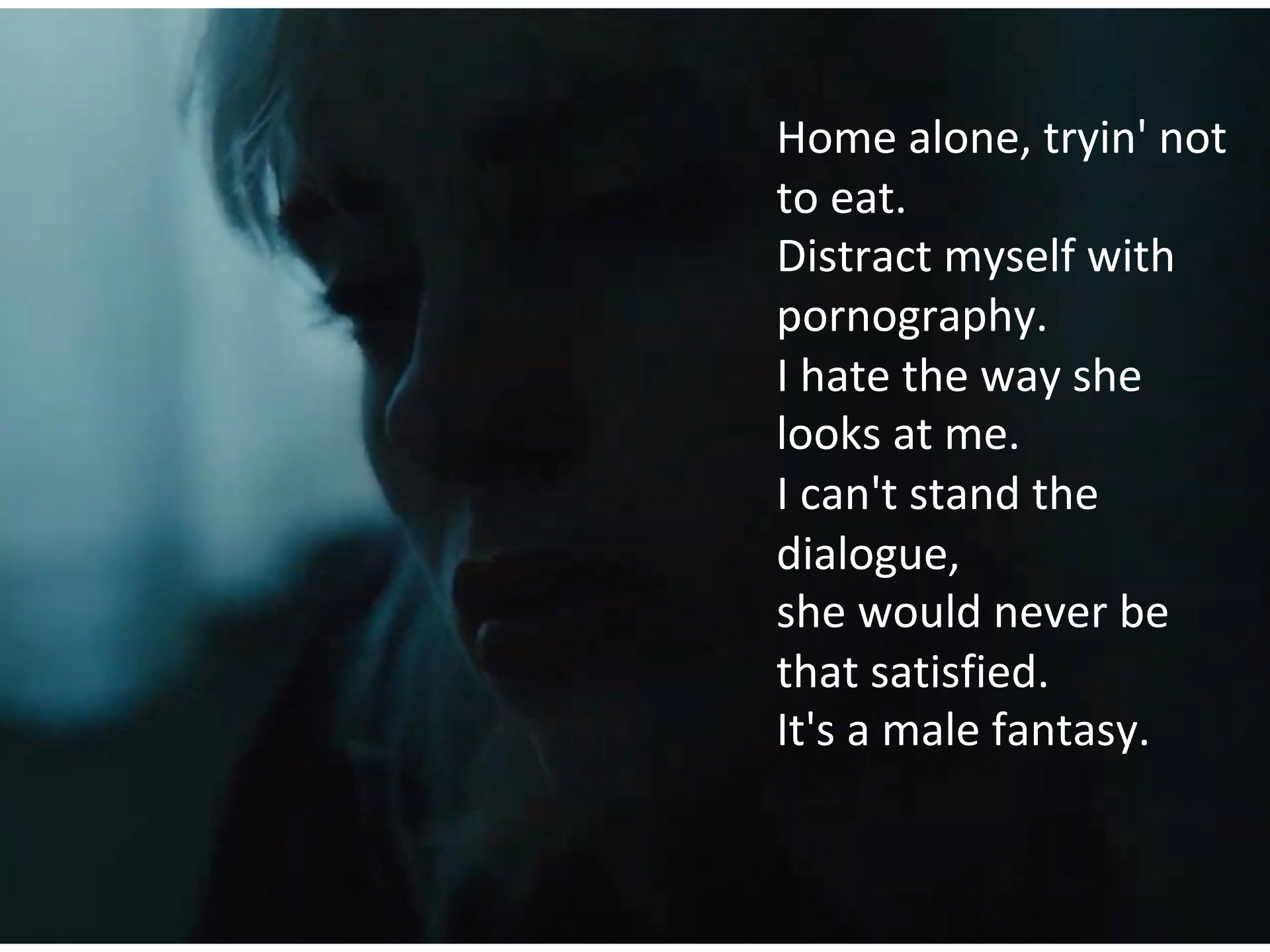


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RELATIONSHIP SMARTS PLUS

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LOVE NOTES



Home alone, tryin' not
to eat.

Distract myself with
pornography.

I hate the way she
looks at me.

I can't stand the
dialogue,
she would never be
that satisfied.

It's a male fantasy.



*“I was talking
about how weird
porn is.*

*And that it is so
normal in the
world.”*



*“In porn there is no **consent**. There is such a huge problem of consent.*

And not just consent in having sex but consent during sex. Can I do this, can I do this, can I do this.

And yeah, it’s not super hot when somebody is like “Can I do this”.

But it is really important.”



No Talk of
Birth Control
or STD Tests





*“I was watching abusive porn.
That's what I thought was
attractive.*

*It led to problems where the first
few times I had sex **I was not
saying no to things that were
not good**, because I thought that's
what I was supposed to be
attracted to.”*

Girls are 4x more willing than boys to engage in sexual activity they don't like or want.

LOVE NOTES

**Why do you think watching hard core porn
influences some people's attitudes
and behaviors about sex?**



*72% of teens felt that
"pornography leads to unrealistic
attitudes about sex"*

*75% agreed that it pressured
girls to "act a certain way".*

LOVE NOTES

“We don't enjoy things that are what it looks like people are enjoying.”





“I am really upset by the hyper sexualization of women and men and anyone that doesn’t conform to a gender.

It’s horrible to me.”



Porn is not Reality

*77% of teens agreed that porn
had led to pressure on girls to
"look a certain way"*

Young male users report less satisfaction with their sex lives, with their own sexual performance, and less satisfied with, and critical, of their partner's body.

LOVE NOTES

“So, getting older and actually having good sex, in a good relationship, and things that are actually healthy, is really important.”



Key Questions about Media



- Is it joyful? Mutual pleasure?
- Is it safe--body & emotions?
- Is there equality & mutual respect?
- Honest communication?
- On-going consent?

Through the Eyes of a Child



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LOVE NOTES

A Child's Wishlist



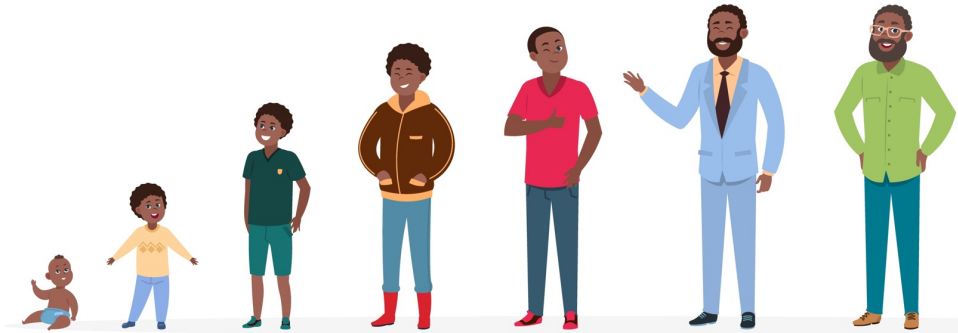
Child Wants & Needs at different stages of life— infant, toddler, school-age, teenager

- Basics/material needs
- What contributes to child's physical health?
- To a child's social & emotional health?
- What helps develop a child's self-esteem?
- What helps a child feel confident? Helps them succeed in school?
- As a teenager what helps them stay out of trouble? And stay on track? Build abilities?
- Parenting skills; discipline style?
- Education/Finances/parents' relationship
- Anything else you can think of !



How might these help parents provide what's on your child's wish list?

Maturity

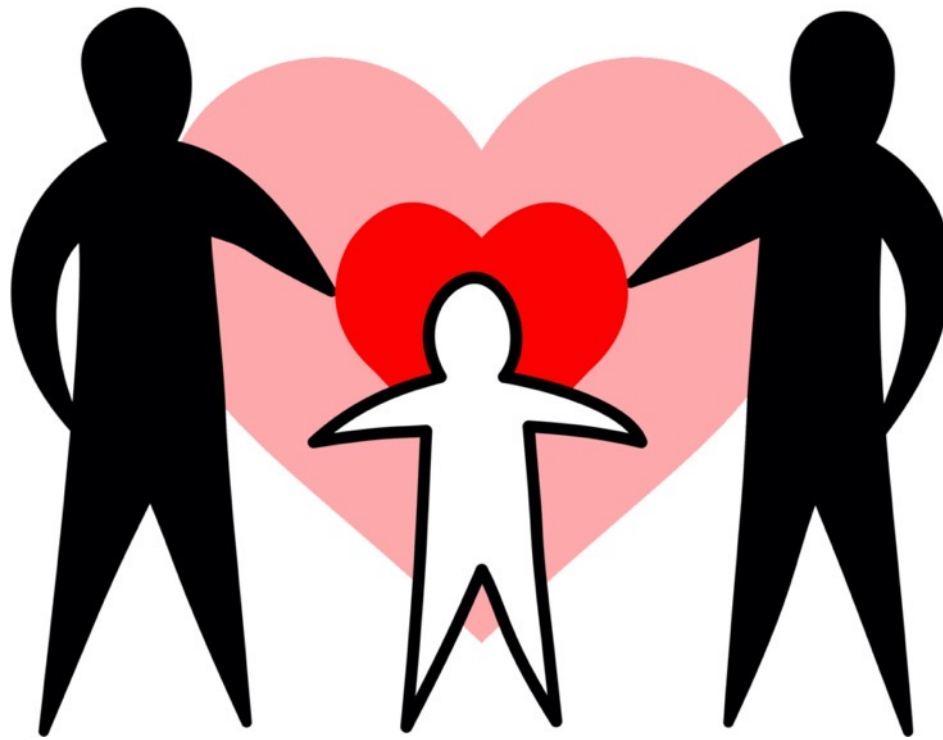


Education



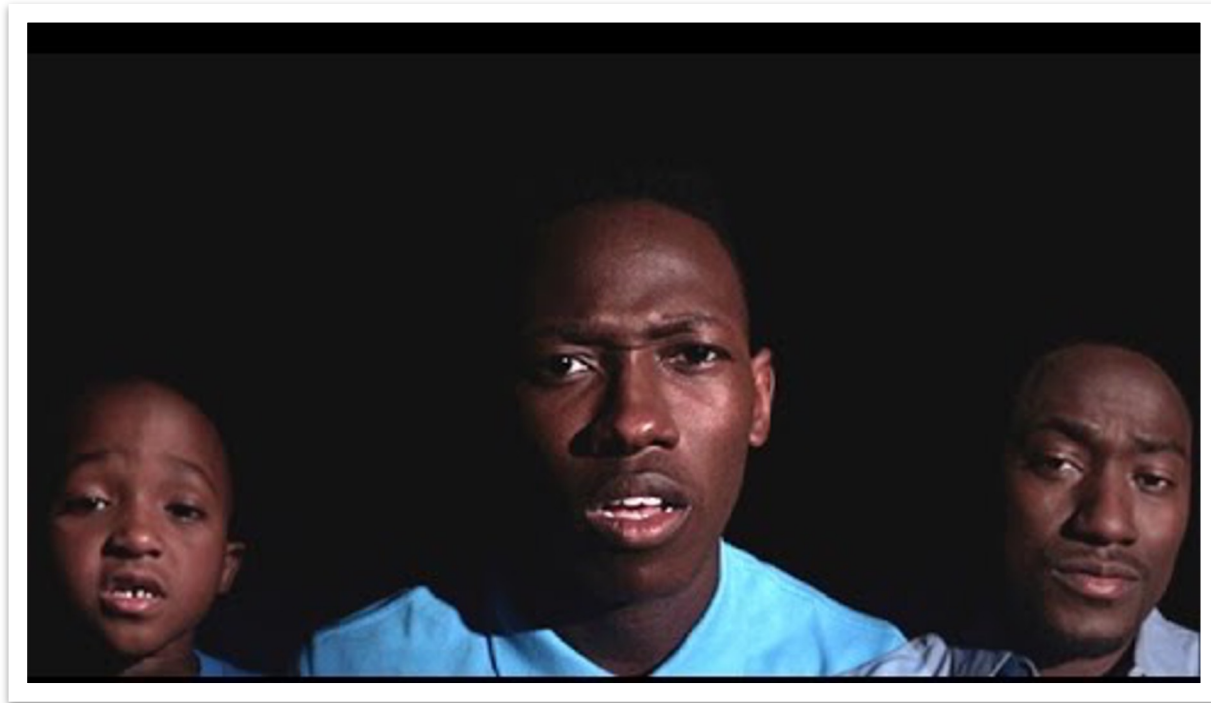
Employment

How might a healthy relationship help parents provide what's on your lists?



Back Where You Belong

Brian Nhira



<https://www.youtube.com/watch?v=2Yv-t7gB-js>

Talk-backs

- A thought or comment I had ...
- A question that came to mind ...
- A connection I made to what we've been discussing..
- A feeling I had while listening....
- At this time, I do not care to write

DADICATION

<https://www.youtube.com/watch?v=RSDgY0G3Ifk>



Child Speak

What information and insights from ***Love Notes*** are your parents using? Specifically:

- What **assessments/quizzes** from the journal can help them?
- What **decisions** do they make?
- What **steps** are they taking?
- What **skills** are they using?
- What **behaviors** do you see?

How does this feel to the child? Benefit the child?

Journal pg.

Lily's Letter



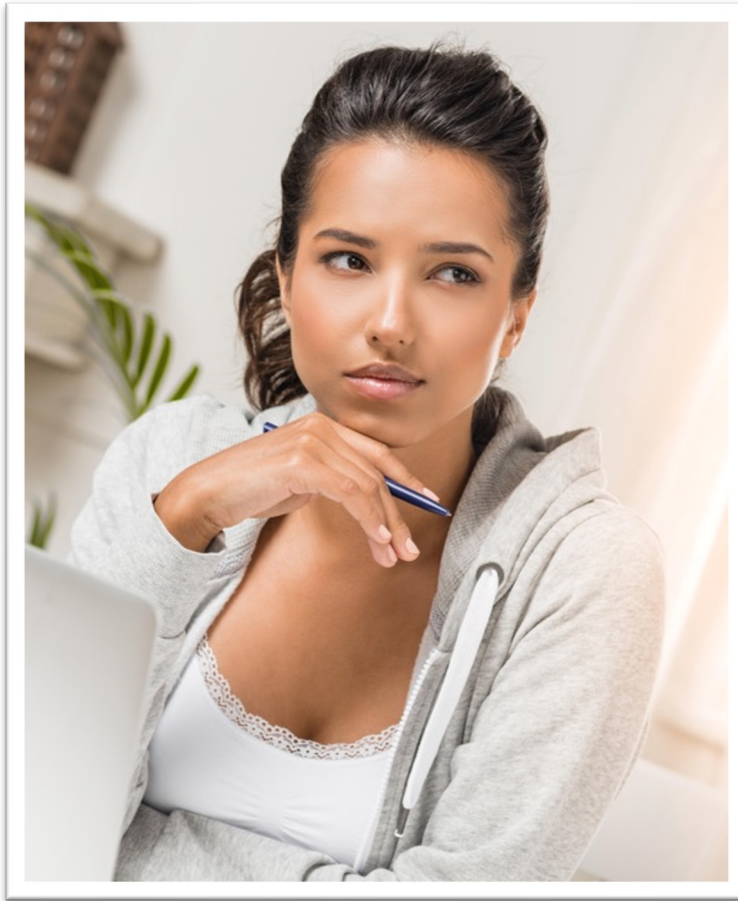
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LOVE NOTES

Jessie's Thoughts Today



My Success Plans

- My Education & Career Plans
- My Relationship Vision
- Handling Attractions—Making Relationship Decisions
- Sex—Decide, Don't Slide
- Avoiding Pregnancy and STDs
- **My Life with Technology & Social Media**
- Pathways & Sequences Towards Success





Plan for Success!



My Education and Career Plans

My Relationship Vision—Making Relationship Decisions

Decide, Don't Slide, Into Sex—Be a Planner

Expecting & Parenting—Important Issues

My Life with Technology & Social Media

My Future—Pathways & Sequences Towards Success



Values Auction



- Read the list of values
- Which are most important to you?
Check 5 or more.
- Bids start at \$10. You only have \$200.

Cyberbullying – Do Your Part

