

# Love Notes

Ohio Fatherhood Commission  
Irene Varley, Director of Education

Love Notes



# Today's Presentation

- ◆ The Dibble Story
- ◆ Love Notes Curriculum
- ◆ Love Notes and Fatherhood
- ◆ Evaluations and Stories from the Field



# Charlie and Helen Dibble



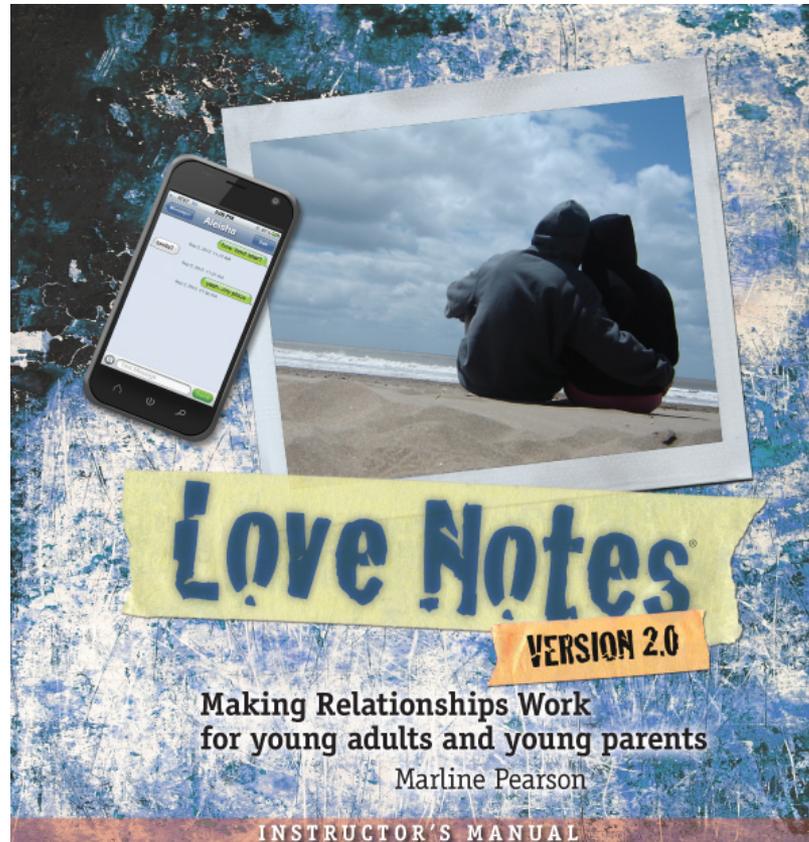


# What Does Dibble Believe?



Love Notes

# Curriculum



**Love Notes**

# Author



Love Notes





# Section 1

**KNOWING  
MYSELF**





## Section 2

# ABOUT RELATIONSHIPS AND LOVE





# Section 3

**Am I Ready?**  
**Making Healthy Sexual Decisions**

**Love Notes**



# Section 4

# COMMUNICATIONS



**Love Notes**



# Section 5

## THROUGH THE EYES OF A CHILD:

A unique approach to pregnancy prevention





# Foundational Piece



Love Notes

# Most Have Not Given Up On Love

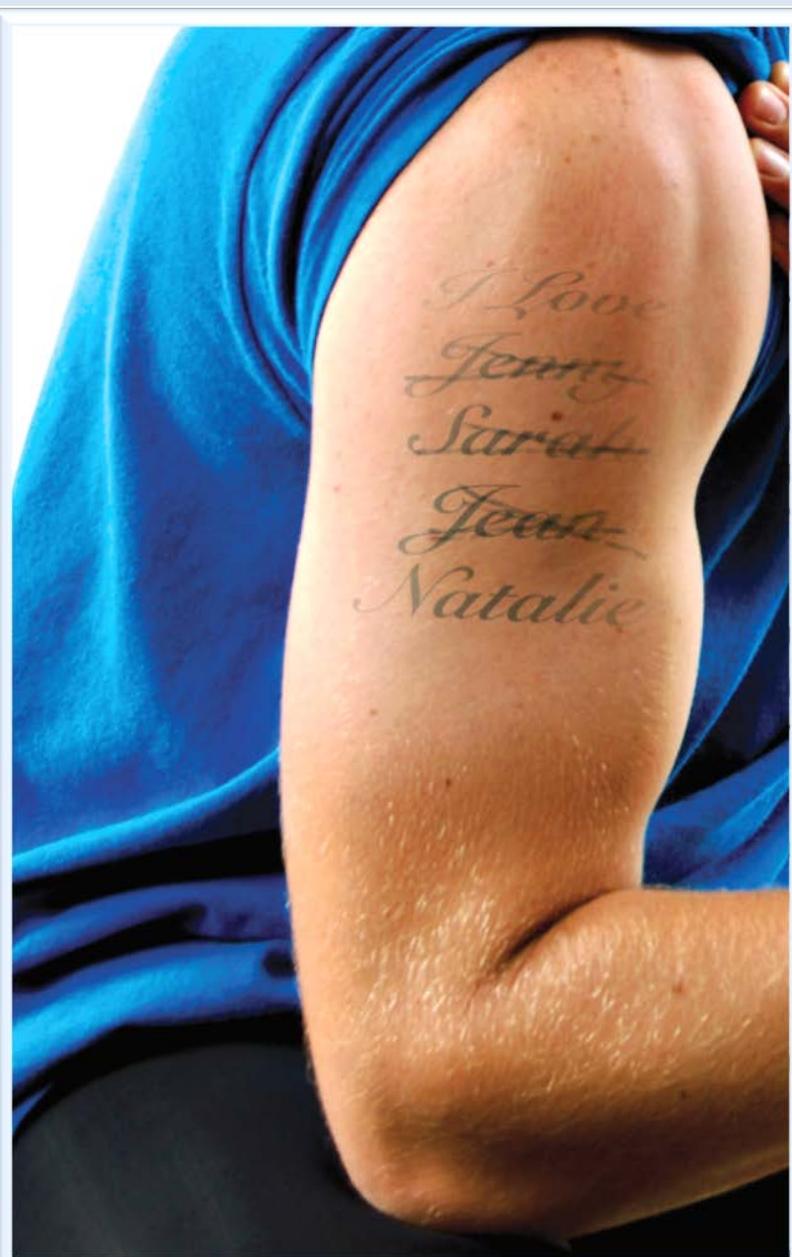
- In a recent survey 83% of 20-24 year olds said it was important to be married/find a life partner some day .....**Do you agree?**
- Most young parents are romantically involved at time of birth and say the chances are pretty good they'll stay together .....**But do they?**
- Many young fathers want to step up, but most of the relationships fall apart and fathers are then out of the picture for the most part.....**Why is that, do you think?**



# Doing the Best I Can

- 1) Not using a contraceptive shows loyalty and trust of a partner.
- 2) LOVE/Commitment is not discussed. It is not until a child is born into the relationship that prompts commitment, even in less than perfect relationships. But the first commitment is to the child!
- 3) “My relationship with my child has nothing to do with the mother.”

...Kathryn Edin, Ph.D., Harvard University

A close-up photograph of a person's upper arm, showing a tattoo in cursive script. The tattoo reads "I Love Jenny Sarah Jess Natalie". The person is wearing a blue top. The photo is framed with a thin white border.

*I Love  
Jenny  
Sarah  
Jess  
Natalie*

**You can  
always dump  
someone you  
don't like.....**



# But a child cannot

...



Love Notes

What do you want in a partner?

How long would it take to know?

What qualities do you want a partner to appreciate about YOU?



## What's Important to Me?

What are you looking for in a partner? What qualities are important to you? Check your top 3!

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

what's important to me?

### TOP 3:

What are the three qualities that are "must-haves" for you?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List three things you could NOT accept in a partner (Example: being drunk, not clean/condition)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Focus on your top 3 and answer this question: How long would it take you to know if these were present?

# My Expectations

How are  
things going?  
You can  
improve  
your  
relationship.

Relationships can turn from casual to serious quickly even if that isn't what was planned. It's always a good thing to know what you expect, especially if you are with someone you mean a future with. The questions below can help you think about your expectations for a serious relationship or future marriage.

## Time Together/Time Apart:

How much time should a couple spend together? Doing things separately? Doing what kinds of things separately? What's okay or not okay?

I expect \_\_\_\_\_

## Finances/Credit:

Should money be shared or kept separately? Separate or shared checking account or bank? Should you have to agree upon? Only over a certain amount? What amount? What's your attitude on credit cards? How much debt is okay?

I expect \_\_\_\_\_

## Pregnancy:

If you (or your partner) become pregnant, would you expect to marry and raise the child together? Do you (will you) expect your partner to take responsibility along with you to prevent pregnancy?

I expect \_\_\_\_\_

## Sharing Feelings:

Should you share your feelings with your partner? All of them? Just serious or things that make you feel good?

I expect \_\_\_\_\_

## Drinking and Drugs:

What is okay? How much alcohol is too much? If your partner drinks, is it okay if he or she gets drunk?

I expect \_\_\_\_\_

## Providing:

Whose job is it to provide family income? Yours, your partner's, or both? Is it more one or the other, or shared? What kind of lifestyle do you expect?

I expect \_\_\_\_\_

## Parent Expectations:

What do you expect from the father or mother of your child? If you or your partner has a child with an "ex", what are your expectations for contact with the child and the "ex"?

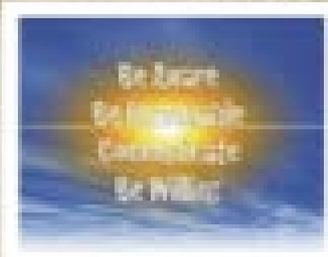
I expect \_\_\_\_\_

## Commitment:

What does commitment mean to you? What kinds of things would show you that your partner was committed to you (and your child, if you have one)?

I expect \_\_\_\_\_

(con't)



my expectations

my expectations







# How Does It Feel? Ask 3 Questions

**Unhealthy**



**Healthy**

- Conditional?
  - Controlling or Disrespectful?
  - Mostly about Sex or Material Things? Selfish?
- Unconditional?
  - Respectful, Equal, and Supportive?
  - Attraction on Many Levels? Giving

# *A Call to Men – Tony Porter*

11 Minute video

- Telling personal stories of growing up in the South Bronx, Porter shows how the mentality drummed into him as a boy can lead males to disrespect, mistreat and abuse females and each other.



- Abuse can do harm to the unborn child.
- A worn down or depressed mother may be unable to nurture her child.
- Children get anxious, scared and worried when there is violence.



# Harm to Children

- Children in homes with DV have a greater chance for emotional, behavioral and school problems.
- Risks for child abuse and neglect are 15 x higher in homes with DV.
- Children are harmed by just living with it —they don't even have to be hit.



# Harm to Children

# Music Video Opportunity

- *Because of You*
  - She sings how the violence in her home affected her growing up.
  - How does it feel to a boy to see his mom being hurt?



# The Success Sequence



Education / Job



Marriage



Baby

1. **Finish high school** and get as much college or training as you can.
2. **Be married/committed** *before* having a baby.
3. **Wait** until you're older (in your 20's)

You are 9x more likely to live in poverty if you don't follow the sequence!



# Benefits to Children

- **Very few (7%)** of the children of mothers who follow the sequence live in poverty.
- But **64%** of the children of mothers who do not follow the sequence live in poverty.

**Having a baby before finishing school and being married can make life tough**



# Intimacy – It's More than a Physical Thing!

intimacy – it's more than

**VERBAL:** This connection is about being able to talk. When couples find it interesting to talk to each other, when they can freely and honestly share their plans, hopes, fears, and dreams, they feel close.

**EMOTIONAL:** This connection is about feelings for each other that are equally strong and genuine. It's sharing what's in your heart. If it feels controlling or conditional, it's not an emotionally healthy connection. If insecurity or neediness is driving the connection, it's not healthy.

**SOCIAL:** Couples that enjoy their time together doing things they both enjoy feel connected. Shared activities and interests bond a couple together.

**SPIRITUAL:** When couples talk about what's really important—like their values, what's influenced their life, or religious, philosophical, moral and political beliefs—that is spiritual. Talking on this level can make two people feel like soul mates.

**COMMITMENT:** This is about trust—trust in a future together. It means putting a partner's needs on par with your own. It's about thinking like a team. And it's about a promise of faithfulness and about being there even when it's not easy or convenient.

**PHYSICAL:** Physical intimacy is not all or nothing, but a continuum from holding hands, hugging, kissing, embracing, caressing, and on to more intimate forms of sexual involvement.

Love Notes



# Lesson 13

## THROUGH THE EYES OF A CHILD:

A unique approach to pregnancy prevention





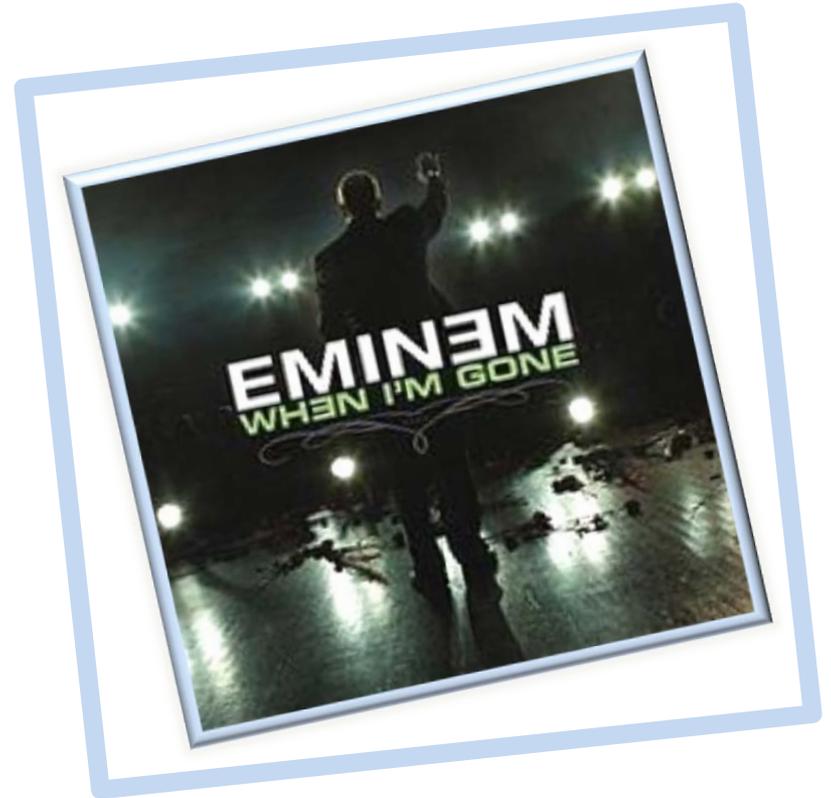
**The bottom line is children are affected by parents' relationships**

# Healthy Relationships & Involved Fathers

- Relationship troubles with mother form barriers for father's involvement
- Best predictor for involved fathering is a healthy and committed relationship, like a healthy marriage
- Learn communication and conflict management skills to co-parent—whether together or apart

# Music Video Opportunity

- [When I'm Gone – Eminem](#)
- He wants to be a good father.....but how does his troubled relationship make it difficult?



# Always Ask Yourself

(whether you are a young man or a young woman)

- Is my partner safe and worthy of being the parent of my child, or a child I might have some day?

# Child Wellbeing

Children living with own two parents are **MORE** likely to:

- Perform better in school
- Have fewer emotional or behavioral problems
- To stay in school
- Less troubles with the law; teen pregnancy

Children living with a single parent are **MORE** likely to:

- Be poor
- Engage in delinquent behaviors, abuse drugs, engage in early & risky sexual activity; teen pregnancy
- Have health, emotional, behavioral, and school problems

Sources: McLanahan, Amato



# Curriculum Evaluations

- **University of Louisville, Tier II Study, ACF**

- <http://www.dibbleinstitute.org/NEWDOCS/reports/Interim-Evidence-Based-Relationship-Education-Version-2.pdf>

- **YouthBuild USA pilots**

- <http://www.dibbleinstitute.org/Documents/YBUSA-Love-Notes-Evaluation-report-2009.pdf>

- Followed by further usage in L.A. CCEO YouthBuild Center

- **Auburn University Five Year Study**

- <http://www.dibbleinstitute.org/NEWDOCS/A-Cross-lagged-Model-of-Adolescent-Dating-Aggression-Attitudes-and-Behaviors.pdf>

- [National Registry of Evidence-based Programs Practices](#) by SAMSHA.



Love Notes

# Straight from the Field



**Love Notes**



# National Fatherhood Foundation

- *We know that there has been a lack of quality programs for teen and young adult dads because our customers have asked for such programs for many years. We could have created our own programs, but after conducting research into the salient issues facing this population—and whether such programs already exist that have been shown through evaluations to be effective with males—we discovered the two Dibble programs which center on healthy relationships.*
- *"And with that being perhaps the most salient of the issues, it was a no-brainer to make these two Dibble programs a part of our offerings. They allow organizations to work with teen and young adult dads separately or couples together, and NFI to continue expansion of our resources for moms focused on improving the relationships between dads and moms for the sake of children."  
...Christopher Brown, President*



# First Five Permian Basin

- High School Youth Program – 95% Hispanic
- Chose Love Notes as a supplement to 24/7 DADS.
  - Written for youth, directed at the issues young men are dealing with: emotional stress, love chemicals, family of origin, expectations for self – all while being a father!
    - ....Martin Castaneda, Program Specialist



# The East Los Angeles Community Union (TELACU), Los Angeles, CA

## Love Notes...

- addresses the challenges they encounter in their relationships.
- uses videos, music, and interactive activities to reinforce the concepts being taught.
- program begins where this hard to reach population is in their relationships and their mistakes. It accepts where participants are and helps them rethink future relationships while teaching them how to get to that better place.

...Used with 24/7 DADS, John Lewis



# Perry County Youth Detention

- “I dunno. My body is wantin... Some. But all this time I think it might not be good to use and abuse her an all them other girls no more. I want you to know what you sayin in here matters. We listenen... even when it don't look that way. I just wanted to thank you for that, so thanks!”

...Laura Waggle, weekly journal



Wish to receive a REVIEW COPY?

Contact me directly and I will arrange for a 30 day free trial digital copy for you to look at more closely and to try a few lessons out with your audience.



# Doing the Best I Can

- 1) Not using a contraceptive shows loyalty and trust of a partner.
- 2) LOVE/Commitment is not discussed. It is not until a child is born into the relationship that prompts commitment, even in less than perfect relationships. But the first commitment is to the child!
- 3) “My relationship with my child has nothing to do with the mother.”

...Kathryn Edin, Ph.D., Harvard University

# Connect With Us

- [www.DibbleInstitute.org](http://www.DibbleInstitute.org)
- Subscribe to our newsletter
- Attend our webinars
- Like us on FaceBook
- Follow us on LinkedIn
- [RelationshipSkills@dibbleinstitute.org](mailto:RelationshipSkills@dibbleinstitute.org)
- 800-695-7975/614-204-7574