

# INSTITUTE FOR RELATIONSHIP INTELLIGENCE

## CHANGING MINDS, TRANSFORMING LIVES

The Institute for Relationship Intelligence reaches thousands of teens each year in urban & suburban areas of NY/NJ/CA, educating them about healthy relationships, self-leadership and service to others. In the two decades, I.R.I. has reached more than 130,000 youth, helping them to focus on achieving their future dreams and avoiding the traps that could endanger their lives and goals!



Since 1998 when I.R.I. began to offer Relationship Intelligence Training (RIT) and after-school programs in Jersey City and Paterson, birth rates among unmarried 10-19 year-olds in Jersey City and in Paterson dropped by 30% (1998 vs. 2001-2011). In demographically similar Elizabeth, Plainfield and Passaic City, which had no risk avoidance education, the reductions were only 11% during those years. Overall, births to unmarried girls ages 10-19 in New Jersey dropped 21% in these years.<sup>1</sup>

### R.I.T. Education Saves Taxpayers Millions

The National Campaign to Prevent Teen Pregnancy has estimated that teen childbearing costs in New Jersey cost NJ taxpayers \$3.3 billion between 1991 to 2004, or \$27,341 per birth.<sup>2</sup> The average 9% extra reduction in teen births in Jersey City and Paterson (above the statewide average reduction of 21%) contributed to by intensive Relationship Intelligence Training risk avoidance education (1,473 of 3,436 less births from 2001-2011) has resulted in a projected savings of \$40,273,293 in federal, state and local expenditures for public health care, child welfare, incarceration and lost tax revenue over a 14 year period.

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1. <https://www26.state.nj.us/doh-shad/query/result/birth/BirthBirthCnty/Count.html>

2. <http://teenpregnancy.org/costs/tables.asp>

### Community/ Regional Affiliations

The Institute for Relationship Intelligence has worked closely with numerous school districts including the Jersey City, Bayonne, North Bergen, Clifton and Paterson Public School Districts in

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*“Medically accurate, in conformance with public health principles and policies, and appropriate for the intended audience.”*

*-National Clearinghouse for Alcohol and Drug Information*

*“One of the top three curricula on relationships and marriage in the country!”*

*-Institute for American Values*

*“Too many teens don’t value themselves. RIT’s message is absolutely important for students to hear!”*

*-AW, 7th & 8th grade teacher, PS16, Jersey City, NJ*

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New Jersey as well as many others. It has also conducted programs in Mt. Vernon, NY and Los Angeles, CA.

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## LoveSmarts.org

## FreeTeensYouth.org

Relationship Intelligence Training complies with New Jersey’s Core Curriculum Content CPIs, meeting 98% of Human Relationship & Sexuality (2.4) and 80% of 2.1-2.4, and puts schools in full compliance with NJ’s AIDS Prevention Act mandates.

# 4 Stages of *Relationship Intelligence Training*

## Stage One: *Relationship Intelligence Training* Presentations & Workbook Activities

The *Relationship Intelligence Training* powerpoint presentation (available in Spanish) is used to reach teens about choices and consequences in achieving a successful life as well as the risks posed to future goals by teen sex, alcohol and drug use. Medical facts and real life stories about people who became infected with HIV or other STDS are presented and discussed. Students are asked to clarify their future dreams and life goals. Other topics include dating, refusal skills, dealing with media and peer pressure, discovering self-worth through helping others, and the benefits of healthy marriages, including better physical and mental health and intimacy, higher income and better outcomes for children.

Roleplaying of refusal skills & participatory learning using the *LoveSmarts* student workbooks help students to internalize the ideas being presented and apply them to their own lives.



## Stage Two: After-school *Free Teens* Clubs

Teens who have completed *Relationship Intelligence Training* are invited to join an after-school program that meets at several locations in NJ throughout the year. The *Relationship Intelligence* curriculum is used as the basis for weekly teen discussions in club meetings. Members also participate in Community Service Projects. At the annual year-end banquet club members are honored for keeping their commitments and for contributions to their communities.

## Stage Three: "Parenting LoveSmart Teens" Workshops

These workshops are designed to motivate parents to take an active part in guiding their children to focus on their future goals and avoiding high-risk behaviors. The program is designed to give parents the information and skills they need to confidently communicate with their children on these topics! Interested parents can join the *Free Teens Village Advisory Council* to create events that increase community support for the message of healthy relationships.



## Stage Four: *Free Teens Media Institute*

Through annual *Free Teens Media Summits*, teens who have come to think more critically about culture in the light of their personal goals and ideals are trained to communicate through one or more of the following media: 1) Video production; 2) Theater; 3) Music; 4) photojournalism, 6) Dance/Performance; and 7) Poetry/Spoken Word. Music videos and videos of past Media Summits are posted at [www.FreeTeensYouth.org](http://www.FreeTeensYouth.org).

*The IMANI: a Daughter's Story* musical, created in 2010, has been performed for hundreds of youth and parents. This powerful and uplifting musical deals with universal issues of trust and the need for communication between parents and their teenage children.

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