

Healthy Relationships Module Evaluation

November 2025

Overview

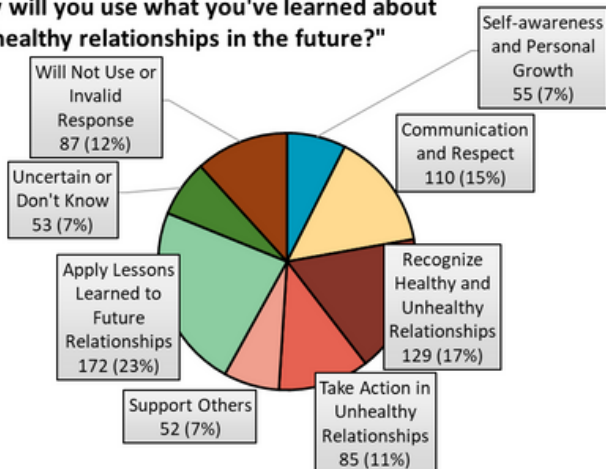
Using a prevention science framework, Preparing Individuals for Adulthood and Life (PIAL) is a comprehensive life skills program aimed at educating middle and high school students about the emotional, social, and financial aspects of parenting and relationships. PIAL delivers several unique modules that cover life skills, including (1) Healthy Relationships, (2) Cost of Raising a Child, (3) Resiliency, (4) Mental Health, and (5) Career Readiness. The current report focuses on the [Healthy Relationships](#) module.

The Healthy Relationships module was administered during the 2024-2025 academic year. The module content and delivery were similar to prior years and included updated surveys. Students completed a pre-survey ($n = 795$) before attending the module and a post-survey ($n = 762$) after attending the module. Overall, 611 identifiable students completed both the pre-survey and post-survey. Their responses were matched and allowed analysis of knowledge change across surveys.

How does the Healthy Relationships module impact students?

On the post-survey, participating youth answered **“How will you use what you’ve learned about healthy relationships in the future?”** ($n = 743$)
Eight unique themes emerged across the open-ended responses.

“How will you use what you've learned about healthy relationships in the future?”



“By noticing warning signs of an abusive relationship and taking actions if things need to change”

Students will take action in unhealthy relationships

“I will use it to better communicate instead of being so aggressive”

Students will practice communication and respect

“I will better my relationships”

Students will apply lessons learned to future relationships

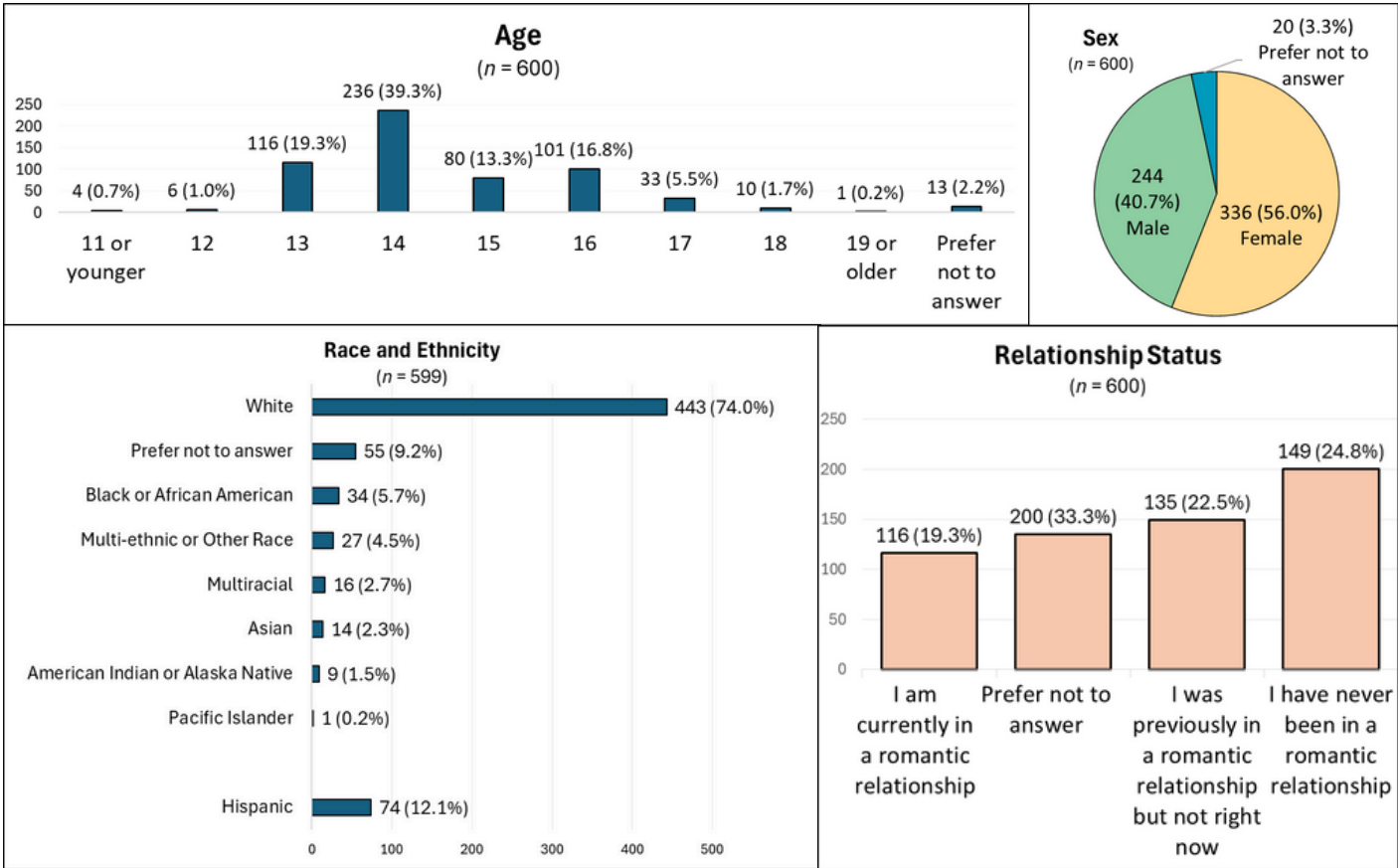
At the end of the post-survey, we asked students to **“Rate your overall experience going through the Healthy Relationships module.”** Of all students who provided a response ($n = 746$), **students overwhelmingly had a positive experience.**

93%

of students rated the Healthy Relationships module as Excellent/Good

1 Who participated in the Healthy Relationships module?

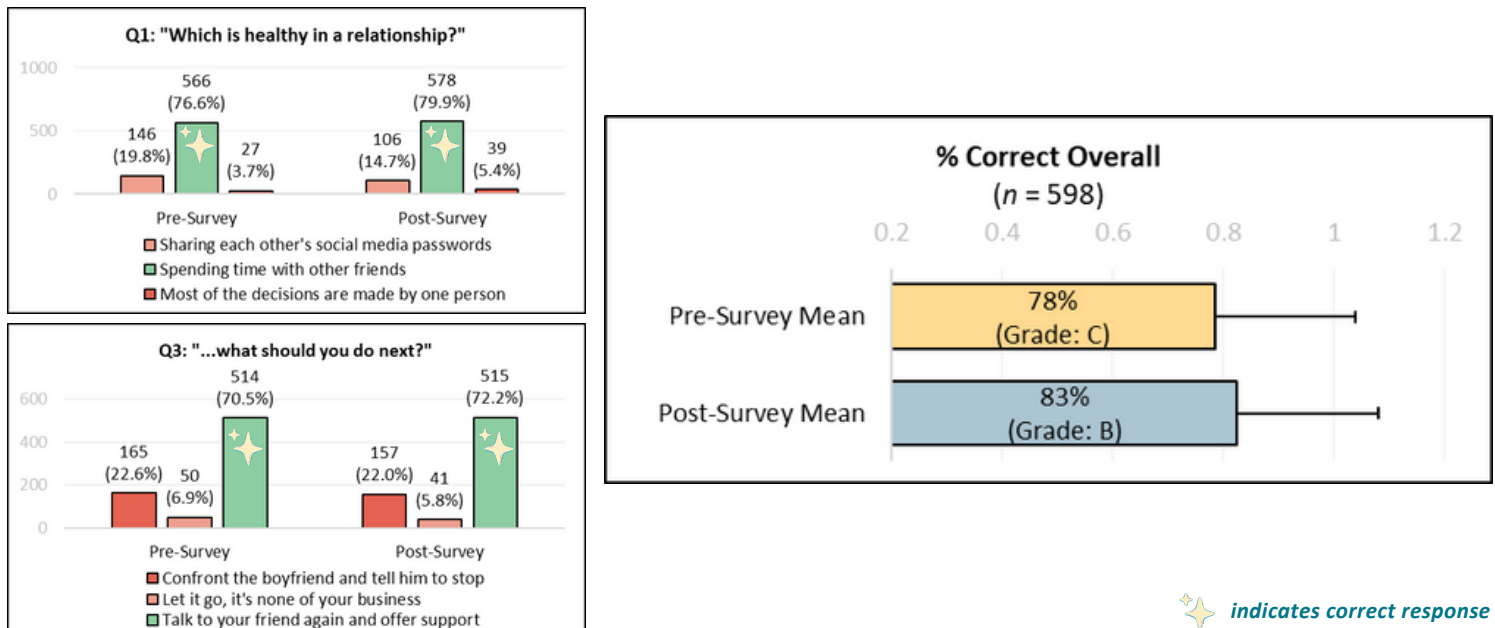
Demographic data were calculated based on responses to the matched pre- and post-surveys ($n = 611$) and are displayed in the figures below. Youth were predominantly white, majority aged 14, and mostly female.



*Eleven youth (1.8%) were missing information on age, sex, and relationship status, and twelve youth (2.0%) were missing race information.

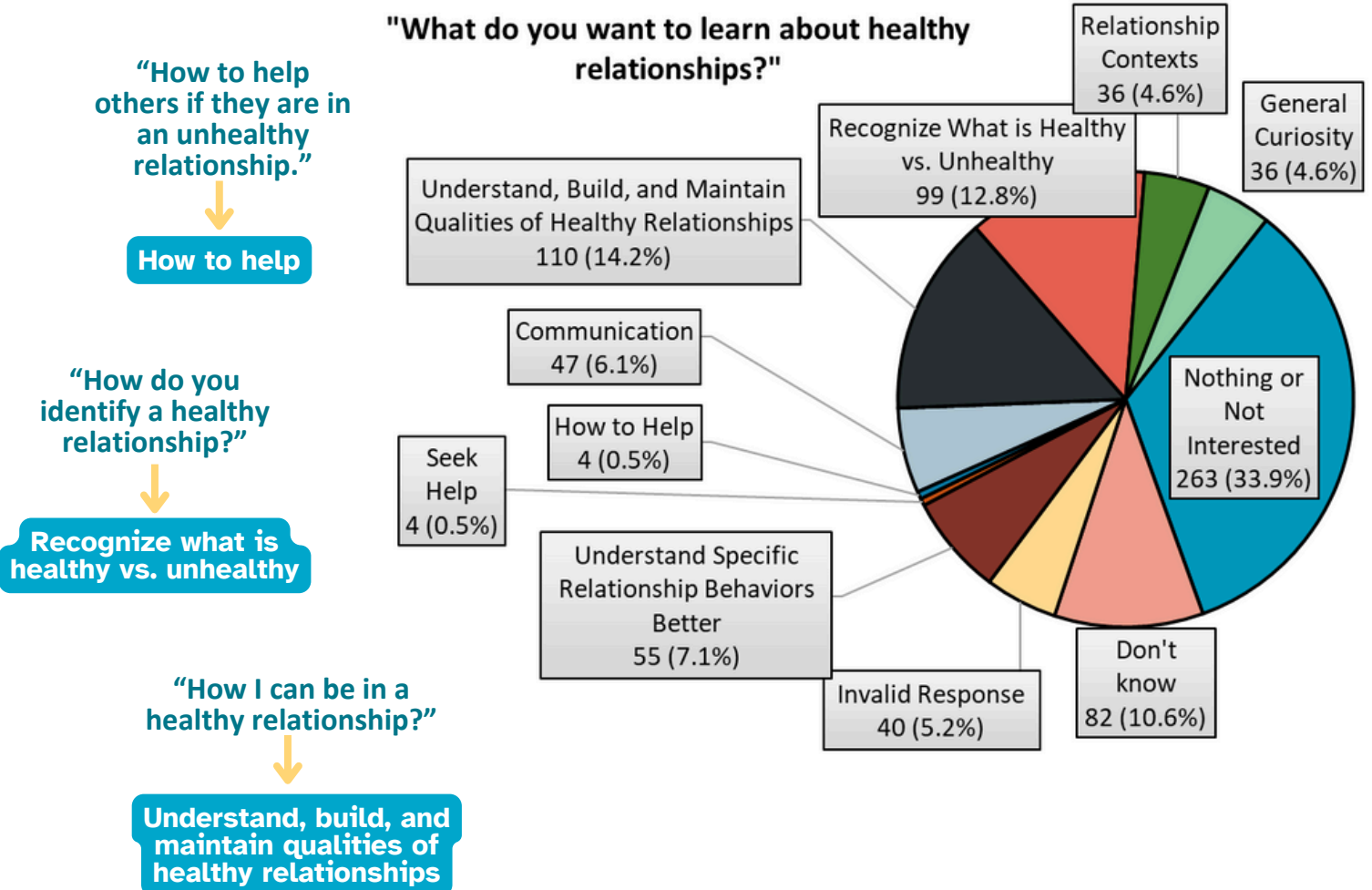
2 How did students' knowledge of healthy relationships change?

Various statistical tests were used to calculate change in scores from the pre-survey to the post-survey. Findings suggest overall positive change in students' knowledge of healthy relationships. (See the long report for more details on statistical analyses and results)



3 Does the Healthy Relationships module teach students what they want to know?

Prior to attending the Healthy Relationships module, youth were asked what they would like to learn about healthy relationships on the pre-survey through an open-ended response. Using responses from all participating youth ($n = 769$), responses were categorized into 11 emerging themes. Youth may have provided a response that spanned across multiple themes. Most youth (50.4%) identified that they wanted to learn about a specific concept, and 10.6% of youth did not know what they wanted to learn. While module facilitators are trained to accurately answer student questions in the classroom, the Healthy Relationships module curriculum covers all students' topics of interest.



4 Conclusions and Future Directions

Nearly all students (93%) expressed positive experiences with the module, noting that it deepened their understanding of healthy relationships and provided them with practical tools they intend to use in their personal lives. When their knowledge of healthy relationships was assessed, participating students demonstrated overall improvement. The evaluation of the Healthy Relationships module highlights the need for a more sensitive quantitative assessment that can better capture the nuances of the module's impact. To address this, we are currently working on developing enhanced assessment tools that will be more effective in measuring the program's influence on students' learning.

To read the long report and to learn more about PIAL, visit <https://childwelfareproject.hs.iastate.edu/>