

## Subject: Updated! Relationships Plus 4.0 and Love Notes 3.0



### August 2018

#### THE LATEST

- [Increasing Youths' Relationship Confidence](#)
- [What Teenagers Are Learning from Online Porn](#)
- [Decision To Live Together Negatively Affects Wealth Accumulation](#)

#### NEWS YOU CAN USE

- [3 Ways Healthy Relationships Help Heal Trauma](#)
- [Getting 'Consent' for Sex Is Too Low a Bar](#)
- [Want to Reduce Bullying in Schools? Bring in Babies](#)

#### USEFUL TOOLS

- [Power of the Adolescent Brain – A TAG Talk](#)
- [The Future of Love According to Kids](#)
- [What Do Teens' Emotions Feel Like?](#)

#### SECOND WEDNESDAY WEBINAR - Aug 8, 2018

**[Completely updated!](#)**  
**[Love Notes and Relationship Smarts PLUS](#)**

[Relationship Smarts PLUS 4.0](#) is ideal for younger teens, and [Love Notes 3.0](#) is ideal for older teens and young adults who are at risk of seeing their personal goals derailed by troubled relationships, unplanned pregnancy, and single parenting.

#### [FUNDING STREAMS](#)



#### THE LATEST

[Increasing Youths' Relationship Confidence with Relationship Education](#)



Youth relationship education aims to build youths skills to form and sustain healthy romantic relationships. A new confidence in their abilities to form and sustain healthy relationships.

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**The New York Times** [What Teenagers Are Learning from Online Porn](#)

American adolescents watch much more pornography than their parents know – and it’s shaping their ideas about pleasure, power and intimacy. Can they be taught to see it more critically?

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**IOWA STATE UNIVERSITY** [Decision to Live Together Negatively Affects Wealth Accumulation](#)

Researchers say it is important to consider what will happen in 30 to 40 years when millennials retire. “There is no reason why we shouldn’t be forward thinking, acknowledge how cohabitation is affecting wealth and start dealing with it,” - Iowa State's Cassandra Dorius.

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**NEWS YOU CAN USE**



[3 Ways Healthy Relationships Help Heal Trauma](#)

Do you ever feel like you need a friend’s support? But then stop yourself from reaching out?

Deep relationships are essential to be a healthy human being. For trauma survivors—or those who are experiencing or have experienced post-partum depression or mood disorders (which is also trauma)—the act of deepening relationships can be particularly difficult.

(Ed. Note: [Mind Matters](#) includes building relationship skills and support systems to heal from trauma.)

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**The New York Times** [Getting ‘Consent’ for Sex Is Too Low a Bar](#)

“An effective lesson on consent,” said Nicole Cushman, executive director of [Answer](#), a national organization that promotes sex education for youth, “is not just about providing a legal definition and a script that young people need to follow.”

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[Want to Reduce Bullying in Schools? Bring in Babies](#)



Students learn to identify with the baby’s perspective and how to recognize and label the tiny tot’s feelings. They feelings as well as the feelings of their peers.

(Ed Note: [Love Notes](#) also uses a child’s perspective to increase young people’s empathy and support change – we call it “through the eyes of a child.”)

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## TOOLS YOU CAN USE

 [Power of the Adolescent Brain – A TAG Talk](#)

The U.S. Department of Health and Human Services, Office of Adolescent Health, in collaboration with the Interagency Working Group on Youth Programs and Penn Translational Neuroscience Center Co-Director Dr. Frances Jensen developed a video and two discussion guides about research on adolescent brain development, functioning, and capacity.

Watch *The Power of the Adolescent Brain* [full-length video](#)

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 [The Future of Love According to Kids](#)

The kids of Gen Z are growing up in a world far different than their Millennial predecessors. So, how does this affect their thoughts on love? We took our cameras into schools across the nation to find out. We took our cameras into schools across the nation to find out.

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 [What Do Teens’ Emotions Feel Like?](#)

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## SECOND WEDNESDAY WEBINAR

August 8



## Completely updated! Love Notes and Relationship Smarts PLUS

**About the webinar:** For the past five years, programs across the United States have been teaching healthy relationship skills to thousands of young people through Relationship Smarts PLUS 3.0 and Love Notes 2.1.

Now, The Dibble Institute is excited to announce that **both of these evidence-based programs have been updated** with brand new information crucial to supporting teens and young adults in today's world! They respond to changing conversations and conditions spurred on by #metoo, #timesup, smart phones, and social media.

Relationship Smarts Plus 4.0 and Love Notes 3.0 both feature **brand-new, age-appropriate content on:**

- Sexual consent
- Online pornography
- Sexting
- Sexual assault
- Drugs and alcohol – and their impact on relationships
- Cyberbullying

**Presenter: Marline E. Pearson, M.A.**, Author, Love Notes and Relationship Smarts PLUS

**Who should attend:** Youth-serving program staff and administrators in the fields of healthy relationships, pregnancy prevention, youth development; runaway and homeless youth, corrections, pregnant and parenting teens, workforce development, and rape and sexual violence prevention. Extension agents, health and Family and Consumer Sciences teachers, alternative school staff.

**When:** Wednesday, **August 8, 2018, 4:00 pm Eastern/1:00 pm Pacific**

**Duration:** 60 minutes

**Cost:** Free!

[REGISTER NOW](#)



## FUNDING STREAMS

We curate this list of grants with the goal of increasing the numbers of youth who benefit from participating in a Dibble program. Please contact us about ways we can work with you to strengthen your application.

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*Programs for At-Risk Colorado Youth and Families Supported*

[AJL Charitable Foundation](#)

The AJL Charitable Foundation is committed to helping at-risk Colorado youth and families by supporting educational and humanitarian programs that provide the tools to help them succeed in life. The Foundation primarily supports nonprofit organizations and activities in the education and human services fields. **Organizations with budgets under \$5 million are eligible to apply.** Letters of inquiry may be submitted throughout the year; the upcoming deadline for invited proposals is **September 28, 2018**. Visit the Foundation's [website](#) to review the letter of inquiry guidelines.

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*Support for Organizations in Company Communities*



[Gannett Foundation: Community Action Grant Program](#)

The Gannett Foundation provides support to nonprofit organizations that serve the [communities](#) where Gannett Co., Inc., owns a newspaper or broadcast station. The Foundation's Community Action Grant Program's priorities include education, neighborhood improvement, economic development, youth development, community problem-solving, assistance to disadvantaged people, environmental conservation, and cultural enrichment. Grants are generally in the **\$1,000 to \$5,000** range. Grant requests are considered twice each year; the upcoming postmark deadline is **August 17, 2018**, for most locations. Proposals should be submitted to the local newspaper publisher or TV station general manager. Visit the Foundation's [website](#) to review the grant guidelines and download the application form.

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*Organizations in Bank Communities Supported*

**BBVA Compass** [BBVA Compass Foundation](#)

The BBVA Compass Foundation supports nonprofit organizations that are making a positive impact in the communities the bank serves in Alabama, Arizona, California, Colorado, Florida, New Mexico, and Texas. Online applications are **due September 28, 2018**. (Prior to submitting a grant request, first time applicants must join one of the Charitable Contributions Process Conference Calls/Webinar Presentations to be held on July 20, August 17, and September 14.) Visit the bank's [website](#) to learn more about the Foundation's guidelines and application process.

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