



Healthy Relationship News - December 2016

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TOOLS YOU CAN USE

- [Supportive Relationships – Professional Development Module](#)

SECOND WEDNESDAY WEBINAR - DIY for December!

Choose a webinar topic or speaker from 2016 that most interests you!

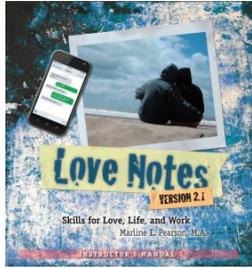


DIBBLE NEWS



[Dibble Research Summary Released](#)

Current research continues to confirm that relationship skill education provides immediate benefits to young people. As they build relationship efficacy, pregnancy rates drop, family well-being increases, harmful behaviors decrease, and dating violence is prevented and reduced.



Live Training In Dibble's Evidence-Base Program LOVE NOTES

Join us in Los Angeles, CA at the [Fathers and Families Coalition of America](#) Conference for a **cost-effective, hands-on training** in our most popular curricula. Especially good for individuals or small staff teams.

Love Notes was created to help teens and young adults learn, often for the first time, how to make wise choices about relationships, dating, partners, sex, and more. This program takes an innovative approach to these topics by integrating relationship skills with powerful learning strategies.

[Love Notes v2.1](#)

Relationship Skills for Love, Life and Work

For young adults ages 15-24

February 27 – 28, Los Angeles, CA

[Learn more and register!](#)



For that young person in your life

[Things to Know Before You Say "Go" – Card Deck](#)

Wondering what to get your teen that would help them in their romantic life? Consider this pack of 76 “flash cards” that empowers young people to discover what’s important to them in a relationship and what is less important.

The process couldn’t be simpler or more teen-friendly. Each card asks a basic question that helps them think about a current or future relationship. It includes a small book with dating tips and advice. It’s a great tool that engages teens in discovering their romantic priorities and values.

(Ed. Note: This is my go-to gift for all the young relatives in my life.)

THE LATEST

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[Majority of Americans Now Believe in Cohabitation](#)

Cohabitation is the new norm. Shifting gender roles and expectations, the delay of marriage, and a secularizing culture are leading more American adults to believe that moving in together before tying the knot is a good idea. A recent Barna study asked

those who adhere to more traditional values and premarital expectations.



[Teen depression on the rise in U.S.](#)

Major depression is growing among young people. One of the drivers may be related to increased cellphone use among teens and girls in particular, U.S. researchers say. Researchers looked at data from national surveys on drug use and health from 2005 to 2014 for teens aged 12 to 17 and young adults aged 18 to 25.

(Ed Note: This article links teen depression to cyberbullying and the high use of cell phones. Check out our [online lesson](#) on Teens and Technology that builds a critical literacy on social media and encourage youth to develop standards and personal policies for their engagement with technology.)

NEWS YOU CAN USE



[Talking with Teens – How You Make a Difference](#)

Tips for maintaining a healthy relationship with your adolescent, talking about sensitive subjects, and helping them manage relationships with other people.

TOOLS YOU CAN USE



[Supportive Relationships – Professional Development Module](#)

This online learning module from the University of Minnesota provides an overview of the role that supportive relationships play in promoting positive development within after school and youth programs.

SECOND WEDNESDAY WEBINAR

DIY for December



[Choose a webinar topic or speaker from 2016](#) that most interests you!

Choose from:

- Isabel Sawhill of The Brookings Institution
- Love and the Movies – free movie guides
- Trauma in Healthy Relationship Education
- The Newly Revised Love Notes
- Child Trends on Relationship Ed and Child Welfare Laurence Steinberg, PhD on the Adolescent Brain
- And more!

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