



Healthy Relationship News - February 2016

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Dibble's Free Movie Discussion Guides*

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THE LATEST



[Marriage and Child Wellbeing Revisited](#)

(The Future of Children Project: Princeton – Brookings)

unmarried parents—roughly 40 percent in recent years, and over 50 percent for children born to women under 30.

Many unmarried parents are cohabiting when their child is born. Indeed, almost all of the increase in nonmarital childbearing during the past two decades has occurred to cohabiting rather than single mothers.

But cohabiting unions are very unstable, leading us to use the term “fragile families” to describe them. About half of couples who are cohabiting at their child’s birth will split by the time the child is five. Many of these young parents will go on to form new relationships and to have additional children with new partners. The consequences of this instability for children are not good. Research increasingly shows that family instability undermines parents’ investments in their children, affecting the children’s cognitive and social-emotional development in ways that constrain their life chances. [Read more.](#)

TED

[Robert Waldinger: What makes a good life? Lessons from the longest study on happiness: TED](#)

[Talk](#)

There are countless ways to live life, but what if one way was better than others? What if there were certain "secrets" to ensuring greater happiness, and we could reveal those secrets to you right here, right now?

Sounds like the tagline of some hippy-dippy self-help book, doesn't it? But the secrets to happiness may be actually be found in one incredibly in-depth study from Harvard. [Read More.](#)

(Ed. Note: Spoiler alert! It's about relationships.)

NEWS YOU CAN USE

livescience

[Strong Social Connections Linked to Better Health](#)

A lack of social connection may have a negative impact on your physical health, new [research](#) suggests. Adolescents and teens ages 12 to 18 who felt socially isolated had a 27 percent increased risk of inflammation, compared with those who did not feel socially isolated, the researchers found. (*Live Science*, 1/4)

The New York Times [Having Friends Is Good for You, Starting in Your Teens](#)

Having friends is good for your physical health, and the benefits appear to start early in life, according to a new study.

relationships, with family and friends, and by participation in religious and social organizations. The [study appeared in Proceedings of the National Academy of Sciences](#)

After controlling for education, smoking, depression, alcohol consumption, diabetes and other characteristics, they found a lower score on the social integration index was associated with higher levels of C-reactive protein, a measure of general inflammation, and with higher blood pressure, higher body mass index and larger waist circumference.



[Intriguing Gender Differences Found in Autistic Friendships](#)

Research being presented puts an interesting slant on autism, friendship and the differences between girls and boys. Results found that the relationships of autistic girls aged 12-16 were more similar to those of non-autistic girls than they were like autistic male's relationships. The autistic girls were also less likely to pick up on conflict within their relationships. (*Medical News Today*, 1/6)

(Ed. Note: Check out a proven tool, [Mike's Crush](#), a video based relationship skills program for young people on the autism spectrum.)

TOOLS YOU CAN USE



[4 Tips on Dating Life](#)

A quick and helpful YouTube video from our friends at First Things First in Chattanooga.



[Integrating Healthy Relationship Education in High School and College](#)

A Free Webinar from the National Resource Center for Healthy Marriage and Families

Research shows that providing youth-focused relationship education increases the likelihood that adolescents will be prepared to make wise relationship decisions and to handle relationship challenges effectively. Join the National Resource Center for Healthy Marriage and Families for a new webinar that discusses the benefits of integrating healthy relationship education in high school and college.

[Register here.](#)

SECOND WEDNESDAY WEBINAR

February 10



Happy Valentine's Day!!

Love & the Movies

Dibble's FREE movie discussion Guides

To celebrate, we have a **FREE** gift for you! **In-depth movie discussion guides** that will help you have rich discussions with your young people about relationships using current and classic movies. Think Frozen, Cheaper by the Dozen, Antwone Fisher and more.

Movies can help students see the complexities and joys of a wide variety of relationships, including friendships and family, infatuations and first romances, enduring commitments and marriage. Discussing movies helps young people connect ideas in film to choices in real life.

In this webinar, you will see how the Dibble movie guides can unpack important concepts, how youth learn what “healthy” looks like, and why family formation matters.

Presenter: Dixie Zittlow & Aaron Larson, The Dibble Institute

Who should attend: All who work with teens and young adults!!

When: Wednesday, February 10, 2016, 4:00 pm Eastern/1:00 pm Pacific

Duration: 60 minutes

Cost: Free!

REGISTER NOW

TELLIGEN COMMUNITY INITIATIVE

[Telligen Community Initiative](#)

The mission of the Telligen Community Initiative (TCI) is to support innovative and forward looking health-related projects aimed at **improving health, social well-being, and educational attainment**. Grants are provided to nonprofit organizations, educational institutions, and government agencies serving communities in Iowa, Illinois, and Oklahoma. TCI's funding priorities include the following: Health Innovation, Health for the Underserved, and Healthcare Workforce Development. **The deadline for applicants in Iowa is February 17, 2016; the deadline for Oklahoma applicants is May 11, 2016; and the Illinois application deadline is September 7, 2016.**

Visit [the TCI website](#) to learn more about the funding priorities and application procedure.



[Funds for Measurement Research on Teen Dating Violence](#)

National Institute of Justice (NIJ) is seeking proposals for measurement research related to teen dating violence (a.k.a. adolescent relationship abuse). In particular, NIJ is seeking proposals that advance the accurate and developmentally appropriate measurement of dating violence perpetration and victimization among adolescents and young adults.

The **deadline** for applications under this funding opportunity is **March 9, 2016**.

[Download the solicitation.](#)



Silver Family Foundation

Support for At-Risk Youth Programs in Oregon and Washington

[Silver Family Foundation](#)

The Silver Family Foundation supports nonprofit organizations in Oregon and Washington that work with **at-risk youth**. The Foundation's Transitional Youth Development Grant Program provides grants to organizations that offer in-depth, long-term investments and opportunities for motivated, low-income youth. Priority is given to organizations that work in the areas of mentorship, **high school completion**, college and post-secondary preparation, and experiential education. Letters of inquiry may be submitted throughout the year; invited **proposals are due March 31 and September 30, annually**. Visit the Foundation's website to review the grant guidelines.



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