



Healthy Relationship News - July 2016

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DIBBLE NEWS



['Strengthening Families' program gets \\$4.8 million boost from fed grant](#)

Texas State University has received a five-year, \$4.8 million grant from the United States Department of Health and Human Services' Administration for Children and Families to implement a newly modified

SR/SF is a relationship education program for pregnant and parenting adolescents, which uses the Dibble program [Love Notes](#). The program is administered by Norma Perez-Brena, assistant professor in the School of Family and Consumer Sciences and assisted by Heidi Adams Rueda, assistant professor. Department of Social Work, along with Michelle Toews, associate dean for research in the College of Human Ecology at Kansas State University.

"The goal of this new program is to provide adolescent parents the education they need to strengthen their romantic relationship skills, while also strengthening the parental and co-parental relationships they are managing as new parents," Toews said.

THE LATEST



[Overusing Social Media May Hurt Teens' Love Lives](#)

Social media may keep young people, particularly boys, from developing key interpersonal skills they need to successfully manage relationships. A new [study](#) finds that when it comes to romance, the more teens communicate online with their boyfriends and girlfriends, the worse they manage conflict and asserting themselves in romantic relationships at a time when kids are developing complex interpersonal skills

(Ed. Note: Interested in a lesson on social media and relationships? Check out our mini-lesson in our [digital store](#).)

[This Could Explain Why Teens Are So Obsessed With Social Media](#)

THE HUFFINGTON POST

If you have teenagers or know them, you'll agree they always seem to be glued to their smartphones — or, more precisely, the social media platforms these phones contain.

But while it's easy to joke that teens are obsessed with Instagram, Snapchat and probably a bunch of apps we don't even know about, there's new evidence that might explain why: Neuroscientists have found that seeing all those "likes" on a social media post may be especially intoxicating to growing brains.

Daily Times

[UNICEF Launches Campaign on Internet Safety for Adolescents](#)

Eight out of ten 18-year-olds believe that young people are in a grave danger of either being sexually abused or taken advantage of online noted a new report released by UNICEF. UNICEF aims to amplify adolescents' voices to help address online violence, exploitation and abuse, and make sure that children can take full advantage of the benefits the Internet and mobile phones offer.

The New York Times

When a neuroscience student gets dumped, she finds comfort (and an over-the-counter remedy) in her knowledge of the physiology of romantic rejection.



[How to guide teen girls through love, relationships](#)

The average American girl starts having sex at 17, but talking to kids about the birds and the bees can be confusing for adults and children.

Peggy Orenstein's new book, "Girls and Sex: Navigating the Complicated New Landscape," offers an inside look at the minds of teens and their views on casual sex, love and relationships. She interviewed more than 70 young women between the ages of 15 and 20.

Peggy Orenstein joins "CBS This Morning" to discuss the increasing pressures girls face and how parents can discuss the sensitive topics with their daughters.

TOOLS YOU CAN USE



[STOP SV: A Technical Package to Prevent Sexual Violence](#)

This technical package represents a select group of strategies based on the best available evidence to help communities and states sharpen their focus on prevention activities with the greatest potential to reduce sexual violence (SV) and its consequences

Skills to Prevent Sexual Violence

1. Social-emotional learning *These approaches work in childhood and adolescence to enhance a core set of social and emotional skills including **communication and problem-solving, empathy, emotional regulation, conflict management, and bystanding skills.***
2. Teaching healthy, safe dating and intimate relationship skills to adolescents *These programs strive to reduce SV that occurs in the context of dating and intimate partner relationships. Such approaches can work to **build communication and conflict resolution skills as well as expectations for caring, respectful, and non-violent behavior.***
3. Promoting healthy sexuality *These approaches focus on comprehensive sex education that addresses **sexual communication, sexual respect, and consent.** Specifically these approaches focus on such things as delaying sexual initiation as well as reducing sexual risk-taking (e.g., sex without a condom, multiple sexual partners, and preference for impersonal sex), which are all risk factors for SV perpetration as well as for STDs and other negative sexual health outcomes.*

support than approaches focused primarily on physical self-defense training.

(Ed. Note: The four skills mentioned above are all included in robust, comprehensive relationship education. Another unexpected benefit of teaching young people how to navigate their love lives!)

SECOND WEDNESDAY WEBINAR

July 13



Best Practices for Serving Youth in Healthy Marriage and Relationship Education Programs

Many first romantic relationships occur during adolescence.

These relationships can help shape a variety of experiences (both positive and negative). Healthy Marriage and Relationship Education (HMRE) programs for youth can shape these experiences by improving youth attitudes and expectations concerning romantic relationships and by helping youth develop key skills to form healthy relationships and avoid unhealthy relationships.

This webinar will provide participants with a better understanding of federally funded HMRE programs for youth and will describe best practices for serving youth based on research and evaluation findings.

At the end of this webinar, participants will be able to:

- Describe the organizations implementing HMRE programs and the youth served by these programs
- Assess the alignment of HMRE programs for youth with best practices in the field

Presenter: Mindy E. Scott, Ph.D., Deputy Program Area Director and Senior Research Scientist with *Child Trends*

Who should attend: Youth-serving program staff and administrators in the fields of healthy relationships, pregnancy prevention, youth development; researchers working on issues related to youth; policy makers, funders, grant managers and writers.

When: Wednesday, July 13, 2016, 4:00 pm Eastern/1:00 pm Pacific

Duration: 60 minutes

Cost: Free!

FUNDING STREAMS

Funds for Health Initiatives in Company Communities

[Anthem Foundation](#)

The Anthem Foundation is committed to enhancing the health and well-being of individuals and families in the communities that Anthem serves. The Foundation believes that targeting preventable health concerns by making strategic charitable choices will help create a healthier generation of Americans. The Foundation's grantmaking focus is on initiatives that positively affect the conditions addressed in its Healthy Generations program: heart health, cancer prevention and smoking cessation, **maternal and newborn health**, diabetes prevention and management, and active lifestyles.

The upcoming **application deadline is August 19, 2016**. Visit the Anthem website for eligibility guidelines and to access the [online application system](#).

Grants Address Quality of Life Issues in Vermont

[The Richard E. and Deborah L. Tarrant Foundation](#)

The mission of the Richard E. and Deborah L. Tarrant Foundation is to create opportunity, help meet basic needs, and improve the lives of people in Vermont. The Foundation provides support to nonprofit organizations throughout the state that address the following categories: **Youth: Resilience and Aspiration focuses on programs that support school-age youth to develop the dispositions, skills, and resources they will need to move productively into adulthood.**

Letters of interest in all categories may be submitted throughout the year. Visit the Foundation's website to review the grant guidelines.

Programs for Disadvantaged Youth in Washington Supported

[Safeco Insurance Fund](#)

A Liberty Mutual Company

The Safeco Insurance Fund provides grants to nonprofit organizations that serve communities in the state of Washington. The Fund's focus is on educational programs that **encourage disadvantaged youth to excel academically and create opportunities for life-long success through learning**. Priority populations include youth, low-income individuals and families, and people with disabilities. Applying organizations must have annual operating budgets exceeding \$250,000.

Requests may be submitted throughout the year; however, **applications submitted after September 30 may not be reviewed until the following calendar year**. Visit the company's website to review the funding guidelines and submit an online application.



Silver Family Foundation

[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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