

## Boys Report DV, Millennials Committed to Marriage, & Talking About Consent



### October 2018

#### DIBBLE NEWS

- [Love Notes listed on Youth.Gov as Resource for Expectant and Parenting Young Families](#)
- [Spread the Word! 7 Principles of Smart Relationships - Camera Ready](#)

#### THE LATEST

- [Millennials, Gen X Committed to Marriage and Driving Down Divorce Rates](#)
- [How Winning Friends May Influence Adolescent Behaviors](#)
- [Teen Boys Report More Dating Violence Than Girls, Perplexing Scientists](#)

#### NEWS YOU CAN USE

- [Center for Parent and Teen Communication](#)
- [What Makes a Good Life?](#)
- [How to Talk to Teenagers about Consent, Boundaries and Self-Control](#)

#### USEFUL TOOLS

- [My Family Album: Healthy Relationship Activity Book for Children](#)
- [Talking with Teens about Dating, Porn, and Sex](#)

#### SECOND WEDNESDAY WEBINAR - October 10, 2018

[Self-regulation Skills:  
Support Healthy Relationships for Youth](#)

#### FUNDING STREAMS



#### DIBBLE NEWS

The benefits of healthy relationships for expectant and parenting young families are multifaceted. Healthy relationship skills can improve communications among teen mothers and fathers and their family members and with each other. As one of a five resources listed, Love Notes provides the healthy relationship skills for teen mothers and fathers.

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[Spread the Word! 7 Principles of Smart Relationships - Camera Ready.](#)

Thanks to the University of Georgia Extension, Dibble clients can receive the 7 Principles as camera ready artwork ready for t-shirts, water bottles, and more! If you are a Dibble client, please contact [Jarna Knuteson](#) for more information and your link.

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## THE LATEST



[Millennials, Gen X Committed to Marriage and Driving Down Divorce Rates](#)

It seems millennials are always being blamed for a lot of bad trends, but now it seems they along with Generation X are getting credit for something good - lowering the divorce rate.

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[How Winning Friends May Influence Adolescent Behaviors](#)

Adolescents may get by with a little help from their friends, but, according to Penn State researchers, friend selection and friend influence, as well as gender, may all play a role in establishing friendships that can help, or possibly hurt, them.

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[Teen Boys Report More Dating Violence Than Girls, Perplexing Scientists](#)

Over the past ten years, Canadian researchers have been collecting data on one dark corner of society: teen dating violence. What they describe in their new study in the Journal of Interpersonal Violence may seem surprising, given society's gender stereotypes. Boys, they show, are victims of personal dating violence, and in some cases are more often so than girls.

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## NEWS YOU CAN USE

[Center for Parent and Teen Communication](#)



A site full of written content, videos, podcasts, slideshows, and quizzes designed to strengthen family connections

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### [What Makes a Good Life? 3 Lessons on Life, Love, and Decision Making](#)

The Harvard Grant Study adds to the growing pile of evidence about the importance of emotional intelligence and close relationships... These skills are strongly correlated with success, essential to navigating life's ups and downs, and learnable.

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### [How to Talk to Teenagers about Consent, Boundaries and Self-Control](#)

Whether Judge Brett Kavanaugh will be confirmed to the Supreme Court may come down to Christine Blasey Ford's allegation that the would-be Justice sexually assaulted her at a party when they were in high school... Parenting expert Dr. Deborah Gilboa says, the process of moving from toddler to adult "involves learning to recognize your desires and instincts, and to know when they are okay and when they are not, and respecting boundaries.

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## USEFUL TOOLS



### [My Family Album: Healthy Relationship Activity Book for Children](#)

My Family Album is designed as an interactive educational tool for children ages 7 through 10 to work through together with either their parents or educators. The book can be used in group settings or one-on-one with children to generate conversations about healthy family relationships, interpersonal skills, and appropriate interactions within the family, school, and community.

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**DR. ALEXANDRA SOLOMON**

### [Talking with Teens about Dating, Porn, and Sex](#)

Does anything strike fear into the heart of a parent more than figuring out when and how to talk with your kids about dating, love, and sex? As if those topics were not challenging enough, thanks to 24/7 free streaming internet porn, today's parents have to also talk with kids and teens about porn! Let's take a collective deep breath and figure this out together.

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# October 10



## Self-Regulation Skills: To Support Healthy Relationships for Youth

**About the webinar:** Self-regulation is increasingly being recognized as foundational for wellbeing across the lifespan, including in fostering healthy relationships. This talk will describe principles of self-regulation development using an applied framework based in current research and cross-disciplinary theory (<https://www.acf.hhs.gov/opre/resource/seven-key-principles-of-self-regulation-and-self-regulation-in-context>), with a focus on adolescents (<https://www.acf.hhs.gov/opre/resource/self-regulation-snap-shot-5-a-focus-on-high-school-aged-youth>) and young adults (<https://www.acf.hhs.gov/opre/resource/self-regulation-snap-shot-6-a-focus-on-young-adults>).

The role of emotion regulation in communication and decision-making within the context of youths' romantic relationships will be discussed. Strategies for promoting emotion regulation, perspective taking, goal-commitment, and problem solving in youth to foster health relationships will be reviewed, including approaches educators can use in teaching and coaching these skills.

Objectives:

1. Identify at least 3 key principles of self-regulation development for adolescents and young adults.
2. Describe one-way emotion regulation affects youths' romantic relationships.

**Presenter: Desiree W. Murray, PhD**, Senior Research Scientist, Frank Porter Graham Child Development Institute; Research Associate Professor, School of Education, University of North Carolina-Chapel Hill.

**Who should attend:** Healthy Marriage and Healthy Relationship Organization Grantees, Staff, Evaluators, Policy Makers; Teen Pregnancy and Dating Violence Prevention Practitioners, Extension Professionals, Health educators, Family Stabilization Staff, Anyone with Interest in Youth and Relationship Education.

**When:** Wednesday, **October 10, 2018, 4:00 pm Eastern/1:00 pm Pacific**

**Duration:** 60 minutes

**Cost:** Free!

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## 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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### [Support for Initiatives Addressing Mental Health and Substance Abuse](#)

The ALKERMES INSPIRATION GRANTS program supports nonprofit organizations throughout the United States that address the comprehensive needs of people affected by mental health and substance use disorders.

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