



January 2020

DIBBLE NEWS

- [Relationship Smarts PLUS Study In Georgia](#)

THE LATEST

- [Promoting Positive Adolescent Health Behaviors & Outcomes](#)
- [Best Practices In Relationship Education](#)
- [Family Strengthening Research](#)

NEWS YOU CAN USE

- [Children's Family Structure In 2019](#)
- [Preventing Adverse Childhood Experiences \(ACEs\)](#)
- [Satisfaction Is Important, But Give Me A Lever To Pull](#)

TOOLS YOU CAN USE

- [10 Simple Steps For Reducing Toxic Stress In Classrooms](#)
- [Adolescent Development Explained](#)
- [The Secret To Raising Smart Kids](#)

[SECOND WEDNESDAY WEBINAR](#) - January 15, 2020

**Project Rise:  
Bringing Relationship Education to  
Hispanic Youth**

[FUNDING STREAMS](#)



DIBBLE NEWS



[Two Versions of Relationship Smarts PLUS Studied in Georgia](#)

This process study examines the

implementation of [Relationship Smarts Plus 3.0](#) in two high schools in suburban Atlanta Georgia including program design; processes for hiring, training, and supervising

program design; processes for hiring, training, and supervising facilitators; service delivery; and youth engagement. [More Than Conquerors, Inc.](#) a nonprofit social service provider with a long history of delivering healthy relationship programming with funding from the Office of Family Assistance, led the implementation of two versions of the curriculum: the full 12 lesson version and an 8-lesson approach.

---

## THE LATEST



### [Promoting Positive Adolescent Health Behaviors And Outcomes](#)

Adolescence is a period of immense growth when youth develop the knowledge, attitudes, and skills to thrive throughout life. Some youth need additional support to promote their health such as a prevention or intervention program. A committee of National Academies identifies key elements to making these programs effective in improving youth outcomes.

---



### [Best Practices in Relationship Education](#)

This article outlines the current state of evidence and key issues in the field of Relationship Education. Results show that the hallmark of an evidence-based, best-practice approach lies in making thoughtful decisions based on current knowledge, the goals of the effort, the population served, and available resources.

---



### [Family Strengthening Research](#)

The Division of Family Strengthening through the Office of Planning, Research, and Evaluation researches and evaluates projects related to strengthening relationships within families, supporting fatherhood, nurturing children through their families, reducing teen pregnancy, supporting youth in their transition to adulthood, and preventing family violence. This report describes the major research investments of this division through Fiscal Year 2018.

---

## NEWS YOU CAN USE



## [Children's Family Structure, 2019](#)

A pattern of stability in minor children's family structure is documented through the past nine years. Using data from the 2019 March Current Population Survey, this profile updates [FP-13-19](#) by documenting the family structure of minor children (under the age of 18) in the U.S. The profile also describes variation by race/ethnicity, and state-level variation in the share of children living with two married biological parents.

---



## [Adverse Childhood Experiences \(ACEs\)](#)

Adverse Childhood Experiences (ACEs) have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. Working together, people can help create neighborhoods, communities, and a world in which every child can thrive. "[Preventing Adverse Childhood Experiences \(ACEs\): Leveraging the Best Available Evidence](#)," is a resource to help states and communities with ACEs prevention by featuring six strategies drawn from the CDC Technical Packages to Prevent Violence.

*(Ed. Note: One key strategy for reducing ACEs in this report is teaching skills that build healthy relationships and strong families through social and emotional learning. Check out [Love Notes](#), [Relationship Smarts PLUS](#), and [Mind Matters](#) as effective and engaging interventions.)*

---

## [Psychology Today Satisfaction Is Important, but Give Me a Lever to Pull](#)

In love, many things matter but some things are more likely to cause change. Some constructs used to describe romantic relationships imply a lever that might be pulled to cause an effect. Others do not. The distinction matters both theoretically and in personal relationships.

---

## **TOOLS YOU CAN USE**



## [10 Simple Steps for Reducing Toxic Stress in the Classroom](#)

Teachers are beginning to recognize that children who can't sit still in class, act out, or have asthma may be showing warning signs of a toxic exposure to childhood trauma.

With nearly 35 million children across the country at risk for toxic stress, what if the person giving the biggest daily dose of healing treatment for toxic stress is a teacher? Here are 10 practical, low- or no-cost strategies to treat toxic stress in classrooms.

---



## [Adolescent Development Explained](#)

This section examines the major developmental changes that occur in adolescence and provides suggestions on how caring adults can support young people as they navigate through this critical period. It builds on [The Teen Years Explained: A Guide to Healthy Adolescent Development - PDF](#), the seminal report developed by the Center for Adolescent Health at the Johns Hopkins Bloomberg School of Public Health, as well as on other important sources of information.

---



## [The Secret to Raising Smart Kids](#)

Hint: Don't tell your kids that they are. More than three decades of research shows that a focus on effort — not on intelligence or ability — is key to success in school and in life.

---

# SECOND WEDNESDAY WEBINAR

January 15



**Project Rise:**

## Bringing Relationship Education to Hispanic Youth

Join the staff from Project Rise as they share with you how they are successfully engaging the Latino community including youth and their parents in healthy relationship skills programming.

[Project Rise](#) is utilizing [Relationship Smarts PLUS \(Sexual Risk Avoidance Adaptation\)](#) to prevent teen pregnancy, reduce associated risk behaviors, and promote healthy adolescent development among Latino teens aged 12-18. They are working in four neighborhoods of Los Angeles County where measures of sexual risk are significantly higher than the national average.

In focus groups the young people reported learning:

- Communication and relationships skills including ways to speak with family and friends as well as controlling their anger
- How to be self-reflective including understanding infatuation vs. true love and effective decision-making skills
- Ways to talk with their parents or a trusted adult about sex and healthy relationships

### Presenters:

- **John Lewis**, Southern California Director, Urban Strategies
- **Guillermo Pichardo**, Youth Advocate, Catalyst SGV

**Who should attend:** Teen pregnancy prevention organizations, social workers, staff in Community Action Agencies, Community Health, University Extension, Non-profit and faith based organizations, alternative high school educators, corrections, homeless youth programs, fatherhood, healthy relationships, any others working with risk-immersed youth.

**When:** Wednesday, **January 15, 2020, 4:00pm Eastern/1:00pm Pacific**

**Duration:** 60 minutes

**Cost:** Free!

[REGISTER NOW](#)

---

## FUNDING STREAMS

[Research Grants for Preventing Violence and Violence Related Injury](#)

The Centers for Disease Control and Prevention's National Center for Injury Prevention and Control (NCIPC) is soliciting investigator-initiated research that will help expand and advance our understanding about what works to prevent violence that impacts children and youth, collectively referred to as Adverse Childhood Experiences (ACEs), including child abuse and neglect, teen dating violence, sexual violence, youth violence, youth/parent suicidal behavior, and exposure to adult intimate partner violence.

---

*CIAPM Request for Proposals 2019*

### **[Addressing Health Impacts of Adverse Childhood Experiences through a Collaborative Precision Medicine Approach](#)**

Up to \$9 million will be provided by the State of California for three to five proof-of-principle demonstration projects with the aim to address ACEs through collaborations between academic, community, public, nonprofit, and private partners. Each project will be **co-led** by an academic institution and a nonprofit community/patient organization or county institution that provides support for people with ACEs.

*(Ed. Note: Please contact [Kay Reed](#) if you would like to work together on a proposal that includes studying [Mind Matters](#).)*

---

### **[Evaluating Practice-based Programs, Policies, and Practices from CDCs Rape Prevention and Education \(RPE\) Program](#)**

This RFP seeks proposals to rigorously evaluate the effectiveness of primary prevention programs, policies, or practices implemented by CDC-funded Rape Prevention and Education programs to prevent sexual violence. Research funded under this announcement is intended to expand the evidence base for sexual violence prevention in one or more of the following strategy areas identified in the STOP SV technical package: Promote Social Norms that Protect Against Violence, Provide Opportunities to Empower and Support Girls and Women, and Create Protective Environments.

*(Ed. Note: [Relationship Smarts PLUS](#) is eligible for this study because it is currently being used in CDC funded rape prevention programs. Contact [Kay Reed](#) for more details.)*

---

## **Grant Forecasts**

### **[\\$54 Million for Teen Pregnancy Prevention](#)**

FY2020 funding is available to support new cooperative agreements for organizations to replicate programs that have been proven effective through rigorous evaluation to reduce teenage pregnancy, behavioral risk factors underlying teenage pregnancy, or other associated risk factors. Funds will be used to replicate programs with as many youth and families as possible, and in communities with the greatest need to reduce rates of teen pregnancy and STIs.

### **\$33 Million for Sexual Risk Avoidance Education Programs**

The goals of SRAE are to empower participants to make healthy decisions, and provide tools and resources to prevent pregnancy, STIs, and youth engagement in other risky behaviors.

### **\$18 Million for Innovation and Impact in Teen Pregnancy Prevention**

Y2020 funding is available to support new cooperative agreements to increase the number of effective programs to delay sexual initiation and prevent teen pregnancy and STIs by developing and evaluating new or innovative approaches. Funded grantees will develop and test new innovative interventions to prevent teen pregnancy and STIs and delay sexual initiation, and increase the number of programs available that are proven to delay sexual initiation and prevent teen pregnancy and STIs.

(Ed. Note: Dibble has several programs that would be of great interest to study with this funding. Contact [Kay Reed](#) to discuss.)

### **\$6 Million for Competitive Title V Sexual Risk Avoidance Grants**

Successful applicants must use medically accurate information referenced to peer-reviewed publications by educational, scientific, governmental, or health organizations; implement an evidence-based approach integrating research findings with practical implementation that aligns with the needs and desired outcomes for the intended audience; and teach the benefits associated with self-regulation, success sequencing for poverty prevention, healthy relationships, goal setting, and resisting sexual coercion, dating violence, and other youth risk behaviors such as

violence, and other youth risk behaviors such as underage drinking or illicit drug use without normalizing teen sexual activity.

*(Note: This funding is only available in a few states that have chosen not to utilize federal Title V funding themselves.)*

### [\\$1.5 Million for Pregnancy Prevention Research \(i.e. analysis of secondary data\)](#)

---

*Support for Out-of-School Programs for Middle Schoolers Nationwide*

#### [New York Life Foundation: Aim High](#)

The Aim High grant program, funded by the New York Life Foundation and administered by the Afterschool Alliance, supports out-of-school programs serving middle school youth nationwide. The focus of Aim High is to help economically disadvantaged eighth-graders reach ninth grade prepared to succeed in high school by supporting afterschool, summer, and expanded learning programs. Funded programs must serve a high percentage, at least 75 percent, of low-income youth. In 2020, the Aim High grant program will provide 26 awards nationwide as follows: eight awards of \$100,000 over two years, eight awards of \$50,000 over two years, and ten awards of \$15,000 for one year. **The application deadline is January 24, 2020.** Visit the [Afterschool Alliance website](#) to download the grant guidelines and submit an online proposal.

---

*Strengthening Youth Development and Early Childhood Programs in Minnesota*

#### [The Sheltering Arms Foundation](#)

The Sheltering Arms Foundation provides grants to nonprofit organizations in Minnesota that benefit children and families who have the least access to resources. The Foundation supports high quality direct service programs for children, ages 0-12, in the areas of early childhood and youth development. In addition, the Foundation supports advocacy efforts that increase access to high quality, culturally appropriate early childhood care as well as out-of-school time opportunities for education and youth development. Grants generally range from \$5,000 to \$20,000 with an average grant of \$10,000. Applying organizations must be based in Minnesota and provide services to residents of the state. **The application deadline is January 22, 2020.** (Prior to submission of a funding request, organizations are required to contact Foundation staff to talk about how a project fits with the Foundation's guidelines.)

---

*Funds for Organizations in Bank Communities in New Jersey and New York*

### [Investors Foundation](#)

The Investors Foundation supports nonprofit organizations in the communities that Investors Bank serves, which include most of the state of New Jersey, New York City, and Long Island. Grants are provided for creative initiatives offered by diverse community organizations in the areas of arts, education, health and human services, youth, and affordable housing. Preference is given to applicants that strive to collaborate with other organizations working in the same community or on complementary issues. **The application deadlines are February 1, May 1, August 1, and November 1, annually.**

---

**Support The Dibble Institute** when you shop on at Amazon! Use this [link](#) while doing your shopping!

---

**The Dibble Institute does not sell or share your contact information.**

In most cases we obtained your contact information when you provided it to us when purchasing materials, at a conference, or by attending a Dibble training or webinar. If you no longer wish to receive emails from us simply click the unsubscribe button at the bottom of this email.

---

PO Box 7881, Berkeley, California 94707, United States

You may [unsubscribe](#) or [change your contact details](#) at any time.

Powered by:

