

# Healthy Relationship News – May 2019

## DIBBLE NEWS

- [Violence Prevention Case Study Now Posted](#)

## THE LATEST

- [Teen Dating Violence Can Lead to Homicide – Girl Victims](#)
- [Consequences Of Teen Motherhood Lasts Generations](#)
- [ACEs Are Different Than Child Trauma](#)
- [Beliefs About Sexual Consent Among High School Students](#)

## NEWS YOU CAN USE

- [What It's Like To Date When You Have A Chronic Illness](#)
- [Sexual Intercourse Precedes Partner Violence](#)
- [School Mindfulness Programs Help Students Cope With Stress](#)

## TOOLS YOU CAN USE

- [Why Paternal Involvement Matters](#)
- [AMAZE.org On Disability, Relationships, and Sexuality](#)
- [Myths Of The Adolescent Brain](#)

## SECOND WEDNESDAY WEBINAR – May 8, 2019

**Friends –  
The Effects of Friends on  
Romantic Relationships**

## FUNDING STREAMS

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## DIBBLE IN THE NEWS



### [Violence Prevention Case Study Now Posted](#)

When SAFE of Columbia County, Oregon saw a need for a school-based violence prevention program they turned to [Mind Matters](#) because it was a ready-to-use tool that served a wide age span. [Learn how they took it to scale in their county.](#)

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## THE LATEST



### [Teen Dating Violence Can Lead To Homicide — Girls Are The Most Common Victims](#)

Domestic violence is common among adults, and women are most frequently the victims. In fact, nearly half of women killed by homicide in the United States are [killed by their former or current intimate partners](#). Now a new study finds that this kind of violence also poses a risk to the lives of adolescent girls.

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[Consequences of Teen Motherhood Can Last for Generations](#)



A child whose mother had her as a teenager is set up to have a tough life. Compared with peers whose parents gave birth later, this child is at a greater risk of [being born prematurely](#), of [struggling to acquire](#) basic skills such as literacy and self-control, and of underperforming in school.

“What our research really demonstrates is the value of supporting young mothers when they have children in adolescence,” Dr. Wall-Wieler says. This support “doesn’t just improve their own lives—it also improves the lives of their children and the lives of their grandchildren”.



### [ACEs Are Different Than Child Trauma](#)

Legislators, caregivers, and the media increasingly recognize that childhood adversity poses risks to individual health and well-being. [The original Adverse Childhood Experiences \(ACEs\) Study](#) has helped raise public awareness about this critical public health issue. However, as the use of ACEs questionnaires for identifying potentially harmful childhood experiences has [gained popularity](#), it is important to understand how ACEs differ from other commonly used terms, including childhood adversity, trauma, and toxic stress.



BROWN

### [Beliefs About Sexual Consent Among High School Students](#)

This report highlights important discrepancies in adolescents’ definition of sexual consent—primarily through verbal consent—and how they behaviorally indicated sexual consent and sexual refusal—primarily through nonverbal actions.

## NEWS YOU CAN USE



### [What It’s Like to Date When You Have A Chronic Illness](#)

Dating is never easy. It doesn’t come with a guide that tells you when to kiss for the first time, or when it’s too early to discuss your exes. And there’s definitely no guide on how to date while living with a chronic disease. Whether it’s broaching the subject to a potential partner, helping your partner understand the best way to support you, or offering your partner helpful tips to maintain their own physical and mental health while supporting you, there’s a variety of factors that can make dating with a chronic condition difficult and, at times, even scary, but it’s not an uncommon situation.



THE UNIVERSITY  
of NORTH CAROLINA  
at CHAPEL HILL

### [Sexual Intercourse Precedes Partner Violence in Adolescent Romantic Relationships](#)

This study examined whether psychological or physical violence between adolescent romantic partners is associated with the sexual intercourse status of the couple. The researchers found that violent victimization was more likely to occur in romantic relationships that included sexual intercourse. In relationships characterized by both sexual intercourse and violence, sexual intercourse was significantly more likely to precede violence rather than the reverse, regardless of type of violent act.



McGill  
UNIVERSITY

### [School Mindfulness Programs Can Help Students Cope With Stress](#)

Among mental health practitioners, researchers, educators, and even the media, mindfulness practices are gaining popularity as a method to help children and youth cope

with stress. A [growing body of research](#) suggests that mindfulness interventions in schools can boost children's ability to regulate emotions and manage their feelings of stress.

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## TOOLS YOU CAN USE



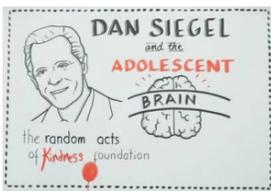
One out of every three kids in America lives in a home in which their biological father is not present. Many studies focus on how a mother's involvement in her child's life affects their brain development, but how does a dad's involvement affect a child?

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All people are sexual beings, no matter what their bodies can or cannot do physically or what type of support they may need from time to time or all of the time. It's important for young people living with disabilities or differently abled young people to learn about sexuality.

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### [Myths Of The Adolescent Brain](#)

In this video, Dr. Dan Siegel explores two myths about brain development in adolescents as a tool to help educators and other role models to encourage adolescent growth.

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## SECOND WEDNESDAY WEBINAR

May 8



### **Friends and Crushes – The Effects of Friends on Romantic Relationships**

Peer relationships, particularly friendships, are a critical context for development during adolescence. In these relationships, adolescents learn important relationship skills (e.g., conflict management, empathy) that can impact their later romantic relationships.

In this webinar, we will explore how adolescents build relationship skills through friendships and discuss the implications friendships have for later romantic relationships.

**Objectives:** Specifically, webinar attendees will learn:

1. The core features of and relationship skills learned in friendships.
2. How relationship skills learned in friendships affect later romantic relationships.

3. How relationship education can improve friendship quality and the quality of romantic relationships.

**Presenters:** Kathleen Hlavaty, Ph.D. , Project Manager and Research Associate with Military Families Learning Network, Auburn University.

**Who should attend:** life educators; health educators; high school guidance counselors; Family and Consumer Sciences students and educators; and anyone with an interest in adolescence and relationship education

**When:** Wednesday, May 8, 2019, 4:00 pm Eastern/1:00 pm Pacific Time

**Duration:** 60 minutes

**Cost:** Free!

[REGISTER NOW](#)

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## FUNDING STREAMS

### GRANT FORECASTS

*(Editor's Note: Dibble programs are currently used by a large number of grantees using the following three funding streams. If you would like a complimentary 30 day online review a copy of one of our programs as you make your plans, please [let us know!](#))*

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#### [Title V Competitive Sexual Risk Avoidance Education \(CSRAE\)](#)

*(Only organizations in Alaska, California, Connecticut, Delaware, Hawaii, Kansas, Maine, New Hampshire, North Dakota, Rhode Island, Vermont, Washington, Wyoming, American Samoa, District of Columbia, Guam, Marshall Islands, Northern Mariana Islands, Palau, and Virgin Island are eligible to apply.)*

The purpose of the CSRAE is to fund projects to implement sexual risk avoidance education that teaches participants how to voluntarily refrain from non-marital sexual activity. The goals of CSRAE are to empower participants to make healthy decisions, and provide tools and resources to prevent pregnancy, sexually transmitted infections (STIs), and youth engagement in other risky behaviors. **(Estimated posting date: February 22, 2019)**

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*Mental Health Grants in Metropolitan NY and Philadelphia.*



#### [Sexual Risk Avoidance Education Program](#)

The purpose of the SRAE Program is to fund projects to implement sexual risk avoidance education that teaches participants how to voluntarily refrain from non-marital sexual activity. The services are targeted to participants that reside in areas with high rates of teen births and/or are at greatest risk of contracting sexually transmitted infections (STIs). 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. **(Estimated posting date: March 4, 2019)**

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## New Funding Opportunity for Fatherhood Services in Ohio

State of Ohio [Ohio Commission on Fatherhood \(OCF\)](#)  
Procurement

The Ohio Commission on Fatherhood (OCF) has just posted a new Request for Grant Applications (RFGA). OCF seeks to award applicants that will develop and implement regional approaches to promoting responsible fatherhood by helping fathers in diverse communities throughout Ohio to succeed as parents, partners and providers.

OCF seeks to award at least five (5) organizations \$130,000 each per year for two years starting on **July 1, 2019 through June 30, 2021**.

Applicants must provide comprehensive fatherhood services to a minimum of 200 fathers per year in at least two Ohio counties. **Applications are due May 17, 2019, by 3:00 pm.**

*(Editor's Note: [Love Notes](#) is on Ohio's list of programs that can be used in this fatherhood grant.)*

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## [The Law Enforcement Mental Health and Wellness Act \(LEMHWA\) Program](#)

The LEMHWA program is a competitive solicitation, open to all public governmental agencies, for-profit and nonprofit organizations, institutions of higher education, community groups, and faith-based organizations.

LEMHWA funds are used to improve the delivery of and access to mental health and wellness services for law enforcement through training and technical assistance, demonstration projects, and implementation of promising practices related to peer mentoring mental health and wellness programs that are national in scope and responsive to the solicitation topic requirements.

Apply for this year's LEMHWA program **by May 28, 2019, at 7:59 p.m. EDT**

*(Ed. Note: [Mind Matters](#) could be used as part of the mental health and wellness service for both sworn and unsworn personnel. It can be taught to groups by paraprofessionals.)*

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## Grants Enhance the Health and Well-Being of Montanans



## [Montana Healthcare Foundation](#)

The Montana Healthcare Foundation is dedicated to improving the health and well-being of all Montanans. The Foundation's 2019 Call for Proposals will provide grants to organizations that focus on one of the following areas: **Behavioral Health, American Indian Health, and Partnerships for Better Health**. The Foundation is offering grants ranging between \$10,000 and \$50,000 for projects implemented within a 12-month period and grants up to \$100,000 for projects implemented within a 24-month period. Montana-based nonprofit organizations, educational institutions, and government agencies are eligible to apply. The **application deadline is May 30, 2019**. Visit the Foundation's website to review the 2019 Call for Proposals.

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