

*July 2021*

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- [Parental Relationships Spectrum \(for Baby's Sake break the cycle\)](#)
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**WEBINAR** - July 14, 2021

**Using Mindfulness Skills to Reduce Risk Factors  
in Sexual Health**

## **FUNDING STREAMS**

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## DIBBLE NEWS



### Quick and Easy Continuing Education Credits!

The Dibble Institute is pleased to offer free, on-demand webinars with professional development credits. The two series for credit include “Violence Prevention” and “Trauma-Informed Approaches.” Both are ideal professional development for educators, facilitators, counselors, and clinical workers. The assessment and certificate are provided at the low cost of \$20 by R. Cassidy Seminars for three credit hours.

[Get Credit Now...](#)

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### ESSER Toolkit

The Federal government has released \$122 Billion in Elementary and Secondary Schools Emergency Relief funding to address Social and Emotional Learning and mental health. **The Dibble Institute is offering you a [free toolkit](#)** to help you access those funds on a local level to address student trauma in schools.

Dibble is hosting an informational webinar on how community organizations can partner with school districts around the nation to deliver important mental health supports. Join us in this discussion on *Wednesday, July 21, 2021 at 1:00 PM Eastern*.

[REGISTER NOW: Accessing ESSER Funds to Address SEL and Mental Health](#)

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## June Training Spotlight

Congratulations to all the educators and facilitators using Dibble programs! In recognition of the organizations nationwide who are using relationship education, we are spotlighting those organizations who trained staff during the month of June 2021!

[Read more...](#)

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## THE LATEST



### Does Cohabitation Compensate for Marriage Decline?

The rise in cohabitation coupled with the decline in marriage during young adulthood means young adults are still forming coresidential relationships. However, among young adults, cohabitation no longer offsets the decline in marriage because cohabitation has plateaued. The result has been that fewer women have formed unions.

[Read more...](#)

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The Jed Foundation

### Younger Parenting College Students More Likely to Feel Isolated, Contemplate Suicide

A [new report](#) explores the mental health needs of parenting students at undergraduate institutions across the country. Using a sample of nearly 45,000 parenting students, the report highlights concerning disparities in mental health outcomes for younger parenting students ages 18-24, indicating they are five times more likely than non-parenting students to report feeling worthless, twice as likely to report feeling left out or isolated, and twice as likely to have considered suicide in the past year. The [report](#) includes eight recommendations for postsecondary institutions to better support the mental health of student parents, with specific emphasis on programs and supports that target younger parenting students.

[Read more...](#)

**Ed. Note:** [Mind Matters: Overcoming Adversity and Building Resilience](#) is well suited to address the mental wellbeing needs of student parents and all students.



## Family Strengthening Research 2020

This report describes OPRE's major research investments in areas of strengthening family during 2020. The report is organized into six different sections that show the breadth of the research, including:

- Supporting Fatherhood
- Strengthening Relationships
- Nurturing Children Through Families
- Supporting Positive Youth Development and Transitions to Adulthood
- Preventing Family Violence
- Cross-Cutting Projects

[Read more...](#)

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## **Less Poverty, Less Prison, More College: What Two Parents Mean For Black and White Children**

It is no “myth” to point out that boys and girls are more likely to flourish today in America if they are raised in a stable, two-parent home. Consistent with a longstanding social scientific consensus about family structure, children are significantly more likely to avoid poverty and prison, and to graduate from college, if they are raised in an intact two-parent family. This association remains true for both black and white children.

[Read more...](#)

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## **NEWS YOU CAN USE**

The logo for edutopia features the word 'edutopia' in a white, lowercase, serif font, centered within a rounded orange rectangle.

edutopia

### **How to Teach Consent Across the Curriculum**

A significant part of making consent a cultural norm involves moving away from thinking of consent only in the context of health education. Of course, consent has to be central to health classes, particularly the sex education components, but if we want to move it from a subject to a paradigm, we need to expand its reach and the spaces we explore.

[Read more...](#)

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Center for  
the Developing  
Adolescent

## Rebuilding with Adolescents in Mind – Webinar Series

Whether returning to the classroom for the first time since early 2020, transitioning from hybrid back to a regular schedule, or returning to a routine with less disruption, this fall will be an inflection point for the adolescents in our communities. Tweens and teens have been deeply impacted, not just by the COVID pandemic, but by the racial reckonings across the nation. While many of our early efforts of support necessarily focused on younger kids, now is the time to turn our attention to and invest deeply in adolescents. Join the Readiness Projects, Center for the Developing Adolescent, and Youth-Nex for an expanded conversation on adolescents and the pandemic with education, community, medical, and wellness experts, as well as youth themselves.

### Register now:

July 7 12pm ET - [Webinar #1: COVID-19 & Adolescents – How Developmental Science Can Help Support a Positive Reentry](#)

July 14 12pm ET - [Webinar #2: Everything Different? Act Different! – Building Forward Together](#)

July 21 12pm ET - [Webinar #3: Designing Educational Experiences with Adolescents in Mind](#)

July 28 12pm ET - [Webinar #4: Learning from the Experts – A Youth Led, Youth Panel](#)

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## TOOLS YOU CAN USE



### Millions Of Teens Experience Abusive Relationships. Here's How Adults Can Help

Dating abuse can happen to anyone — it doesn't matter if the teen is a good student, plays sports or seems happy. A teen in an abusive relationship may not understand what's happening or have the experience to know what to do — so adults are critical. Here are a few tips for adults who can help.

[Read more...](#)

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## Parental Relationships Spectrum

Harmful conflict can lead to poor outcomes for children. This guide supports the assessment of parental relationships and children's needs. The guide also presents questions for interviewing parents to assess for relationship health.

[Read more...](#)

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## Practicing Self Care During the Coronavirus: 5 Tips for Teachers

As an educator, it's understandable to feel overwhelmed. You may need a reminder that practicing self-care is essential to your well-being, especially during times of uncertainty and transition. You may be looking for ideas on how to practice self-care — or how to find time to practice self-care. Here are five ideas for practicing self-care as you teach during the coronavirus pandemic.

[Read more...](#)

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## WEBINAR



*July 14, 2021*

**Using Mindfulness Skills to Reduce Risk Factors  
in Sexual Health**

In these challenging times, many youth are dealing with isolation, anxiety, and depression and relationship challenges. Everyone is looking for a way to connect. Many wonder, how do we do this safely and in a healthy way?

We know that when we are unaware of what is happening with our bodies and brains, then we are more likely to make risky decisions. Providing information that youth will hear and use starts with providing mindfulness skills that help them to calm their brains, be in touch with what is going on in their bodies, and build resilience. These mindfulness skills are relevant, empowering, and easy to make a part of everyday life. When implemented, people find they are more likely to grow in social and emotional regulation, make more informed decisions, and see brighter futures.

Join Dixie Zittlow as we discuss how healthy decision-making is achievable by bringing awareness to what is happening with our bodies, brains, and emotions.

**Objectives:**

Webinar participants will be able to:

1. Understand the impact of mindfulness skills on the brain.
2. Practice mindfulness exercises that inform decision-making.
3. Access digital resources with mindfulness skills.

**Presenter:** Dixie Zittlow, Senior Training Advisor and Michele Wilson, Master Trainer

**Who should attend:** Program managers, counselors, educators, practitioners, community workers, foster care, runaway and homeless youth workers, and anyone working with youth

**When:** Wednesday, July 14, 2021, 4:00 pm Eastern/1:00 pm Pacific

**Duration:** 60 minutes

**Cost:** Free!

[Register Now >](#)

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## FUNDING STREAMS

## **Title V Competitive Sexual Risk Avoidance Education**

**Deadline:** July 15, 2021

The purpose of Title V Competitive SRAE is to fund projects to implement education exclusively on sexual risk avoidance that teaches youth participants to voluntarily refrain from non-marital sexual activity. Applicants are expected to submit plans for the implementation of sexual risk avoidance education that normalizes the optimal health behavior of avoiding non-marital sexual activity, with a focus on the future health, psychological well-being, and economic success of youth.

There is a toolkit to write a successful grant using a Dibble Program [here](#).

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## **Personal Responsibility Education Program (PREP) Competitive Grants**

**Deadline:** July 15, 2021

The Administration for Children and Families (ACF), Administration on Children, Youth and Families' (ACYF) Family and Youth Services Bureau (FYSB) will be accepting applications from local organizations and entities, including faith-based organizations or consortia, for the development and implementation of the Personal Responsibility Education Program (PREP) in states that did not accept FY2010 and FY2011 allocations for State PREP. The purpose of this program is to support projects that educate youth, between the ages of 10 and 19 years, and pregnant and parenting youth under age 21, on abstinence and contraception for the prevention of pregnancy, sexually transmitted infections, and HIV/AIDS.

There is a toolkit to write a successful grant using a Dibble Program [here](#).

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## **Sexual Risk Avoidance Education Program**

**Deadline:** July 15, 2021

The purpose of the SRAE Program is to fund projects to implement sexual risk avoidance education that teach 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.

There is a toolkit to write a successful grant using a Dibble Program [here](#).

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