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January 2023

DIBBLE NEWS

- **WEBINAR: Love Notes: A Teen Pregnancy Prevention Program that Actually Prevents Teen Pregnancy**
- **BONUS WEBINAR: Completely Updated! *Love Notes 4.0* and *Relationship Smarts PLUS 5.0***

THE LATEST

- **Study Finds Fatherhood Rewires Dads' Brains to Boost Empathy**
- **Language Development in Infancy Is Differently Influenced by Mothers And Fathers**
- **Eight Weeks of Mindfulness Training Improves Adolescents' Attentional Control**

NEWS FOR YOU

- **A Healthy Social Life Goes Beyond Friends and Family**
- **3 Big Blind Spots We Have About Love**
- **The Happiness Challenge: It's All About Relationships**

NEWS YOU CAN USE

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- **Teens and Cyberbullying 2022**
- **Teen Brains Aged Faster Than Normal from Pandemic Stress**

TOOLS YOU CAN USE

- **The Science of Synchronized Movement**
- **How to Be Patient in a Relationship**
- **Connections Matter Academy**

FUNDING STREAMS

DIBBLE NEWS



WEBINAR: Love Notes: A Teen Pregnancy Prevention Program that Actually Prevents Teen Pregnancy

January 11, 2022 1:00pm Pacific

In this webinar, Dr. Anita Barbee, will discuss the results from the original random control trial in Louisville testing the efficacy of [Love Notes](#). She will focus on how Love Notes actually reduces the chance of pregnancy for youth by 46% over those in the control group 12 months after instruction. (These results were recently published in the peer reviewed journal, [Family Relations](#).)

REGISTER

BONUS WEBINAR: Completely Updated! Love Notes 4.0 and Relationship Smarts PLUS 5.0

January 25, 2022 1:00pm Pacific

For the past 10 years, youth serving programs across the United States have been teaching healthy relationship skills to hundreds of thousands of young people using Relationship Smarts PLUS 4.0 and Love Notes 3.0. Now, The Dibble Institute is excited to announce that both of these evidence-based programs have been updated with brand new information crucial to supporting teens and young adults in today's world! Both [Relationship Smarts PLUS 5.0](#) and [Love Notes 4.0](#) continue to use a **strengths-based, asset building** approach to help young people make wise choices about relationships, sex, and the timing of family formation plus setting a path towards achieving their goals.

REGISTER

THE LATEST



Study Finds Fatherhood Rewires Dads' Brains to Boost Empathy

To learn more about plasticity in new dads' brains, research groups [at the University of Southern California](#) in Los Angeles and the [Instituto de Investigación Sanitaria Gregorio Marañón](#) in Madrid, studied fathers in two countries, and put each into an MRI scanner twice: first during their partner's pregnancy, and again after their baby was six months old. In both the Spanish and Californian samples, fathers' brain changes appeared in regions of the cortex that contribute to visual processing, attention and empathy toward the baby.

[Read more...](#)



Language Development in Infancy Is Differently Influenced by Mothers And Fathers

Austrian researchers who study language development in infancy worked with 100 mother-father-child families, separately observing how the mother and father read the same book to their toddlers. Well-educated mothers and fathers influence language development in their young toddlers (1 to 2 years old) differently, even though they read to the children in broadly similar ways.

[Read More...](#)

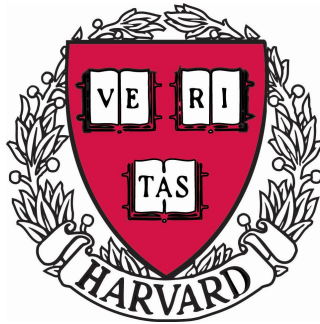


Eight Weeks of Mindfulness Training Improves Adolescents' Attentional Control

A new study published in the [Journal of Adolescence](#) tested an 8-week mindfulness training program among a group of adolescent and adult females. The results revealed that both teens and adults showed improvements in reorienting their attention following mindfulness training.

[Read more...](#)

NEWS FOR YOU



A Healthy Social Life Goes Beyond Friends and Family

According to a [new study](#), having a variety of different types of social interactions seems to be central to our happiness—something many of us discovered firsthand during the pandemic, but may already have forgotten.

[Read more...](#)



3 Big Blind Spots We Have About Love

Yes, love is blind—but not in the way you might think. Knowing these blind spots can help us make commitments more carefully, after enough time has passed to settle in and see each other for who we really are.

[Read more...](#)

The New York Times

The Happiness Challenge: It's All About Relationships

Well's weeklong Happiness Challenge will help you focus on a crucial element of living a good life — your relationships. Start by assessing the range and strength of your social ties, and then dive into seven days of advice in this article.

[Read more...](#)

NEWS YOU CAN USE

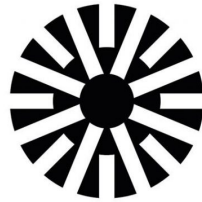
The New York Times

Their Mothers Were Teenagers. They Didn't Want That for Themselves

Teen pregnancies have plummeted, as has child poverty. The result is a profound change in the forces that bring opportunity between generations.

(Ed. Note: Thanks to good work of our clients and other organizations like yours, the conversation around relationships, sex, and pregnancy is changing)

[Read more...](#)



Pew Research Center

Teens and Cyberbullying 2022

Nearly half of [U.S. teens](#) have been bullied or harassed online. The most commonly reported behavior is name-calling, with 32% of teens saying they have been called an offensive name online or on their cellphone. Physical appearance is seen as a relatively common reason for bullying. Older teen girls are especially likely to report being targeted by online abuse overall and because of their appearance.

[Read more...](#)



Teen Brains Aged Faster Than Normal from Pandemic Stress

The stress of pandemic lockdowns prematurely aged the brains of teenagers by at least three years and in ways similar to changes observed in children who have faced chronic stress and adversity, a [new study](#) found.

[Read more...](#)

TOOLS YOU CAN USE

The Science of Synchronized Movement

When was the last time you moved in sync with someone else? Dancing, exercising, even just walking in step — for some it comes easily, for others, it's a challenge. But can moving to the same beat make all of us more kind to one another? This week, our guest Chris Duffy steps out of his comfort zone to try a practice in Body Music, rhythmically making sounds just by tapping your body, with body percussionist Keith Terry.

[Listen to the Podcast...](#)

UP JOURNEY

How to Be Patient in a Relationship

Learning to be more patient can be difficult, but it is an important skill to develop if you want your relationship to last.

[Read more...](#)



Connections Matter Academy

Alongside Connect Our Kids, HEAL PA is excited to announce the Connections Matter Academy - a FREE animated series of videos to help teens and young adults cope with trauma and loss. Each week, on Thursdays at 9:00 a.m., a new episode of The Connections Matter Academy will be released.

[Watch now...](#)

FUNDING STREAMS FORECAST



Advancing Equity in Adolescent Health through Evidence-Based Teen Pregnancy Prevention

Estimated Post Date: 2023

The Teen Pregnancy Prevention (TPP) Program is a national, evidence-based program that funds diverse organizations working to reach adolescents to improve sexual and reproductive health outcomes and promote positive youth development. The Office of Population Affairs (OPA) anticipates FY2023 funds being available to support cooperative agreements for organizations to advance health equity for adolescents, their family, and communities through the replication and scaling of medically accurate and age appropriate evidence-based teen pregnancy prevention programs that have been proven effective through rigorous evaluation to reduce teenage pregnancy, behavioral risk factors underlying teenage pregnancy, or other associated risk factors. Anticipated funds will be used to serve communities and populations with the greatest needs and facing