

February 2023

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**Implementing Love Notes with Peer Facilitators
to Increase Youth Voice and Engagement**

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DIBBLE NEWS



The Longer-Term Impacts of Relationship Smarts PLUS

The Office of Planning, Research, and Evaluation has released a report on a random control trial conducted by Mathematica on the three-year outcomes of the [Relationships Smarts PLUS v 3.0](#) (RSP) curriculum delivered in Georgia 9th grade health classes.

According to the study, at three years post instruction:

- Girls in the control group were **almost two times more likely to have sex without a condom** compared to the girls in the RSP group.
- Girls in the RSP group were **almost two and a half times less likely to be in an unhealthy relationship** (defined as their partner has tried to keep them from seeing friends, their partner has made them feel stupid, they have felt their partner might hurt them) than the control group

[Read more...](#)



UNIVERSITY
OF WYOMING

**Emerging Professionals Practicing Family Science:
Reflections of Peer Educators Delivering Relationship Education**

This study from the University of Wyoming and Auburn University, examined the experiences of college age peer educators who taught [Love Notes](#) to their peers. Themes emerged about personal impacts such as the application of program content to their own relationships.

[Read more...](#)



Project Rise – Participant Recruitment Video

Project Rise is a program of FuturoNow a collaborative of TELACU, Urban Strategies and nine faith and community-based organizations throughout Los Angeles County that serves over 1,300 youth with [Love Notes](#) an evidence based healthy relationship education curriculum.

[Watch now...](#)

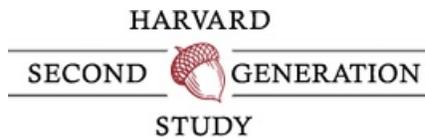


Join Our Top Team!

The Dibble Institute is looking to hire two on-call training specialists with expertise in facilitating our programs.

[Learn more...](#)

THE LATEST



What's The #1 Thing to Change to Be Happier?

“We think is that relationships are stress regulators, that chronic stress, as we know, is a big problem, that it breaks down our coronary arteries and it breaks down our joints. It has numerous health hazards. And what we find is that **good relationships are stress relievers that keep us healthy**,” says Dr. Robert Waldinger, primary researcher of the Harvard Study of Adult Development.

[Read more...](#)



Family Structure Has Not Changed Because Men Have Become Less Marriageable

American families look very different today than half a century ago, not least in terms of the role of men. A new report examines the causes of changes in family structure with implications that changes in family composition over the past few decades are not, by and large, the result of changes in the absolute economic position of men.

[Read more...](#)



American
Heart
Association.

The Way Teens Feel About Their Lives May Lead to Better Health in Adulthood

Teenagers who reported feeling optimism, happiness, self-esteem, belongingness, and feeling loved and wanted were more likely to reach their 20s and 30s in good cardiometabolic health compared to teens with fewer of these positive mental health assets, according to new research published today in the [Journal of the American Heart Association](#), an open access, peer-reviewed journal of the American Heart Association.

[Read more...](#)

NEWS YOU CAN USE



Social Media's Effects on Teen Mental Health Comes into Focus

Experts are increasingly warning of a connection between heavy social media use and mental health issues in children — a hot topic now driving major lawsuits against tech giants. Seattle Public Schools' recently filed [lawsuit](#) against TikTok, Meta, Snap and others — which accuses the social media giants of contributing to a [youth mental health crisis](#) — is one of hundreds of similar cases.

[Read more...](#)

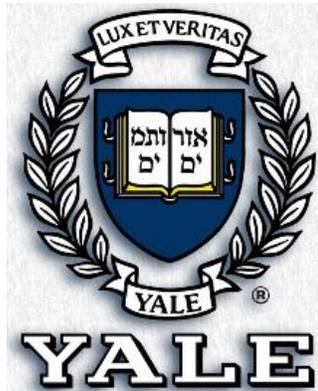


The Science of Self-Esteem: Past Experience Can Predict Teenage Girls' Self-Worth, Sense of Belonging

A study led by Skymba and Karen Rudolph, a professor of psychology and a researcher at the Beckman Institute for Advanced Science and Technology, is among the first to demonstrate that [past experiences](#) with bullying, friendlessness, and other forms of social exclusion directly impact how teenage girls perceive their own self-worth and belonging. Exploring this connection is a crucial step for designing intervention programs to improve teenagers' mental health.

[Read more...](#)

TOOLS YOU CAN USE



Yale's Hugely Popular Happiness Course Is Revamped for Teens

A widely popular course at Yale University about the [psychology of happiness](#) has been retooled for teens. It teaches them how to better manage stress and feel happier as they navigate their high school years. The free, six-week course, [the Science of Well-Being for Teens](#), launched Jan. 16 on the online platform Coursera as short TikTok-length videos on the misconceptions about happiness; the behaviors, feelings and thoughts that lead to mental well-being; and how to obtain it.

[Read More...](#)



Friendship: It's Good for Your Health

It's time to rethink our friendships. Research shows that strong friendships are essential to a healthy life.

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

How to Help Your Teen Cope with Anxiety and Social Media Pressures

We live in a time when anxiety is spreading like an epidemic among teenagers. Anxiety can be difficult for most people, but a teenager can find it especially hard to deal with due to hormonal changes, peer pressure, and the added stress of their phones constantly buzzing and pinging with social media notifications. This article examines strategies for assisting teenagers in managing their anxieties, developing resilience, and coping with the pressures of social media.

[Read more...](#)

WEBINAR



February 8, 2023

Implementing Love Notes with Peer Facilitators to Increase Youth Voice and Engagement

Youth Voice and Youth Engagement are pillars in youth development and program implementation.

As part of the implementation plan for their Teen Pregnancy Prevention (TPP) grant, The YMCA of Greater Louisville partnered with the Teaching and Learning Magnet of Central High School to train seniors as peer facilitators in [Love Notes](#). The peer facilitators then led sessions of Love Notes with adult support, both within their schools and at other community programs.

Join YMCA of Louisville's TPP grant manager, Kelley Luckett, as she describes their model of program implementation that uses peer facilitators to increase both youth voice and engagement. This presentation will demonstrate how this model benefits not only the youth participants but also the peer facilitators.

Objectives: Participants will be able to:

1. Describe how the YMCA of Louisville used peer facilitators in the implementation of Love Notes.
2. Explain how the use of peer facilitators increases youth voice.
3. Explain how the use of peer facilitators increases youth engagement.

Presenter: Kelley Luckett, Senior Director of Community Integrated Health, YMCA of Greater Louisville

Who should attend: Program directors and managers for teen pregnancy prevention, healthy relationship education, and violence prevention grants, educators, after-school program managers, Extension specialists and agents, and anyone working with youth.

When: Wednesday, February 8, 2023, 4:00pm Eastern/1:00pm Pacific

Duration: 60 minutes

Cost: Free!

[Register Now >](#)

FUNDING STREAMS



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

Estimated Post Date: January 31, 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 significant disparities to advance equity

in adolescent health through the replication of evidence-based teen pregnancy prevention programs and services.

[Learn more...](#)



Teen Pregnancy Prevention Tier 2 Rigorous Evaluation Cooperative Agreements

Estimated Post Date: February 3, 2023

The purpose of the TPP Tier 2 Rigorous Evaluation Cooperative Agreements is to fund rigorous impact and implementation evaluation of promising approaches for preventing teen pregnancy and related risk behaviors. Through the awards, OPA aims to address the changing needs of youth and communities by increasing the number of programs available that are proven to reduce teen pregnancy, sexually transmitted infections (STIs), and behavioral risk factors underlying teen pregnancy, and to disseminate those interventions that demonstrate effectiveness. OPA is especially interested in funding rigorous evaluations of promising interventions in populations and settings with great need and those that demonstrate significant health disparities, such as, but not