

## Subject: 4H Grows Relationships/Link Between Suicide and Relationships/Retreat from Marriage



### September 2017

#### DIBBLE NEWS

- [4H is Helping Kids Grow Healthy Relationships](#)
- [Mind Matters](#)
- [Love Notes Evidence Based Training](#)

#### THE LATEST

- [Link Between Suicide and Relationships](#)
- [Marriage, Baby Carriage and Poverty](#)
- [Retreat from Marriage on Freakanomics Radio](#)
- [Prioritizing Youth Relationship Education](#)

#### SECOND WEDNESDAY WEBINAR - September 27, 2017

---

#### DIBBLE NEWS



#### [4-H Is Helping Kids Plant The Seeds For Healthy Relationships](#)

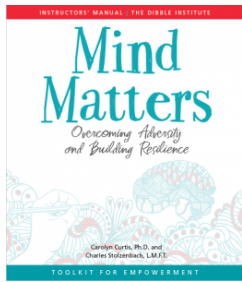
"Remember, it's Vegas rules, guys. What happens here, stays here," says Alexander Chan to a room full of giggling high school teenagers as he goes over the ground rules for a workshop all about healthy relationships.

Chan's background is in marriage and family therapy. Now he's an educator with [4-H](#) in Prince George's County, Md., where he leads a [youth development program](#), through University of Maryland Extension, to help local teens understand and cultivate positive romantic partnerships.

*(Editor's Note: [Relationship Smarts PLUS](#) is the program Alexander Chan uses in this story.)*

---

***New program from Dibble!***



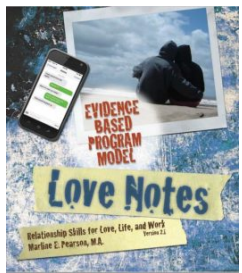
Adversity in childhood can affect people for the rest of their lives. But it doesn't have to be that way!

[\*Mind Matters: Overcoming Adversity and Building Resilience\*](#) equips youth and adult serving programs with powerful tools to help their clients move past the effects of adverse experiences.

This new curriculum increases teen and young adults' ability to self-regulate, self-soothe, and more fully participate in other skill-building classes. As students learn the skills and strategies in ***Mind Matters***, they can begin to say, "I am not a victim of what happened to me."

*(Editor's Note: Since Mind Matters was published last month, schools, pregnancy prevention programs, violence and rape prevention programs, and others have started to use it to enhance their work.)*

---



## Love Notes EBP Training - Fall of 2017

We are planning an [Evidence Based Program \(EBP\) Love Notes training](#) in the Fall of 2017. Please let us know if you are interested and we will keep you on the list to be the first to know! Email [Cathy@dibbleinstitute.org](mailto:Cathy@dibbleinstitute.org)

---

## THE LATEST



### [To prevent youth suicide, we must address more than bullying.](#)

An [analysis of data](#) for youth ages 11 to 15 found that in 2003 through 2014, only around 9 percent of cases specifically indicated that bullying was a factor leading to the suicide. The same number of cases reported school disciplinary problems (e.g., being suspended from school). However, **over half the cases (56 percent) listed relationship issues, primarily with family or intimate dating partners, as a precipitating factor**, and a similar percentage (52 percent) of youth were reported to have had mental health problems. The majority of youth suicides (60 percent) involved multiple precipitating factors.

---

### **The New York Times** [Marriage, Baby Carriage and Poverty.](#)

Marriage before children is no longer the norm in the United States.

More than half — 55 percent — of parents between the ages of 28 and 34 were not married when they had their first child, according to [a new analysis of federal data](#). Some of these millennial parents later married, while others remain unmarried.

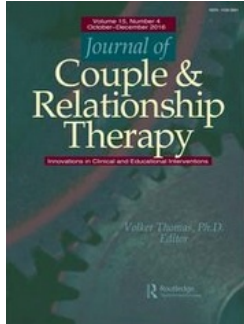
Either way, it's a stark change from the past. The question that inspires [heated debate](#) is whether this trend is a problem.

---



Over 40 percent of U.S. births are to unmarried mothers, and the numbers are especially high among the less-educated. Why? One argument is that the decline in good manufacturing jobs led to a decline in "marriageable" men. Surely the fracking boom reversed that trend, right?

---



## Shifting the Relationship Education Field to Prioritize Youth Relationship Education

Serious problems are common in adolescent and young adult romantic relationships and increasing numbers of youth follow paths from adolescence to marriage that make it harder for them to form and sustain a healthy marriage. Early evidence on the effectiveness of individually oriented youth relationship education provides some reason for optimism.

---

## SECOND WEDNESDAY WEBINAR

September 27



## *Improving Young People's Outcomes through Harm Reduction and Resiliency Work*

As a facilitator, the ultimate hope for program participants is to find meaning in curriculum sessions that eventually lead to behavior change. For some young people who have experienced trauma and adversity, the capacity to experiment with change can be frightening and overwhelming. By incorporating a Harm Reduction Framework into your facilitation, young people are given more opportunities to experience success, believe change is possible, and to strengthen their resiliency.

During this webinar, participants will –

- Review and define Harm Reduction as a framework
- Discuss the benefits and challenges of Harm Reduction framework
- Review the role of resiliency and its importance in changing behavior
- Gain practical tools to improve resiliency for program participants

**When:** Wednesday, **September 27, 2017**, 4:00 pm Eastern/1:00 pm Pacific

**Duration:** 60 minutes

**Cost:** Free!

**REGISTER NOW**

**Read The Dibble Institute's [Advocacy Policy](#).**

**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.