

*September 2020*

## **DIBBLE NEWS**

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- [Mind Matters Online Training – September 21-25](#)
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## **THE LATEST**

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## **NEWS YOU CAN USE**

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## **TOOLS YOU CAN USE**

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- [To Improve Students' Mental Health, Teach Them to Breathe](#)
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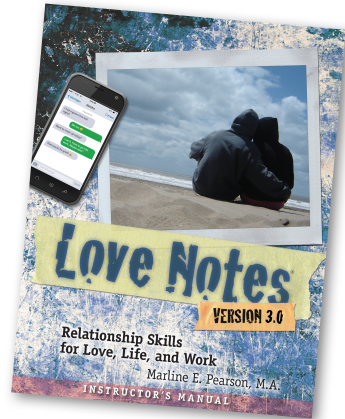
**WEBINAR** - September 9, 2020

**Teen Relationships Matter:  
Research and Practice with Relationship Smarts PLUS in Georgia**

## **FUNDING STREAMS**

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## DIBBLE NEWS



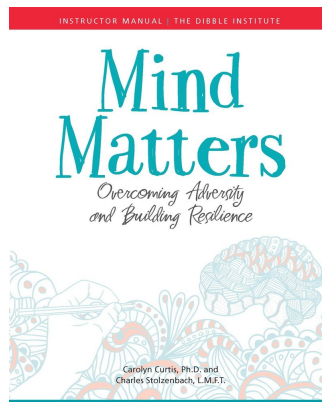
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### ONLINE TRAINING: Love Notes Classic

September 14-18, 2020

Confidently teach Love Notes Classic after participating in this five-day facilitator training (3.5 hours a day). Conducted online, you will be guided through the program and taught how best to share its insights and skills with Rachel Savasuk-Luxton, Ph.D, Rita Schoolcraft, and Lindsey Almond, MA. You will learn how to facilitate Love Notes lessons both in-person and also online.

[Register Now...](#)



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### ONLINE TRAINING: Mind Matters

September 21-25, 2020

Confidently teach Mind Matters after participating in this five day facilitator training (3.5 hours a day). Conducted online, you will be guided through the program and taught how best to share its insights and skills by its developer, Dr. Carolyn Curtis, and Dibble Master Trainer, Dixie Zittlow.

[Register Now...](#)



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### **New Additions to the Online Training Toolkit**

Dibble clients from around the country shares and developed ideas and strategies for facilitating Dibble Programs across large and small, rural and urban communities. This week, The Dibble Institute added new resources with Zoom Social Agreements, ways to connect remotely with youth, trauma informed virtual tools, and a Coronavirus checklist from the Search Institute.

[Read More...](#)



American Youth  
Policy Forum

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### **Mind Matters Added to COVID-19 Information Hub**

The American Youth Policy Forum reviewed Mind Matters and added it to the several sections of their information hub, including resources for youth in justice settings, foster care, rural areas and more.

[Read More...](#)

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## **THE LATEST**



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## Disentangling the Effects of Family Structure on Boys and Girls

Here are some of the well-known risks for children growing up with a single mother compared to their peers in married-couple families: lower school achievement, more discipline problems and school suspension, less high school graduation, lower college attendance and graduation, more crime and incarceration (especially for boys), less success in the labor market, and more likely to become single parents themselves (especially for girls), thereby starting the cycle all over again for the next generation.

[Read More...](#)

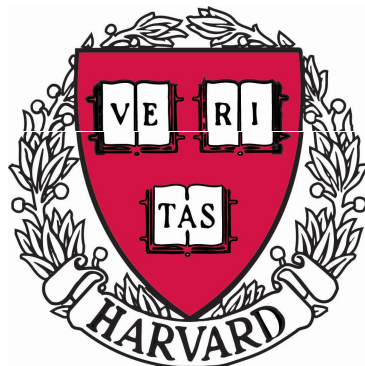


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## Parental Warmth on High-Conflict Days Helps Teens to Feel Loved

While parent-teen conflict is inevitable, parents expressing warmth and support on high-conflict days can bolster how much their teen feels loved, according to a study conducted by Gregory Fosco, Penn State associate professor of human development and family studies and associate director of the Edna Bennett Pierce Prevention Research Center. The study adds to a growing body of evidence suggesting daily fluctuations in feeling loved are common even in long-term relationships. How parents and teens communicate and resolve conflict may be most important to maintaining a healthy relationship long-term, said the researchers.

[Read More...](#)





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## When Love and Science Double Date

During the first love-year, serotonin levels gradually return to normal, and the “stupid” and “obsessive” aspects of the condition moderate. That period is followed by increases in the hormone oxytocin, a neurotransmitter associated with a calmer, more mature form of love. The oxytocin helps cement bonds, raise immune function, and begin to confer the health benefits found in married couples, who tend to live longer, have fewer strokes and heart attacks, be less depressed, and have higher survival rates from major surgery and cancer.

[Read More...](#)

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## NEWS YOU CAN USE



THE ANNIE E. CASEY  
FOUNDATION

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## The Case for Supporting Teen Pregnancy

Dr. Tammi Fleming from Annie E. Casey Foundation explains the connection between teen childbearing and poverty.

[Watch Here...](#)

**FYSB**  
Family & Youth  
Services Bureau

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## How Adolescent Boys Learn: Tailoring Prevention Messages

Why focus an entire tip sheet on adolescent boys? The literature reveals that males often report receiving less health-related information, and male adolescents are often overlooked in curricula used for PREP programming. This tip sheet was originally written to address this gap, and to increase the capacity of those serving young men in their APP programming. Updates to the resource presents additional considerations on the impact of race and cultural viewpoints on perceptions of masculinity, the positive impact of male facilitators, and other topics.

[Read More...](#)



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## Adapting Trauma-Informed Practices to a Virtual Environment

Trauma-informed practices can support educators and their students to better understand and respond to these stressors in a manner that promotes academic engagement and well-being. This ETR Virtual Vitality tool provides strategies and resources to guide educators to implement trauma-informed virtual instruction.

[Read More...](#)

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## TOOLS YOU CAN USE



CENTER FOR PARENT & TEEN  
COMMUNICATION

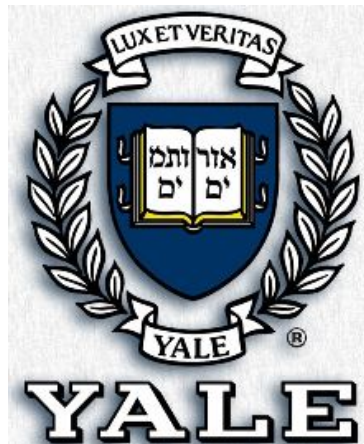
Strengthening Family Connections

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## Let Teens Decide

Want your teen to make good life decisions? Then let them practice. Just as you wouldn't let them go for their driver's license without putting in plenty of time behind the wheel, we shouldn't make decisions for our teens and then push them out of the nest without giving them enough practice.

[Read More...](#)

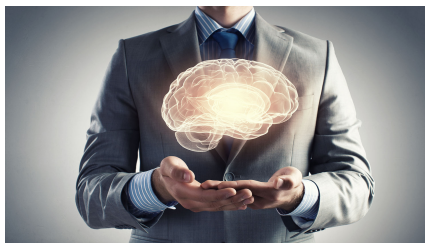


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## To Improve Students' Mental Health, Teach Them to Breathe

When college students learn specific techniques for managing stress and anxiety, their wellbeing improves across a range of measures and leads to better mental health, a new Yale study finds.

[Read More...](#)



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## A Very Happy Brain

This is the story of how Broody, a very unhappy brain, became very happy. It's an easy story to share with youth of all ages.

[Watch Here...](#)

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## WEBINAR



*September 9, 2020*

### **Teen Relationships Matter: Research and Practice from Relationship Smarts PLUS in Georgia**

Developmentally, one of the ways adolescents explore who they are is through romantic relationships. How adolescents approach these relationships is influenced by the relationships modeled around them. While some youth may have witnessed and learned about positive couple interactions from good models, many may have witnessed only poor models of couple relationships. Educational programs on healthy relationships can help youth develop skills to make smart relationship choices and avoid risky behaviors.

Since 2008, the University of Georgia along with Family and Consumer Sciences and 4-H Extension agents, in partnership with schools and community agencies across 76 counties, have delivered Relationship Smarts PLUS to nearly 15,000 youth. Overall, participating youth have reported increases in knowledge, confidence that they can use the skills learned, likeliness to use these skills, and positive feelings about themselves. Join Dr. Ted Futris and Cindy Sheram as they share their insights of the research and their program model.

#### **Objectives:**

Webinar attendees will learn:

1. Tips on how to develop sustainable school and community partnerships.
2. What to consider when delivering relationship education across various settings.
3. How just a little evaluation can go a long way in showing program outcomes.

#### **Presenter:**

- **Ted Futris**, Ph.D. Professor and Extension Specialist, University of Georgia
- **Cindy Sheram**, UGA County Extension Agent, 4-H Youth

**Who should attend:** Healthy relationships program managers and staff, pregnancy prevention grantees, dating violence programs, mental health practitioners, and others who want to learn the how and why of teaching relationship skills.

**When:** September 9, 2020 @ 4:00 pm – 5:00 pm EST/1:00 pm-2:00 pm Pacific

**Duration:** 60 Minutes

**Cost:** Free!

[Register Now >](#)

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## FUNDING STREAMS

### GRANTMAKERS FOR GIRLS OF COLOR

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#### **Grantmakers for Girls of Color (G4GC): Love is Healing COVID-19 Response Fund**

The G4GC Love is Healing COVID-19 Response Fund seeks to support U.S. coalitions and organizations that have been fighting historical inequities and the marginalization of girls of color well before COVID-19. The Fund will provide grants of up to \$25,000 to nonprofit organizations (including those with fiscal sponsorship) and coalitions led by women or girls of color and/or with a primary mission to reach girls of color, fem(mes), and gender-expansive youth of color. Applications will be accepted by invitation only through November 2020.

[Learn More...](#)



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*Support for Efforts to Improve the Health and Well-Being of Children*  
**Cigna Foundation: Healthier Kids for Our Future**

**Deadline:** September 30

Cigna Foundation's Healthier Kids for Our Future initiative seeks to improve the health and well-being of children. The initiative is currently offering Mental Health Grants that focus on programs that foster collaboration between stakeholders, including school administrators and teachers, clinicians, and local and national nonprofits, to address mental health and emotional well-being challenges for children. U.S. nonprofit organizations and school systems are eligible to apply.

[Learn More...](#)



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### *Funding Aims to Prevent Child Abuse in Selected Countries* **World Childhood Foundation**

**Deadline:** October 15, 2020

The mission of the World Childhood Foundation is to inspire, promote, and develop solutions to end sexual abuse, exploitation, and violence against children. The Foundation supports projects that directly involve or affect children at risk of violence and sexual abuse in the following countries: Belarus, Brazil, Cambodia, Germany, Latvia, Lithuania, Moldova, Poland, Russia, Sweden, South Africa, Thailand, Ukraine, and the United States. Focus areas include child safety online, child safe traveling and tourism, child friendly social and legal response, and protective family environment.

[Learn More...](#)

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## **Funds for Behavioral Health Initiatives in Alaska and Washington State**

The Premera Social Impact Program supports nonprofit organizations in Alaska and Washington State that address behavioral health issues. A particular emphasis is placed on funding programs that help historically underserved communities, including people of color and low-income populations. Additional areas of interest include health equity, and the intersection of homelessness and behavioral health. Requests may be submitted throughout the year.