

*August 2021*

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**Targeting Teens in Arkansas:  
Building Better Relationships**

## **FUNDING STREAMS**

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## **DIBBLE NEWS**



## Behavioral Health and Wellness Resource for Children and Families

The Child Welfare Information Gateway has listed The Dibble Institute and its programs as a [Behavioral Health and Wellness Resource](#) for children and families.

[Read more...](#)

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## HOPE Community Partners Collaborate with Teens to Observe National Teen Pregnancy Prevention Month

HOPE (Health Optimization and Prevention Education), a federally-funded Teen Pregnancy Prevention project, was recently highlighted in their local news. They are using the [Love Notes 3.0 Evidence-Based Program \(EBP\)](#) curriculum with 6th-12th graders in rural Delta County, Mississippi because of its proven results and of its focus on healthy adolescent relationships.

[Read more...](#)

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## July Training Spotlight

Congratulations to all the organizations and facilitators using Dibble programs! In recognition of all who are using our educational materials, we are spotlighting those agencies whose staff we trained in 2021!

[See the full list...](#)

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## THE LATEST



### **The Friends-to-Lovers Pathway to Romance**

There are at least two ways to initiate a romantic relationship. One way involves dating: getting dressed up and having “adventures with strangers.” The other way is a “friends-to-lovers pathway” that involves sleeping with your best friend and then, basically, getting married.

In a meta-analysis of seven samples of university students and crowdsourced adults, two thirds reported friends-first initiation, and friends-first initiation was the preferred method of initiation among university students. These studies affirm that friends-first initiation is a prevalent and preferred method of romantic relationship initiation that has been overlooked by relationship science.

[Read more...](#)

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MARTIN-LUTHER-UNIVERSITÄT



HALLE-WITTENBERG

### **Love: How the Feeling of Power Determines Happy Relationships**

Want to have a happy relationship? Make sure both partners feel they can decide on issues that are important to them. Objective power measured by income, for example, doesn't seem to play a big role, according to a new study. Instead, how lovers perceive power dynamics in their relationship is most important for relationship satisfaction.

[Read more...](#)

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## **Work-to-Family Conflict and Children's Problems with School, Friends, and Health**

A new longitudinal data study finds that—overall—both fathers' and mothers' levels of Work-to-Family Conflict (WFC) are associated with elevated levels of children's problems over time. However, household income and parent disputes seem to moderate this relationship, and it's different for mothers and fathers.

[Read more...](#)

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## **NEWS YOU CAN USE**



### **Infographic: We Can Prevent Childhood Adversity**

A [new CDC infographic](#) shows the impact of Adverse Childhood Experiences (ACEs) and how preventing ACEs can help create neighborhoods and communities where every child thrives. Safe, stable, and nurturing relationships and environments have a positive impact on creating positive childhood experiences. Their benefits can last a lifetime.

[Read more...](#)

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## How Colleges Can Support Students Who Are Parents

While colleges typically focus on helping students prepare for a career, one university wants to make sure that students with children are prepared for their role as parents. University Village, family student housing at the University of California, Berkeley, is supporting its student-parents by providing parenting- and character- development skill-building. But it's not just about helping residents to be better parents. "We want to normalize the challenges with parenting while providing positive parenting tips and fun activities to increase parent-child relationships," says Zenaida Hernandez, a licensed social worker who runs the program at University Village.

[Read more...](#)

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## 'Trauma Is A Lens, Not a Label': How Schools Can Support All Students

The pandemic has raised concerns about the way stress is affecting kids. Even though the word "trauma" is on a lot of worried adults' minds these days, information about it is wide ranging and can leave people feeling unsure about what to do next.

*(Editor's Note: Many schools and agencies serving students are reviewing [Mind Matters](#) as a way to support young people's mental well-being.)*

[Read more...](#)

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## TOOLS YOU CAN USE



## 5 Ways to Help Your Teen Build Healthy Romantic Relationships

Developing a strong bond with your children during their childhood and pre-teen years helps lay the groundwork for them to feel comfortable talking to you about sex, dating, and relationships. When they do begin showing interest in dating and sex, your input is essential. When you think your child is ready to start dating, having an open dialogue with them also offers the opportunity to talk about what forms a healthy relationship. Here are five ways you can teach your teen how to have positive, comfortable, and enjoyable relationships.

[Read more...](#)

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## How to Talk to Teenagers About Porn

Talking to your child about watching porn can be awkward and something you'd rather avoid, but it's a critical conversation to have. Kids can get seriously misleading information about sexual relationships from watching it. Here are some tips on how to address the topic.

*(Editor's Note: Talking about healthy relationships seems like a "nice" topic, and part of that topic is a conversation that may be awkward. Tips on Talking to Your Kids About Porn is a critical conversation about curiosity, expectations, and safety.)*

[Read more...](#)

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Center on  
**GREAT TEACHERS & LEADERS**  
at the American Institutes for Research ■

## Educator Resilience and Trauma-Informed, Self-Care, Self-Assessment Planning Tool

Teachers across the country are being asked to adopt innovative practices and thoughtful solutions to the unprecedented COVID-19 crisis. In the face of this collective

trauma, teachers are standing up to the disruptions and challenges and navigating this new terrain as they work to take care of themselves and their families and maintain connections with students and colleagues. This handout includes a self-care self-assessment with key strategies for fostering resilience and a self-care planning tool to assist educators in identifying areas of strength and growth related to self-care and developing self-care plans.

[Read more...](#)

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## WEBINAR



*August 11, 2021*

### **Targeting Teens in Arkansas: Building Better Relationships**

With the highest teen pregnancy rates in the United States, Arkansas has a great need for health education centering around pregnancy prevention and healthy relationships. After utilizing [Love Notes 3.0](#) and [Love Notes SRA](#) for the last three years, Arkansas Children's Hospital Outreach Specialists, Sarah Harlan and Charles Maxwell, have encountered barriers common to a rural, conservative environment. But despite those barriers, they have seen growth. Join them during this webinar to hear their experiences and lessons learned in bringing relationship education to teens across their state.

#### **Objectives:**

Webinar participants will be able to:

1. Understand how Love Notes aligns with the mission of Arkansas Children's Hospital.
2. Understand Arkansas Children's Love Notes implementation strategies.
3. Gain insights into increasing community partnerships and reaching rural areas with health education.

**Presenter:** Sarah Harlan and Charles Maxwell, Outreach Specialists, Arkansas Children's Hospital

**Who should attend:** Program managers, educators, practitioners, community workers, and anyone interested in working with youth.

**When:** Wednesday, August 11, 2021, 4:00 pm Eastern/1:00 pm Pacific

**Duration:** 60 minutes

**Cost:** Free!

[Register Now >](#)

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## FUNDING STREAMS



### **Grants Focused on HIV/AIDS Services, Education, and Research**

**Deadline:** August 6, 2021

The Kent Richard Hofmann Foundation is dedicated to the fight against HIV and AIDS. Grant requests from throughout the United States are considered, with particular interest in smaller communities and rural areas. The Foundation supports community-based nonprofit organizations that focus on HIV/AIDS care and direct services, education, or research. Grants are provided to developing or established programs, with emphasis on those that provide direct benefit to clients or target audiences.

[Learn more...](#)

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**Funds for Health Programs Impacting South Carolinians**



**Deadline:** August 18, 2021

The BlueCross BlueShield of South Carolina Foundation awards grants to health-focused initiatives that directly impact South Carolina's most economically disadvantaged residents.

[Learn more...](#)

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### **Grants Focused on Teen Pregnancy Prevention in Colorado**

**Deadline:** September 1, 2021

The Buell Foundation supports nonprofit organizations, school districts, and government entities that focus on the positive development of young children in Colorado. Another funding priority is Teen Pregnancy Prevention, which includes support for proven, comprehensive, medically accurate teen pregnancy prevention programs.

[Learn more...](#)

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### **Support for Organizations in Bank Communities in ID, MT, OR, SD, WA, and WY**

**Deadline:** Year-Round

The First Interstate BankSystem Foundation supports nonprofit organizations in communities served by First Interstate in Idaho, Montana, Oregon, South Dakota, Washington, and Wyoming. (A list of company locations is available on the bank's [website](#).) The majority of the Foundation's grants are focused on alleviating poverty by assisting low- and moderate-income individuals and communities. Specific areas of interest include financial education and youth programs. The first step in the application process is to submit a letter of inquiry to the local branch of the bank.

Selected organizations will be invited to fill out an online grant application.