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*February 2022*

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## DIBBLE NEWS



### Free Me & My Emotions Posters and Stickers

Have you checked out [Me & My Emotions](#) yet? Teens can practice skills and build resilience by playing through the free online lessons, watching videos, and earning experience points all from their mobile devices. The site supports teens' mental wellness and social-emotional skills by helping them slow down, check in with themselves, and develop practices for healthy living.

Please share widely with the teens you serve and your networks!

[Send your Mailing Address...](#)

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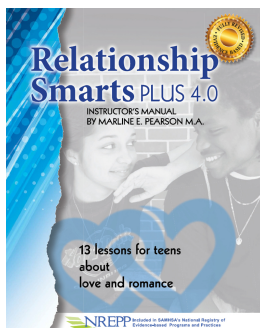


### Scholarships Available for Mind Matters Now!

The Dibble Institute has received generous funding for scholarships to the online, [full 12-lesson series, Mind Matters Now](#). The course helps teachers, social workers, medical professionals, and others manage their stress by building resilience skills and practices for mental wellbeing. *(CEU's are available for \$40.) Apply now and receive a coupon to make the 12-lesson series free!*

[Apply Now...](#)

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### Relationship Smarts PLUS Facilitator Training | March 7-11

We are hosting an online facilitators training for [Relationship Smarts PLUS](#) over five days (March 7-11, 2022) from 9:00am – 12:30pm PST. **Each trainee must have the [Relationship Smarts PLUS manual](#)** to participate. Limited to 25 trainees. Registration closes February 22, 2022. Reserve your seat now!

**Cost:** \$949 +\$425 Instructor's Manual + Tax/S/H

[Register by February 22, 2022...](#)

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## THE LATEST



### Youth Relationship Education: A Meta-Analysis

Recent focus on the developmental importance of adolescent romantic relationships led to the formation and implementation of curricula and programs that educate high school-aged youth about

healthy romantic relationships. This meta-analytic study examines the efficacy of youth-focused relationship education (YRE) on multiple outcomes: conflict management, faulty relationship beliefs, and healthy relationship attitudes. Searches revealed 33 studies of YRE, however, meta-analytic procedures only included 15 studies which provided sufficient data on the outcomes of focus. Hedge's g effect sizes were significant for two of the three outcomes and are comparable with effects of other prevention programs. Overall, YRE programs are effective in changing conflict management and faulty relationship beliefs.

[Read more...](#)

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### **Number of Children Living with Two Parents Has Dropped Since 1968**

The number of children living with two parents has dropped since 1968, while the percentage living with their mother only has doubled. In 1968, 85% of children under 18 lived with two parents (regardless of marital status); by 2020, 70% did, according to the Census Bureau's Current Population Survey (CPS). Monitoring these trends is important because children's living arrangements can have implications for children's outcomes, such as academic achievements, internalizing problems (e.g., depression and anxiety), and externalizing problems (e.g., anger and aggression).

[Read more...](#)

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**Mathematica**  
Progress Together

### **Using the Principles of Adult Learning to Enhance Health Marriage and Responsible Fatherhood Programming**

Many healthy marriage and responsible fatherhood (HMRF) programs that serve adults find it challenging to keep participants engaged in voluntary workshop sessions and help them achieve their desired outcomes. "Adult learning theory" identifies key principles that matter most for adults to learn successfully. The brief highlights five strategies based on adult learning theory that HMRF program developers and facilitators can use to support participants' engagement and learning. It also explores specific ways programs can implement these strategies, along with concrete tips and examples.

[Read more...](#)

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## **NEWS YOU CAN USE**

### **The Two Extremes of Fatherhood**

When it comes to living with kids, there are two extremes of

fatherhood — “solo” dads who appear to raise their children by themselves and “absent” dads who appear to have little or nothing to do with parenting. These two types of fathers may seem like polar opposites. Yet, they have many characteristics in common. For example, they’re both more likely to have never married and to be living with their own parents.

[Read more...](#)

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### **Social Media and Online Safety Practices of Young Parents**

This analysis of the Young Parent Study in British Columbia investigates social media and online safety practices of 113 young parents. Online safety concerns of young parents in this study focused on personal safety, their children's online privacy and image management. These concerns reflect their dual roles, integrating youth image and information management concerns with parental concerns over the safety and information privacy of their own children.

[Read more...](#)

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### **This is What Loneliness Looks Like**

Data drawn from the Environmental Risk Longitudinal Twin Study, a cohort of 2,232 individuals born in the U.K. in the mid-1990s, shows that loneliness is associated with lower perceived conscientiousness, agreeableness, and extroversion and higher perceived neuroticism. The study also identifies three themes of participants: “uncomfortable in own skin,” “clustering of risk,” and “difficulties accessing social resources.” These results add depth to the current conceptualization of loneliness and emphasize the complexity and intersectional nature of the circumstances severely lonely young adults live in.

[Read more...](#)

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## **TOOLS YOU CAN USE**



### **Healthy Relationships in Adolescence**

During adolescence, young people learn how to form safe and healthy relationships with friends, parents, caregivers, teachers, and romantic partners. Adolescents often try on different identities and roles, and all of these relationships contribute to their identity formation. However, relationships with caring adults—including parents or caregivers, mentors, or coaches—are the building blocks for all other relationships, providing examples for how a young person handles them. This resource provides information on healthy and unhealthy

adolescent relationships including: dating, friendships, and relationships with parents or caregivers.

[Read more...](#)

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### What Makes Relationships Thrive

Everyone wants to be loved and appreciated. But psychologist Harry Reis says there's another ingredient to successful relationships that's every bit as important as love.

[Read more...](#)

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### What is Consent?

Sexual consent is a special kind of permission that people give freely, knowingly, on a case by case basis, and with the understanding that they can take it back at any time. Most importantly, consent is a shared decision. This means people reaching a conclusion together. It's not a transaction or a deal, and there's nothing binding or mandatory about it. But it isn't always easy to make sure you and your partners are on the same wavelength. Really, the only way to be sure is to talk about it! Here are four principles of consent to consider when having these conversations.

[Read more...](#)

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## WEBINAR



*February 9, 2022*

### Adolescent and Young Adults' Relationship Expectations and Experiences

Americans today are increasingly waiting longer to marry, if they marry at all. Are today's young people no longer interested in forming families? What types of relationships they are experiencing?

Explore research on young people's attitudes toward relationship formation, their dating and romantic relationships, and the quality of their relationships in this webinar. Program providers will better meet the needs of the youth they serve by placing their participants' experiences within broader U.S. trends.

In this webinar, Drs. Karen Benjamin Guzzo and Wendy D. Manning will discuss preliminary findings of new work from the Marriage Strengthening and Research Dissemination (MAST) Center on adolescents' and young adults' relationship expectations and experiences, drawing on a review of recent research as well as new analyses of the National Survey of Family Growth.

**Objectives:**

1. Teens' and young adults' expectations of cohabitation and marriage.
2. Recent trends in dating and other romantic relationships among teens and young adults.
3. Aspects of relationship quality that are most pertinent to relationships among young people.

**Presenter:**

**Karen Benjamin Guzzo, Ph.D.**, Center for Family and Demographic Research, Bowling Green State University

**Wendy D. Manning, Ph.D.**, National Center for Family and Marriage Research, Bowling Green State University

**Who should attend:** Federal and state policy makers, healthy relationship program facilitators, health and Family and Consumer Sciences teachers, community based organization professionals, Child Welfare and Juvenile Justice counselors and case managers, parents, and anyone with an interest in improving outcomes for young people.

**When:** Wednesday, February 9, 2022, 4:00 pm Eastern/1:00 pm Pacific

**Duration:** 60 minutes

**Cost:** Free!

[Register Now >](#)

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## FUNDING STREAMS



### Program Supports Economic Recovery

**Deadline:** February 10, 2022

The American Rescue Plan Act Good Jobs Challenge is designed to help get Americans back to work by developing and strengthening regional systems to develop and execute sectoral partnerships that will lead to well-paying jobs. The goal of regional workforce training systems is to create and implement effective employer-driven training programs that will connect the existing and emerging skills needs of employers with workers and will help workers find and keep quality jobs and advance along their chosen career path. The program encourages systems and partnerships to address populations with labor market barriers such as persons with disabilities, at-risk youth, individuals in recovery, individuals with past criminal records including justice-impacted and reentry participants, and veterans.

[Learn more...](#)

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## Grants Promote Economic Mobility in Bank Communities Across the U.S.

**Deadline:** February 18, 2022

The Bank of America Charitable Foundation works to advance pathways to economic mobility in order to build thriving communities. The Foundation provides grants to nonprofit organizations that serve specific states and regions in the United States. In 2022, the Foundation will issue two requests for proposals that address the following focus areas: The Economic Mobility Focused on Needs of Individuals and Families category provides support for workforce development, education, and basic needs.

[Learn more...](#)

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## Support for Efforts to Boost SEL in K-12 Students

**Deadline:** March 14, 2022

The SEL in Action Awards program, a partnership of the NoVo Foundation with Education First and Rockefeller Philanthropy Advisors, aims to seed projects that foster social and emotional competencies in students in grades pre-K-12. For the 2022-23 school year, applications will be accepted from school-based educators seeking to implement social and emotional learning (SEL) initiatives in classrooms or schools, and district-level applicants seeking to implement SEL initiatives district-wide or across multiple schools within one district. Projects are sought that build and foster greater compassion, honor the lived experiences of students, build skills in people and groups to embrace and understand differences, and work through challenges to promote healing from all forms of trauma and harm.

[Learn more...](#)

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## Youth Initiative Grant

**Deadline:** Multiple Dates

The goal of the Youth Initiative is to support direct service programs that promote resilience, stability, and psycho-social health for youth ages 14-21 who have been traumatized by Adverse Childhood Experiences (ACEs). The average grant size for the Children's Initiative is \$30,000 or less. The Foundation gives priority to programs that:

- Actively solicit input from program beneficiaries in ways that guide the design, delivery, and refinement of the program.
- Collaborate with other organizations to enhance the program curriculum, measure outcomes, or expand and share knowledge in order to better serve program beneficiaries.
- Take a multidisciplinary and multidimensional approach, treating individuals holistically, and consider existing social and cultural contexts.
- Educate significant adults (e.g., parent, foster parent, teacher,

coach) in order to best serve program beneficiaries.

- Serve youth segments that historically have less access to services, including youth of color, youth from rural communities, youth involved with state systems, refugees, LGBTQ youth, and those who have experienced sexual exploitation.

[Learn more...](#)

