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**Subject:** 🌟 Relationship Attitudes/Family Structure/News for You 🌟  
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**The Dibble Institute**

Resources for Teaching Relationship Skills

*October 2022*

## DIBBLE NEWS

- [Love Notes Evaluated as a College Class](#)

## THE LATEST

- [Unique Aspects of Young People's Romantic Relationship Attitudes, Experiences, and Quality](#)
- [Strategies to Support Healthy Relationships for American Indian and Alaska Native Fathers](#)
- [Child Well-Being in Single-Parent Families](#)
- [Latino Children Have Diverse Family Structures, But Most Live With Two Parents](#)
- [Does Marrying Younger Mean Marrying More Often?](#)

## NEWS FOR YOU

- [Normal Marital Hatred is Real. Here's What to Do About It.](#)
- [How Long Does It Take to Fix a Marriage?](#)

## TOOLS YOU CAN USE

- [Let Your Teen Regain Your Trust](#)
- [10 Tips for Sexual Abuse Prevention](#)
- [7 Ways to Improve Your Relationships with Coworkers](#)

**WEBINAR** - October 12, 2022

**Understanding the Effects of  
Healthy Relationship Programs for Youth**

## FUNDING STREAMS

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## DIBBLE NEWS



## **Love Notes Evaluated as a College Class**

A recent study of Love Notes by the University of Central Oklahoma assessed the curriculum's impact on college-age youth. The study found significant gains in relationship confidence and insight as well as approaching significant gains in relationship vision and knowledge about sliding versus deciding in comparison with the control group.

[Read more...](#)

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## **THE LATEST**



## **Unique Aspects of Young People's Romantic Relationship Attitudes, Experiences, and Quality**

Romantic relationships form a vital part of social and personal life in the United States. Although dating during adolescence has declined somewhat in recent years, most adolescents and young adults (AYA) continue to form important and consequential romantic relationships, including dating relationships, cohabitation, and less commonly, marriage. These relationships are associated with the health and well being of AYA, though these associations vary substantially during adolescence and young adulthood. This brief summarizes recent peer-reviewed research about adolescents' and young adults' romantic relationships in the United States.

[Read more...](#)

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**Strategies to Support Healthy Relationships for American Indian and**

## **Strategies to Support Healthy Relationships for American Indian and Alaska Native Fathers**

Fathers, children, and families alike benefit from fathers having healthy coparenting and romantic relationships. Child Trends' new brief provides fatherhood programs with strategies, policy suggestions, and additional considerations for working with American Indian and Alaska Native (AIAN) fathers. The brief's authors outline strategies within three distinct areas of program development and implementation that fatherhood programs can use to promote healthy relationships for AIAN fathers.

[Read more...](#)

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THE ANNIE E. CASEY  
FOUNDATION

## **Child Well-Being in Single-Parent Families**

In the United States today, nearly 24 million children live in a single-parent family. This total, which has been rising for half a century, covers about one in every three kids across America. A number of long-term demographic trends have fueled this increase, including: marrying later, declining marriage rates, increasing divorce rates and an uptick in babies born to single mothers. Within single-parent families, most children — 15 million — live in mother-only households. Nearly 6 million kids live with cohabitating parents and some 3 to 4 million kids live in father-only households, according to 2019 estimates.

[Read more...](#)

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## **Latino Children Have Diverse Family Structures, But Most Live With Two Parents**

## TWO PARENTS

Latino children in the United States grow up in a diverse range of family structures. A new analysis of the [American Community Survey](#) finds that, in 2019, the majority (56%) of Latino children lived with two married parents. The remainder lived in families with a single parent (29%), with unmarried cohabiting parents (11%), or with no parents (4%). Overall, roughly two thirds of Latino children lived with two parents who were either married or cohabiting. Family structures shape children's access to economic resources and to the social and emotional support they need for healthy development.

[Read more...](#)

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### Does Marrying Younger Mean Marrying More Often?

Most adults born in 1940-1944 were married by age 25 (79.6% of women and 65.3% of men). Half a century later, the change was dramatic: Only 30.3% of women and 20.3% of men born from 1990-1994 were married by age 25. But marrying later also meant fewer trips to the altar, according to U.S. Census Bureau data.

[Read more...](#)

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## NEWS FOR YOU



### Normal Marital Hatred is Real. Here's What to Do About It.

Do you know what "normal marital hatred" is? If you've been married or in a long-term relationship, then you probably do. But don't despair. The question is: Now what? How do I deal with it? Try to start thinking of yours as an ecosystem that you share with someone else.

[Read more...](#)

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## The New York Times

### How Long Does It Take to Fix a Marriage?

“On a recent weekday morning, during the rush to get out the door, my husband, Ben, started telling me about a podcast he’d just heard— seemingly oblivious to the shrieks of our 4-year-old, who couldn’t find the right socks. I wanted to snap at Ben. Instead, I willed myself to do something that felt unnatural: I “turned toward” my husband. It was a strategy I’d learned from a new book by John and Julie Gottman, the renowned marriage researchers who famously claim they can guess with over 90 percent accuracy whether a couple’s relationship will last, and if they’ll be happy, after observing them for just 15 minutes.”

[Read more...](#)

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## TOOLS YOU CAN USE



### Let Your Teen Regain Your Trust

Fact: teens want to have a healthy relationship with their parents. Which is why they sometimes freak out when they believe they’ve damaged the relationship beyond repair following a mistake or bad choice. You can get things back on track by making two things clear: that you reject the behavior while embracing the person and that you know your child has the capacity to do the right thing.

know your child has the capacity to do the right thing.

[Read more...](#)

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## 10 Tips for Sexual Abuse Prevention

Considering the high numbers of children that are sexually abused it is disappointing how little is out there to support parents in prevention efforts. Although Erin's Law has brought Sexual Abuse Prevention to many children in the school setting, parents are still often at a loss as to how to talk to their children about this difficult topic. Here are ten simplified tips for Sexual Abuse Prevention.

[Read more...](#)

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## 7 Ways to Improve Your Relationships with Coworkers

Social connection is the single biggest driver of our happiness and one of the biggest drivers of our engagement and productivity at work—and, yes, that's true even for introverts. Building social connections at work doesn't mean being besties with our colleagues. But when we can see our colleagues as human beings with their own goals and needs—the baseline of social connection—it makes achieving collective goals easier and helps each of us to feel valued, happy, and like we belong. Here are some ways to improve and build those connections.

[Read more...](#)

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## WEBINAR



*October 12, 2022*

## **Understanding the Effects of Healthy Relationship Programs for Youth**

Beginning in the mid-2000s, the federal government authorized funding to support healthy relationship education (HRE) for youth. These programs aim to improve young people's relationship skills, knowledge, and behaviors and prepare them to build healthy romantic relationships in adulthood.

In 2020, the federal government awarded more than \$24 million to 25 programs serving high-school-age youth and young adults.

In a project supported by the U.S. Department of Health and Human Services, Mathematica has summarized the existing research on the effectiveness of HRE programs for youth. The research team identified and reviewed 15 impact studies of HRE programs for youth and summarized the findings using an evidence and gaps map.

Join us as we discuss what we know and what we don't know about the effectiveness of HRE programs for youth and promising future directions for continuing to build the evidence base for these programs.

**Objectives:** Participants will be able to:

1. What an evidence and gaps map is and how it can be used to summarize what is and is not known about the evidence on a given topic.
2. What is known about the effectiveness of HRE programs for youth based on a review of 15 impact studies.
3. Promising future directions for continuing to build the evidence base for HRE programs for youth.

**Presenter:** Julia Alamillo, Ph.D., Senior Researcher, Mathematica

**Who should attend:** Healthy Marriage and Relationship grantees, violence prevention and pregnancy prevention program managers, community-based organizations working with youth, federal, state, and local policy makers, and anyone interested in adolescent well-being.

**When:** Wednesday, October 12, 2022, 4:00pm Eastern/1:00pm Pacific

**Duration:** 60 minutes

**Cost:** Free!

[Register Now >](#)

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## CURRENT FUNDING STREAMS



### Funds Promote Mental Health in Schools

**Deadline:** October 13, 2022

Project AWARE (Advancing Wellness and Resiliency in Education) seeks to develop a sustainable infrastructure for school-based mental health programs and services.

Grant recipients are expected to build collaborative partnerships with the state education agency, local education agency, tribal education agency, state mental health agency, community-based providers of behavioral healthcare services, school personnel, community organizations, families, and school-aged youth. Recipients will leverage these partnerships to implement mental health-related promotion, awareness, prevention, intervention, and resilience activities to ensure that students have access and are connected to appropriate and effective behavioral health services.

[Learn more...](#)

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### Brooks and Joan Fortune Family Foundation for Education

**Deadline:** Multiple Dates

The Brooks and Joan Fortune Family Foundation was established to support education and the arts. While the Foundation has historically supported nonprofit organizations in Florida and Indiana, requests from around the country are considered. The Foundation primarily supports education, art, and outreach programs and projects. Grants of between \$1,000 and \$10,000 receive greater consideration. Applications are accepted throughout the year.



[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...](#)

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*Funds for Agricultural Stress Assistance in Western States*  
**WRASAP Small Grants Program**

Apply for up to \$10,000 to educate yourself/your organization or reduce agriculture-related stress and/or prevent agricultural suicides in your state/territory. Funding is available in the following three categories: Translation, Outreach, and Professional Development.

*(Ed. Note: Others have used this grant to fund stress response training in the program [Mind Matters!](#))*

[Learn more...](#)

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Texas Department of  
**Family and Protective Services**

### **Texas Prevention and Early Intervention Programs**

Prevention and Early Intervention (PEI) is the DFPS program that focuses on stopping bad outcomes before they happen. Programs help families and communities to prevent:

- Child abuse and neglect
- Juvenile delinquency
- Runaway youth
- Truancy

PEI contracts with local nonprofits, governments, and schools to deliver free, voluntary services to families. If you are a contractor or want to work with PEI, review the website information for grantees.

[Learn more...](#)

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## **FORECASTED**



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

**Estimated Post Date:** December 1, 2022

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...](#)

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