

December 2022

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- **Now Available! *Love Notes 4.0* and *Relationship Smarts PLUS 5.0***

THE LATEST

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- **First Impressions Are Everything When It Comes to Dating**

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- **Moving In Together Doesn't Match the Financial Benefits of Marriage, But Why?**
- **WEBINAR: Strengthening Relationship Education and Marriage Services: Highlights from the STREAMS Evaluation**

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- **The Language of Resilience**

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- **Self-Awareness Can Improve Relationships. Here Are Tips to Build It.**
- **Managing vs. Resolving Conflict in Relationships: The Blueprints for Success**
- **Job Opening at New Mexico State University Extension**

FUNDING STREAMS

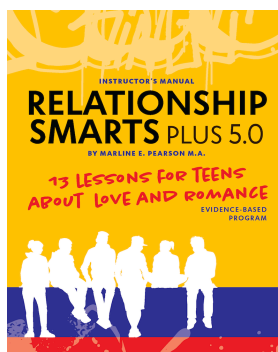
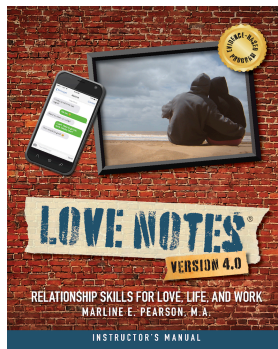
DIBBLE NEWS



Impact of Love Notes on Teen Pregnancy Prevention

In a federally funded random control trial utilizing *Reducing the Risk* and [Love Notes](#), researchers from the University of Louisville found that pregnancies were cut in half 12 months after instruction for youth randomly assigned to [Love Notes](#)! *Love Notes* is a unique program because it actually impacts pregnancy outcomes!

[Read more...](#)



Now Available! *Love Notes 4.0* and *Relationship Smarts PLUS 5.0*

Featuring new and up-to-date content, [Love Notes 4.0](#) and [Relationship Smarts PLUS 5.0](#) continue to use a strengths-based approach to teach healthy relationship and life skills to young people.

New content includes:

- Navigating relationships in the digital age,
- Sex trafficking prevention, plus

- Streamlined activities that provide greater interaction.
- And more!

Ask us for a 30-day free review copy of [Love Notes](#) and/or [Relationship Smarts PLUS](#).

THE LATEST



Does a Longer Sexual Resume Affect Marriage Rates?

A [paper](#) just published in *Social Science Research*, provides a more definitive answer to this question. And it's fairly straightforward: premarital sex indeed reduces the chances of marriage, but only in the short term. In the long term, your full sexual history doesn't matter.

[Read more...](#)



First Impressions Are Everything When It Comes to Dating

No pressure, but researchers from the University of California-Davis find first impressions matter big time in the dating world. Their study reveals that first impressions of both compatibility and popularity are very influential in shaping the people we choose to pursue as potential romantic partners.

[Read more...](#)

NEWS YOU CAN USE



Moving In Together Doesn't Match the Financial Benefits of Marriage, But Why?

Over the past two decades, Americans are moving in together at higher rates, according to data from Pew Research Center. The share of U.S. adults who are currently married steadily declined from close to 60% in the 1990s to under half in 2019, according to Pew. Over the same period, the share of adults age 18 to 44 living with a partner climbed to 59%. Married couples are four times as wealthy as unmarried couples who live together, but why?

[Read more...](#)



WEBINAR: Strengthening Relationship Education and Marriage Services: Highlights from the STREAMS Evaluation

Monday, December 5, 1:00-2:15pm ET

Delivering high quality, effective healthy marriage and relationship education (HMRE) programming is rewarding and challenging work. The 2015 STREAMS evaluation had a specific emphasis on understudied populations and program approaches not

covered in ACF's prior HMRE evaluations, including programs serving youth and individual adults in addition to programs for adult couples. Join this virtual forum for an overview of the evaluation, share findings about programs' implementation and impacts, and highlight resources that were developed to support current HMRE grantees' program delivery and evaluation efforts.

[Register now...](#)

TOOLS YOU CAN USE



The Adolescent Brain Infographic

This infographic from RTI International and its partners sheds light on how the adolescent brain thinks differently, and how it experiences novelty and risk taking. Understanding adolescence helps educators and facilitators connect with the youth experience and prepare impactful programs.

[Read more...](#)



The Language of Resilience

Resilience is about bouncing back from challenges and recovering from setbacks. Ideally, the obstacles in our life prepare us to be stronger, finer human beings. Although we'd like to protect our children from what might hurt them, we don't always have that option. The best we can do is prepare them to handle life even when it gets tough.

[Read more...](#)

NEWS FOR YOU

The Washington Post

Self-Awareness Can Improve Relationships. Here Are Tips to Build It.

Psychologists call self-awareness an aspect of emotional intelligence. It's the capacity to reflect on oneself and "to accurately assess one's strengths and weaknesses. The other half is being aware of how you affect other people" says a southern California clinical psychologist. Accurately assessing your strengths and weaknesses can guide you to treating yourself and others better.

[Read more...](#)

The Gottman Institute

Managing vs. Resolving Conflict in Relationships: The Blueprints for Success

Trying to solve unsolvable problems is counterproductive, and no couple will ever completely eliminate them. However, discussing them is constructive and provides a positive opportunity for understanding and growth. Let's look at three "conflict blueprints" to help you and your partner constructively manage conflict around unsolvable problems.

[Read more...](#)

Job Opening at New Mexico State University Extension

The NMSU Department of Extension Family and Consumer Sciences is hiring an Extension Behavioral Health Specialist. Posting Number: 2200218F.

[Learn more...](#)

FUNDING STREAMS

FORECASTED



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

Estimated Post Date: December 1, 2022