

*July 2023*

## **DIBBLE NEWS**

- [HHS Announces \\$68.5 Million for Teen Pregnancy Prevention Opportunities](#)

## **THE LATEST**

- [Your Teen Love Could Still Be Affecting Your Relationships](#)
- [Positive Experiences in Close Relationships Are Associated With Better Physical Health](#)
- [Mothers' Difficult Childhoods Impact Their Children's Mental Health](#)

## **NEWS YOU CAN USE**

- [Teen Social Media Use May Lead To Depression](#)
- [The Idea of 'The One' Actually Makes Dating Much Harder](#)
- [Our Epidemic of Loneliness](#)

## **TOOLS YOU CAN USE**

- [The Strengthening Families Protective Factors Framework™ Series](#)
- [Seven Ways to Show Support in Tough Times](#)
- [How Biology Prepares Us for Love and Connection](#)

**WEBINAR** - No Webinar this Month!

## **FUNDING STREAMS**

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## **DIBBLE NEWS**



## HHS Announces \$68.5 Million for Teen Pregnancy Prevention Opportunities

Congratulations to the fifty-four organizations that were recently awarded [\\$68.5 Million in Teen Pregnancy Prevention grants](#). Take a moment to pat yourselves on the back for a job well done! Now the work begins. To make it easy for you to review Dibble programs during your community EBP review, we've put together a [Review toolkit](#) for you to use.

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## THE LATEST



## Your Teen Love Could Still Be Affecting Your Relationships

For many of us, our teen relationships are a fading memory from a very distant past and may therefore feel completely separate from how we live our lives today. However, according to research published in the [Journal of Couple and Relationship Therapy](#), this isn't quite true. Researchers from Utah State University and the University of New Mexico found that much like sex education, relationship education could be key to ensuring that adolescents build healthier relationships now and in the future. Relationship education can help teens make informed decisions in their relationships.

[Read more...](#)

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## Positive Experiences in Close Relationships Are Associated With Better Physical Health

New research in *Social Psychological and Personality Science* suggests that the way you feel about your close relationships may be affecting the way your body functions. Previous smaller-scale studies have examined the connection between relationship conflict or satisfaction with stress levels and blood pressure. The new research examines the effects of positive and negative relationship experiences on the body, as well as how these experiences and health outcomes change from day to day.

[Read more...](#)

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National Institutes  
of Health

## Mothers' Difficult Childhoods Impact Their Children's Mental Health

In a recent study funded by the National Institute of Mental Health, researchers examined how trauma gets passed from one generation to the next.

[Read more...](#)

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**NEWS YOU CAN USE**



KAISER PERMANENTE®

## Teen Social Media Use May Lead To Depression

As social media usage increases among teens, so do concerns about its detrimental effects, particularly on mental health. Recognizing the impression of social media on adolescent mental health and learning about mental wellness is the first step toward creating a positive relationship with social media. Parents, educators, and broader society need to work together to foster safer digital habits and provide needed support to vulnerable teens.

[Read more...](#)

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## The Idea of 'The One' Actually Makes Dating Much Harder

When it comes to love, the idea of finding "the one" can dictate how you approach dating. But Jeff Guenther says the "the one" concept can make dating much harder. Guenther says we can often be hyper focused on our own wants and needs instead of trying to get to know a potential romantic partner. But if you show up with lofty hopes or unrealistic expectations for the person sitting across from you, you may be setting yourself up for an unsuccessful date.

[Read more...](#)

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# Psychology Today

## Our Epidemic of Loneliness

According a [recent Advisory](#) from the U.S. Surgeon General, social connection is a critical but underappreciated contributor to individual overall health, community safety, and resilience. Yet around half of all U.S. adults report experiencing loneliness, with some of the highest rates among our young people.

[Read more...](#)

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## TOOLS YOU CAN USE



## The Strengthening Families Protective Factors Framework™ Series

This is an evidence-informed tool for strengthening families and reducing the likelihood of child abuse and neglect. The Protective Factor of the Month learning series begins on July 11 with an Overview of the Protective Factors and then continues through December, with a deep dive into one factor each month. All sessions will be presented in an engaging webinar format with Spanish interpretation. View the [full schedule](#) and [sign up for individual sessions](#) of most interest to you.

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## Seven Ways to Show Support in Tough Times

Young people often say what they really need is for adults to "have their backs." It's as if they feel we show support when things go well, but aren't as reliable when things don't go as planned. The unconditional love of caring adults enables teens to securely launch into adulthood. Strong relationships always matter. Yet they have perhaps the greatest impact on the development of resilience during difficult moments.

[Read more...](#)

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## How Biology Prepares Us for Love and Connection

Humans are social creatures with a propensity to connect with others and to form relationships. Our relationships can be sources of fun, gratification, peace, well-being, obsession, love, pain, and grief. They inform the rhythms of our days, the work that we do, and how we feel about ourselves—and they add meaning to our lives. But our social nature isn't just a product of the way we are raised or the culture we live in. It's actually visible in the design and function of our brains and the inner workings of our bodies, which have evolved to support our complex social lives.

[Read more...](#)

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## WEBINAR



*July 2023*

### **No Webinar this Month!**

This month The Dibble Institute will not be hosting our usual Second Wednesday Webinar as our clients, colleagues, and partners enjoy summer breaks. Our August webinar will be announced soon.

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## FUNDING STREAMS



## **Children and Youth Resilience Challenge**

**Deadline:** July 7, 2023

The U.S. Department of Health and Human Services (HHS) has launched the Children and Youth Resilience Challenge. This initiative invites proposals for community-led solutions to promote the resilience and mental health of children and youth affected by COVID-19 and other disasters.

Proposals that advance equity for historically underserved communities are encouraged. Community-based and youth-led organizations, youth-serving entities, and individuals are eligible to apply.

[Learn more...](#)

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## Sexual Risk Avoidance Education Program

**Deadline:** July 18, 2023

The purpose of the SRAE Program is to fund projects to implement sexual risk avoidance education that teach participants how to voluntarily refrain from non-marital sexual activity. The services are targeted to participants that reside in areas with high rates of teen births and/or are at greatest risk of contracting sexually transmitted infections (STIs).

Successful applicants are expected to submit program plans that agree to

1. use medically accurate information referenced to peer-reviewed publications by education, scientific, governmental or health organizations;
2. implement sexual risk avoidance curricula and/or strategies with an evidence-based approach to integrate research findings with practical implementation that aligns with the needs and desired outcomes for the intended audience; and
3. teach the benefits associated with **self-regulation**, success sequencing for poverty prevention, **healthy relationships**, goal setting, resisting sexual coercion, dating violence, and other youth risk behaviors such as underage drinking or illicit drug use without normalizing teen sexual activity.

(**Ed. Note:** We have a [toolkit](#) built to help you develop a strong proposal!)

[Learn more...](#)

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## Title V Competitive Sexual Risk Avoidance Education

**Deadline:** July 18, 2023

The goal of the Title V Competitive SRAE Program is to provide messages to youth that normalize the optimal health behavior of avoiding non-marital sexual activity and other risky behaviors that increase the risk for teen sex. The following objectives of the Title V Competitive SRAE Program are to:

1. Implement curricula that includes medically accurate information, based on adolescent learning and developmental theories for the age group receiving the education.
2. Implement SRAE curricula and strategies that are culturally appropriate, recognizing the experiences of youth from diverse communities, backgrounds, and experiences.
3. Teach risk avoidance skills through methods that do not normalize teen sexual activity.
4. Target services to youth ages 10 to 19.

(**Ed. Note:** We have a [toolkit](#) built to help you develop a strong proposal!)

[Learn more...](#)

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## FORECASTED



**Rape Prevention Education: PeRPEtual (Promoting Equity in RPE Through Understanding, Action, and Leadership)**

**Estimated Post Date:** June 21, 2023

(**Ed. Note:** *Relationship Smarts PLUS* is currently being used for Rape Prevention Education in California!)

[Learn more...](#)