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*August 2023*

## **THE LATEST**

- [Factors Shaping Attitudes Towards Casual Sex In Emerging Adults](#)
- [Household Instability in Childhood and the Risk of Depression](#)
- [I Do Not: Gen Z, Millennials Shifting Expectations About Marriage In 2023](#)

## **NEWS YOU CAN USE**

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**WEBINAR** - August 9, 2023

**Strengthening Facilitation Skills:  
A Training Curriculum for Programs Working with Youth**

## **FUNDING STREAMS**

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## **THE LATEST**

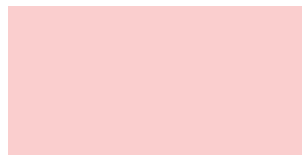


## Factors Shaping Attitudes Towards Casual Sex In Emerging Adults

Angela M. Kaufman-Parks and her colleagues examined data from a group of adolescents in Ohio over a period of several years to understand how their relationships with parents, peers, and romantic partners influence their sexual behaviors as they transitioned into adulthood. The findings of the study showed that both casual sex and sexual non-exclusivity were relatively common among emerging adults. The results indicated that family, peer, and romantic relationship contexts all played a role in influencing individuals' likelihood of engaging in casual sex or sexual non-exclusivity.

[Read more...](#)

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## Household Instability in Childhood and the Risk of Depression

New research by Felicia Hardy and colleagues published in June in [Developmental Cognitive Neuroscience](#) explains how the allostasis created by household instability before age 5 increases the risk of depression by age 21. What makes this new work so different from [social science research](#) linking childhood instability with adverse outcomes is that Hardy's team was able to describe how household instability changes children's brains. That is, they were able to describe the allostasis that is created in children's brains as an adaptation to household instability, and how that allostasis is more vulnerable to depression in adulthood than brain development associated with childhood stability.

[Read more...](#)

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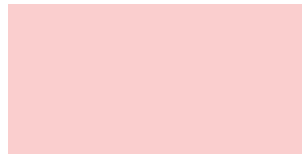
## I Do Not: Gen Z, Millennials Shifting Expectations About Marriage In 2023

Wedding bells aren't ringing as much nowadays. According to [U.S. Census Bureau](#) statistics, more than 1 in 3 (34%) people 15 years or older have never been married in 2022. That's up from about 1 in 4 (23%) in 1950. So, we wanted to ask why fewer people are walking down the aisle. We surveyed Millennials and Gen Zers who are currently in a relationship but not married to learn about their living situations and future expectations. While the majority are hoping to tie the knot someday, many aren't in a rush to do it.

[Read more...](#)

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## NEWS YOU CAN USE



## New Data Shows Two Out Of Three Adults Have Experienced At Least One ACE

New CDC research published in today's Morbidity and Mortality Weekly Report (MMWR) shows nearly 2 in 3 U.S. adults reported at least one adverse childhood experience (ACE), and 1 in 6 reported four or more ACEs. ACEs can have lasting, negative effects on health and well-being. The more ACEs a person has, the more likely that person is to develop poor health, engage in health risk behaviors, and have decreased life opportunities, like education and job potential, later in life.

[Read more...](#)



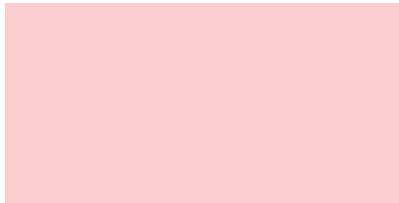
## Hit The Pause Button

When we move quickly, we're not responding — we're reacting. By making it a practice to pause in that space between stimulus and response — by hitting the pause button and saying nothing while we take time to think about what we've just heard — we develop the ability to respond rather than react. The benefits to our primary relationships — to all our relationships — are considerable.

[Read more...](#)

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## TOOLS YOU CAN USE



## How To Boost Charitable Giving With Behavioral Science

How can we use behavioral science to help non-profit organizations access the resources they need? To help answer that question, the Charitable Giving team is constantly evaluating new solutions and tracking the latest research about how to increase generosity. Their work is summarized in this updated literature review "Behavior and Charitable Giving."

[Read more...](#)



## Building a Resilient Workforce: Embed Brain Science

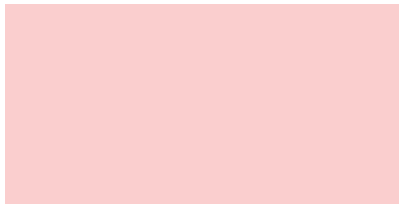
September 19<sup>th</sup> from 2-3pm ET

**Cost:** \$50.00

The human services field has made great strides in raising the importance of building healthy brains in babies and young children. However, the field has been slow to translate emerging brain science into learnings and practices with adults and our workforce. Join this webinar to learn about embracing brain science awareness in our work settings. We'll explore the neurobiology of stress, distress and trauma, the arousal continuum, and strategies for practicing daily regulation activities at work to build a brain-friendly culture that leads to resilience and success.

[Register...](#)

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## 10 Relationship Lessons for My Teenage Daughter

When I talk, teach, or coach about relationships, there's one common response that I get: "Wow! I wish I knew about all of this sooner." Learning about relationships once you're older and more experienced is better than nothing. But the sooner you get high-quality information about relationships, the less heartache you'll ultimately experience. With that in mind, my daughter turns 16 this summer, so I wanted to get ahead of things a bit and impart some relationship [wisdom](#) to set her up for success. Here are some insights from relationship science that could prove helpful at any dating stage.

[Read more...](#)

## WEBINAR



August 9, 2023

### **Strengthening Facilitation Skills: A Training Curriculum for Programs Working with Youth**

[Strengthening Facilitation Skills: A Training Curriculum for Programs Working with Youth](#), is a free, three-module curriculum designed to help facilitators of youth-serving programs improve the quality of their facilitation skills. It was developed as part of a formative evaluation of Healthy Marriage and Relationship Education programs conducted by Mathematica and its partner Public Strategies in conjunction with two community-based organizations called STREAMS.

Join Erin Welch and Scott Roby for this webinar where they will share details about the curriculum's development, describe its resources, and explain how it can be used to foster facilitators' development. Learn how you can maximize learning and engagement using best practices and participant-centered and trauma-informed facilitation

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

1. Internalize the goals and development process of the Strengthening Facilitation Skills curriculum.
2. Explore the content and resources included in the curriculum.
3. Understand how to use the curriculum and hear tips from the field.

**Presenter:** **Erin Welch, MSPPA**, Researcher at Mathematica, and **Scott Roby**, Senior Manager of Content Strategy and Delivery and Master Trainer at Public Strategies

**Who should attend:** Pregnancy Prevention program managers, HMRF facilitators, FCS educators, health educators, professionals working with youth in care, Extension specialists, guidance counselors, home visitors, and anyone working directly with young people.

**When:** *Wednesday, August 9, 2023 @ 1:00pm PT/4:00pm ET*

**Duration:** 60 minutes

**Cost:** Free!

**Register Now >**

## FUNDING STREAMS



### Caplan Foundation for Early Childhood

**Deadline:** September 30, 2023

The Caplan Foundation for Early Childhood is an incubator of promising research and development projects that appear likely to improve the welfare of young children, from infancy through seven years, in the United States. The Foundation's goal is to provide seed money to implement imaginative proposals that exhibit the greatest chance of improving the lives of young children, on a national scale. Funding is provided in the following areas: 1) early childhood welfare, including projects that seek to perfect child rearing practices and to identify models that can provide creative, caring environments in which all young children thrive; 2) early childhood education and play, including efforts to improve the quality of both early childhood teaching and learning through the development of innovative curricula and research based pedagogical standards, as well as the design of imaginative play materials and learning environments; and **3) parenting education**, including programs that teach parents about **developmental psychology**, cultural child rearing differences, pedagogy, issues of **health**, and prenatal care and diet, as well as programs which **provide both cognitive and emotional support to parents**.

[Learn more...](#)

(**Ed. Note:** [Mind Matters](#) is comes with tools to promote self-soothing skills, mental health management, and social-emotional skills. It also comes with a guide for facilitating the program one-on-one for home visiting programs and other forms of parent education.)

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## FORECASTED



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

**Estimated Post Date:** August 8, 2023

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

[Learn more...](#)



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