
September 2023

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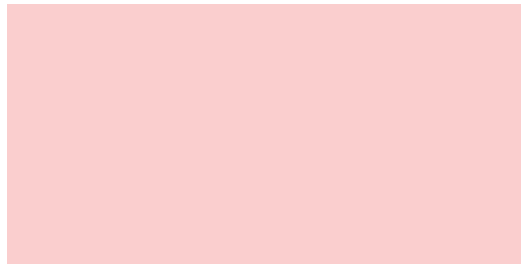
THE LATEST



Adolescent Mental Health Outcomes Are Declining Despite Continued Improvements in Well-being Indicator

Recent data have revealed dramatic and troubling declines in the mental well-being of children and adolescents over the past decade. However, social indicators of well-being have improved over the same period. In a new [Child Trends brief](#), co-authors argue that policies that focus on improving these social indicators, while important, may not be as effective as previously thought at directly addressing young peoples' mental health needs.

[Read more...](#)



What Has Longitudinal Research on Teen Dating Violence Taught Us?

For a long time, intimate partner violence in the United States was considered a private matter that was best handled behind closed doors, not one that warranted support and intervention from the criminal justice system. Taken together, decades of research expanded our knowledge about patterns of dating relationships, aspects of problematic relationship dynamics and conflicts, and the social ecology of adolescent and young adult dating relationships, including family and neighborhood characteristics.

[Read more...](#)

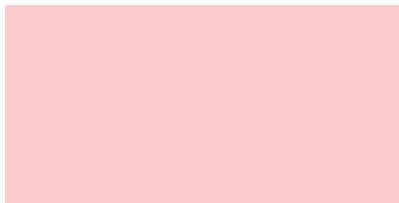


Why Young People Are Having Less Sex

For what researchers say is an array of reasons — including technology, heavy academic schedules and an overall slower-motion process of growing up — millennials and now Gen Zers are having [less sex, with fewer partners](#), than their parents' and grandparents' generations did. The social isolation and transmission scares of the COVID-19 pandemic have no doubt played a role in the shift. But researchers say that's not the whole story: The "no rush for sex" trend predates the pandemic, according to a solid body of research.

[Read more...](#)

NEWS YOU CAN USE



How Teenage "Puppy Love" Impacts Adult Relationships Later

"For decades, people regarded adolescent relationships as fleeting or flings, nothing very relevant," says Manfred van Dulmen, PhD, a professor of psychological sciences at Kent State University. "Yet it's become apparent that adolescent romantic relationships are really meaningful and have long-lasting impacts." Through interviews, questionnaires, love scales, cross-cultural and minority-group comparisons, and nationwide longitudinal studies, psychologists have found that teen love is real and profound, plus something else: potentially life-shaping.

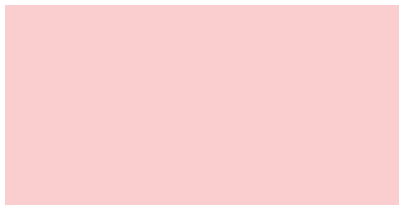
[Read more...](#)



Can We Help Young Brains Fight Off Anxiety?

Anxiety is one of the most common childhood mental disorders. About 7% of children suffer from it at any given time, with nearly 1 in 3 adolescents experiencing it sometime during their teen years. New research suggests that training children in managing upsets may hold promise for preventing anxiety later in their lives.

[Read more...](#)

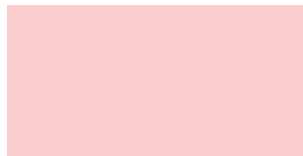


How To Make Tough Choices In Relationships

Relationships tend to be an area where we have to make significant, stress-inducing decisions when our heads are less clear. To avoid the kinds of faulty decision-making habits and biases we are all prone to, we can apply tools from both decision science and the therapy room. Here are some strategies to try.

[Read more...](#)

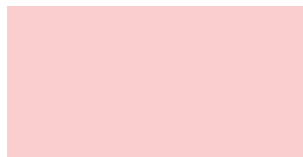
TOOLS YOU CAN USE



New ACEs Explainer Video Available

[Adverse Childhood Experiences \(ACEs\)](#) affect all of us and they can lead to a prolonged activation of our stress response called toxic stress—ultimately affecting health across a lifetime. But the topic is complex and simplifying it is key to spreading awareness. Available in English and Spanish, this new animated "explainer" video is perfect for presentations, events, social media and more.

[Read more...](#)



Connecting Conversations

Creating regular opportunities to talk with children and youth can have a big impact on their health and well-being. Parents and caregivers can promote healthier and safer experiences by making a habit of knowing about their children's and youth's lives and connecting with them through regular check-ins. Connecting with children or youth can reduce their risk for poor mental health and other health risks. Check out these tips for supporting communication between parents/caregivers and their children and teens.

[Read more...](#)



5 Ways to Help Your Teen Build Healthy Romantic Relationships

Developing a strong bond with your children during their childhood and pre-teen years helps lay the groundwork for them to feel comfortable talking to you about sex, dating, and relationships. When they do begin showing interest in dating and sex, your input is essential. When you think your child is ready to start dating, having an open dialogue with them also offers the opportunity to talk about what forms a healthy relationship. Here are five ways you can teach your teen how to have positive, comfortable, and enjoyable relationships.

[Read more...](#)

WEBINAR



September 13, 2023

Experiences Of Peer Educators Teaching Relationship Education to College Students

What happens when you organize college undergraduates to provide healthy marriage and relationship education (HMRE) to their peers in a structured service-learning class? This presentation will describe a community engagement strategy and pedagogical approach to prepare emerging professionals and strengthen romantic relationships by utilizing undergraduate peer educators to facilitate HMRE to other undergraduate students in their campus community.

Join Drs. McElwain and Finnegan as they discuss the process of training, planning, and implementing content from the evidence-based [Love Notes](#) curriculum that helped college peers see human development and family relations concepts "come to life," open a "whole new world" of career opportunities, and develop key professional skills.

Objectives: Participants will be able to:

1. Understand the benefits of a peer education model for delivering HMRE through structured university service-learning courses.
2. Identify peer impact and practical gains of facilitating relationship education through a service-learning experience
3. Learn from peer educators' reflections on their beliefs and attitudes towards relationship education and the peer education model.

Presenters: **Alyssa McElwain, Ph.D., CFLE**, University of Wyoming, and **Vanessa Finnegan, Ph.D., CFLE**, Auburn University.

Who should attend: HMRE and other federal grant program managers and facilitators, professors and college professionals, Extension agents, public and alternative school educators.

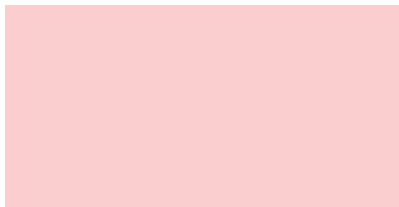
When: September 13, 2023 @ 1:00pm PT / 4:00pm ET

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](#) 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.)



Autism Speaks Local Impact Grant

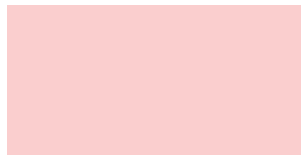
Deadline: October 6, 2023

Autism Speaks' Local Impact Grant program supports community programs throughout the United States that provide people with autism with fulfilling social and educational experiences.

[Read more...](#)

(Ed. Note: [Mike's Crush](#) is an innovative curriculum/video program teaches young people with autism how to establish healthy and safe relationships with their peers, including friendship and romantic relationships.)

FORECASTED



Grants to Support New Investigators in Conducting Research Related to Preventing Interpersonal Violence Impacting Children and Youth

Estimated Post Date: September 12, 2023

The purpose of the Centers for Disease Control and Prevention National Center for Injury Prevention and Control (NCIPC) Mentored Research Scientist Development Award (K01) is to provide support for an intensive, supervised (mentored) career development experience in violence prevention research leading to research independence. NCIPC supports K01 grants to help ensure the availability of an adequate number of trained scientists to address critical public health research questions to prevent violence and injury. Applicants must propose a research project that addresses at least one of the research priorities in the interpersonal violence prevention section of the NCIPC Research Priorities as they relate to violence impacting children or youth.

[Learn more...](#)

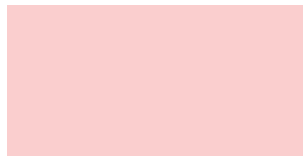


Research Grants for Preventing Violence and Violence Related Injury (R01)

Estimated Post Date: September 12, 2023

Funds are available to conduct studies focused on preventing all forms of community violence involving youth or young adults (ages 10-34 years), including assaults, homicides, violence between groups, and threats/use of weapons. The primary objectives we wish to achieve with this initiative are: (1) Effectiveness research to evaluate innovative approaches with the potential for immediate or near immediate benefits (i.e., within 6 months) for reducing community violence and racial/ethnic inequities in risk for community violence. (2) Effectiveness research to evaluate innovative place-based prevention approaches for reducing community violence and racial/ethnic inequities in risk for community violence. (3) Effectiveness research to evaluate approaches that improve the social or structural conditions that contribute to community violence and racial/ethnic inequities in risk for community violence. Applicants are asked to clearly indicate in the application's Abstract which objective, or combination of objectives, the research proposal intends to address.

[Learn more...](#)



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

Estimated Post Date: August 8, 2023

This five-year funding opportunity requires that recipients build infrastructure for SV prevention; develop/enhance a state/territory action plan; implement community- and societal-level SV prevention strategies that promote health equity; and utilize data to inform action. Completing these activities should lead to increased capacity to promote health equity, capacity to implement/evaluate SV prevention at the community- and societal-levels, increased partner and community awareness of effective prevention strategies, and increased partner coordination to prevent SV.

[Learn more...](#)

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



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