

December 2023

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DIBBLE NEWS



Mind Matters Implemented across New Mexico

New Mexico Extension Services are utilizing [Mind Matters](#) in their efforts to improve mental health and stress coping skills among farmers and ranchers, their employees and families in rural New Mexico.

[Watch here...](#)



New! Love Notes Crosswalked to New Health Ed Standards

The Society for Public Health Education (SOPHE) has published a list of 15 Characteristics of effective health education curricula. Health education curricula that meet this criteria reflect the growing body of research that shows the importance of:

- Emphasizing functional health information (i.e., essential knowledge),
- Shaping personal values and beliefs to support healthy behaviors,
- Shaping group norms valuing healthy lifestyles, and
- Developing essential skills needed to adopt, practice, and maintain health-enhancing behaviors.

A new crosswalk is available detailing [Love Notes](#) as an effective health education curriculum according to the SOPHE characteristics.

[Get the Crosswalk...](#)

THE LATEST



Spending Too Much Time on Social Media Can Create Problems In Real-Life Relationships

A survey conducted by Professor Candice Odgers of University of California and her colleagues found that spending too much time on social media will create problems in real-life relationships. The study revealed that teenagers from low-income families reported more physical fights, face-to-face arguments and trouble at school that spilled over from social media.

[Read more...](#)



The Power of Relationship Education: Evidence of Economic Benefits & Policy Recommendations

A new report documents how relationship education (RE) can improve outcomes in a variety of family settings. When parents engage in RE, they learn skills that strengthen their relationship and improve their home environment. Children reap the greatest rewards because they experience the benefits during the most critical years of their development. Since the benefits of RE compound over time, the best time to

implement RE programs is today! This report advocates for relationship education as a tool to both strengthen families and reduce costs to taxpayers of problems associated with family instability.

[Read more...](#)



American Indian and Alaska Native Children Live in Diverse Family Structures

A new analysis of five-year data from the American Community Survey (2017-2021) finds that, among children under age 18, American Indian and Alaska Native (AIAN) children live in a diverse range of family structures.

[Read more...](#)

NEWS YOU CAN USE



Fostering Trust with Program Participants and Serving LGBTQ+ Youth

This brief from the third FRAMING research technical work group on healthy marriage and relationship education (HMRE) focuses on fostering trust among HMRE program participants, making HMRE programs more inclusive for LGBTQ+ youth, and recommending future HMRE research priorities.

[Read more...](#)



Mathematica

Progress Together

What Influences the Success Sequence and Economic Self-Sufficiency? Findings from a Mixed-Method Study (Part II)

This Mathematica report is the third in a series on the success sequence conducted for the Department of Health and Human Services that investigates the factors associated with following the success sequence and economic self-sufficiency. The success sequence is discussed in the context of policy approaches for reducing poverty and improving economic opportunity for adolescents and young adults.

(Ed. Note: This will be the Dibble Webinar topic for January)

[Read more...](#)

TOOLS YOU CAN USE



Take Action for Adolescents – A Call to Action for Adolescent Health and Well-Being

The Office of Population Affairs has released [*Take Action for Adolescents – A Call to Action for Adolescent Health and Well-Being*](#). The report acknowledges the diverse experiences of young people ages 10-24 and shares a vision of how communities can come together to help adolescents thrive. The Call to Action synthesizes research and experiences of young people, youth-serving professionals, parents, policy makers, and other adults who support youth.

[Read more...](#)



How Can We Prevent Dating Violence Among Teens?

Supporting healthy relationships and creating a safe environment are key to preventing and stopping teen dating violence. Partner violence can start in early teen years. The emotional and behavioral effects are severe and can carry over into adulthood for both victims and perpetrators. However, abuse can often be prevented by creating safe and supportive environments, positive engagement with peers and adults, and teaching and modeling healthy relationships.

[Read more...](#)



Tip Sheet - Supporting And Affirming LGBTQIA2S+ Youth and Young Adults

As Runaway and Homeless Youth programs, organizations, and their communities seek effective practices for supporting, affirming, and improving outcomes for lesbian, gay, bisexual, transgender, questioning, queer, intersex, asexual, and two spirit, as well as non-binary and gender expansive youth and young adults, the Family and Youth Services Bureau, Division of Runaway and Homeless Youth, and the [Runaway and Homeless Youth Training and Technical Assistance Center](#) are excited to share this new tip sheet.

[Read more...](#)

WEBINAR



December 13, 2023

The Hidden Biases of Good People: Implicit Bias Awareness Training

The Dibble Institute® is offering this workshop to our clients because for us to create healthy relationships, we need to understand our hidden biases so that we might reduce and manage them.

Broadly speaking, group-based bias involves varying degrees of stereotyping (exaggerated beliefs about others), prejudice (dis/liking others), and/or discrimination (unequal treatment of others) that occur above or below conscious awareness. Scholars have labeled the subconscious form of group-based bias *implicit or unconscious bias*. Implicit bias is primarily seen as an attitude or stereotype held about social groups below conscious awareness. Implicit bias has become very important to understand given the decreased frequency of Americans to freely and openly express negative thoughts, feelings and behaviors regarding other racial groups. Implicit bias is everywhere and affects everyone. We all have implicit bias. The impact of our implicit bias on others, however, significantly depends on our social and professional roles in society. Bias held by educators, police officers, physicians, prosecutors and criminal court judges can significantly affect the life outcomes of large segments of society.

Research has revealed that many Americans show a positive implicit bias toward White Americans vs. African Americans, young vs. old and fit vs. obese. Showing a preference for or against any particular group does not mean that a person is prejudiced or will discriminate, but it does suggest that s/he has been repeatedly exposed to certain associations between specific groups and specific traits/characteristics and have stored them in memory. These associations are often very strong and difficult to undue without deliberate effort or ongoing training. It is possible, however, to implement practices or policies that reduce the likelihood that implicitly biased beliefs will lead to biased behaviors.

Objectives:

- What is implicit bias?
- How does implicit bias present in the realworld?
- What causes implicit bias?
- How is implicit bias measured?
- How does implicit bias affect the person who holds the bias?
- How does implicit bias affect the attitudes and behaviors of the target group?
- How can implicit bias be reduced/managed at the individual level?

Presenter: Rev. Dr. Bryant T. Marks, Sr., Professor, Morehouse College

Who should attend: Anyone. This training also satisfies the federal grant requirements for Diversity, Equity, and Inclusion (DEI) Training.

When: *Wednesday, December 13, 2023, 9:00 am to 12:00 pm Pacific*

Duration: 3 hours

Cost: \$45

[Register Now](#)

FUNDING STREAMS



[General Departmental Sexual Risk Avoidance Education \(GDSRAE\)](#)

Estimated Post Date: April 19, 2024

The Administration for Children and Families, Administration on Children, Youth and Families' Family and Youth Services Bureau announces the anticipated availability of funds under the General Departmental Sexual Risk Avoidance Education (GDSRAE) Program. The purpose of the GDSRAE 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).