

January 2024

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DIBBLE NEWS



CYFAR Grant Writing Toolkit Available

The [Children, Youth and Families At-Risk Sustainable Community Projects](#) funding has just been announced. Its goal is to develop and deliver educational programs that equip limited resources families and youth who are at-risk for not meeting basic needs with the skills they need to lead positive, productive, contributing lives. Deadline is February 15, 2024.

Check out our CYFAR toolkit that will help you write a strong application.

[View Toolkit...](#)



Mind Matters Minutes Now Available in Español

Mind Matters Minutes provide teachers and direct service providers with short video practices from the [Mind Matters](#) curriculum that can easily be shared with others. Each practice presents a skill to self sooth, reduce reactivity, and build resilience. The videos are ready-to-go, reducing extra work.

[Read more...](#)



Love Notes and Hope: The Change Mechanisms of Hope and Conflict

Successfully (or unsuccessfully) navigating romantic relationships is a robust predictor of adolescent mental health. Youth relationship education programs (YREP) have been found to promote adaptive relationship knowledge, attitudes, and skills; however, little research has examined how such programs influence mental health. YREPs may be beneficial for youth's mental health, and hope may play an important role. Encouraging youth to set clear goals and promoting self-efficacy for behaviors that enact those goals may be helpful considerations for those serving youth (and particularly adolescent young men) in YREPs.

(Ed. Note: [Love Notes](#) was the intervention evaluated in this study.)

[Read more...](#)

THE LATEST



Pew Research Center

The Modern American Family- Key Trends in Marriage and Family Life

The American family has undergone significant change in recent decades. There is no longer one predominant family form, and Americans are experiencing family life in increasingly diverse ways.

[Read more...](#)



Why Are Teen Girls in Crisis? It's Not Just Social Media

Anxiety over academics. Post-lockdown malaise. Social media angst. Study after study says American youth are in crisis, facing unprecedented mental health challenges that are burdening teen girls in particular.

[Read more...](#)



Do Americans Still Love Marriage?

The institution of marriage is increasingly a polarizing topic, though it remains popular and the majority of Americans aspire to it if they haven't already wed. But the popularity of "I dos" is slipping.

[Read more...](#)

NEWS YOU CAN USE



Data Snapshot Shows Bullying Reported by High School Students

OJJDP has updated its Statistical Briefing Book with a new Data Snapshot on the prevalence of bullying experiences reported by high school students in 2021. The data show that bullying on school property declined between 2011 and 2021, while bullying electronically remained stable. The data also show that females were more likely than males to report bullying, while students who identify as heterosexual were less likely to report bullying experiences than their nonheterosexual peers.

[Read more...](#)



Data on the Sexual and Reproductive Health of Opportunity Youth

A [new infographic](#) provides data about the sexual and reproductive health (SRH) of opportunity youth (i.e., young people who are disconnected from work and school)—including data on their contraception use, pregnancy and childbirth patterns, and access to SRH services—to help youth-supporting professionals better understand opportunity youth’s experiences and needs.

[Read more...](#)



What’s the Plan? Effect of Cohabitation on the Likelihood of Divorce

Does cohabitation before marriage lead to the likelihood of divorce? The analyses in the body of this report focus on whether marriages remained intact or dissolved.

[Read more...](#)

TOOLS YOU CAN USE

Why 30 is Not the New 20

Clinical psychologist Meg Jay has a bold message for twentysomethings: Contrary to popular belief, your 20s are not a throwaway decade. In this provocative talk, Jay says that just because marriage, work and kids are happening later in life, doesn't mean you can't start planning now. She gives 3 pieces of advice for how twentysomethings can re-claim adulthood in the defining decade of their lives.

[Watch video...](#)



How to Teach Teens to Navigate Misinformation and Fake News

Today's media landscape is drowning in misinformation and disinformation, which makes it hard to decide what information is trustworthy. Confusing matters further, there are people who claim that factually correct stories are fake news because they disagree with them. But as parents and caregivers, you can help teens understand what to do with the media they encounter. And you can guide them to make good decisions about what they learn. You do this by developing their "media literacy" – skills needed to help find, understand, and use [credible information](#) to stay informed.

[Read more...](#)



TRIO's Online Interactive Story Map

The U.S. Department of Health and Human Services (HHS) and the U.S. Department of Education (ED) are [pleased to announce](#) a new and exciting tool for anyone seeking to find and learn about the programs funded by the federal TRIO Programs. The Federal TRIO Programs are federal outreach and student services programs designed to identify and provide services for individuals from disadvantaged backgrounds. The TRIO Story Map harnesses the power of geography to tell the story of the Federal TRIO Programs and to demonstrate the wide footprint of the programs.

(Ed. Note: TRIO programs are great settings to teach relationship skills.)

[Read more...](#)

WEBINAR



January 10, 2024

State of Youth Relationship Education Today

Relationship education has moved from being an unfamiliar and unrecognized intervention to being an appreciated and effective intervention that can pull many levers in young people's lives. We know from research that it can change sexual behaviors, reduce violence and the acceptance of violence. And, most recently, we see that relationship education can help build hope.

Join Executive Director, Kay Reed, to learn about the current landscape for the field of relationship education. She will share new research outcomes, innovative funding streams and settings, along with challenges and opportunities for the field.

Objectives: Participants will be able to:

- List outcomes that result from evidence-based relationship education.
- Target new state and federal funding to support relationship education programming.
- Share current challenges and opportunities for the field

Presenter: Kay Reed, Executive Director

Who should attend: Dibble clients, policy makers, researchers, program managers and administrators, people who want to learn more about the field of relationship education

When: *Wednesday, January 10, 2024 @ 1:00pm Pacific/4:00pm Eastern*

Duration: 60 minutes

Cost: Free!

[Register Now >](#)

FUNDING STREAMS



[Children, Youth and Families At-Risk Sustainable Community Projects](#)

Deadline: February 15, 2024

The National Institute of Food and Agriculture (NIFA), USDA announces the Children, Youth, and Families at Risk (CYFAR) funding program to improve the quality and quantity of comprehensive community-based programs for at-risk children, youth, and families supported by the Cooperative Extension System. The CYFAR program mission is to marshal resources of the Land-Grant and Cooperative Extension Systems to develop and deliver educational programs that equip limited resource families and youth who are at-risk for not meeting basic human needs with the skills they need to lead positive, productive, contributing lives.

[Check out CYFAR grant toolkit here!](#)



[Strategic Prevention Framework – Partnerships for Success for Communities, Local Governments, Universities, Colleges, and Tribes/Tribal Organizations](#)

Deadline: February 21, 2024

The purpose of this program is to help communities, local governments, universities, colleges, and tribes/tribal organizations reduce the onset and progression of substance misuse and its related problems by supporting the development and delivery of community-based substance misuse prevention and mental health promotion services.



[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).



[Title V Competitive Sexual Risk Avoidance Education](#)

Estimated Post Date: April 19, 2024

The purpose of the Title V Competitive SRAE Program is to fund projects to implement sexual risk avoidance education that teaches participants how to voluntarily refrain from non-marital sexual activity. Successful applicants are expected to submit plans for the implementation of sexual risk avoidance education that normalizes the optimal health behavior of avoiding non-marital sexual activity, with a focus on the future health, psychological well-being, and economic success of youth.
