

October 8, 2025



Unpacking The Dibble Treasure Chest

Presenters:

- Rachel Savasuk-Luxton, Director of Training and Research
- Aaron Larson, Director of Programs
- Jo Anne Eason, National Outreach Coordinator
- Caleb Cook, Senior Trainer

The Dibble Institute

Webinar Resources

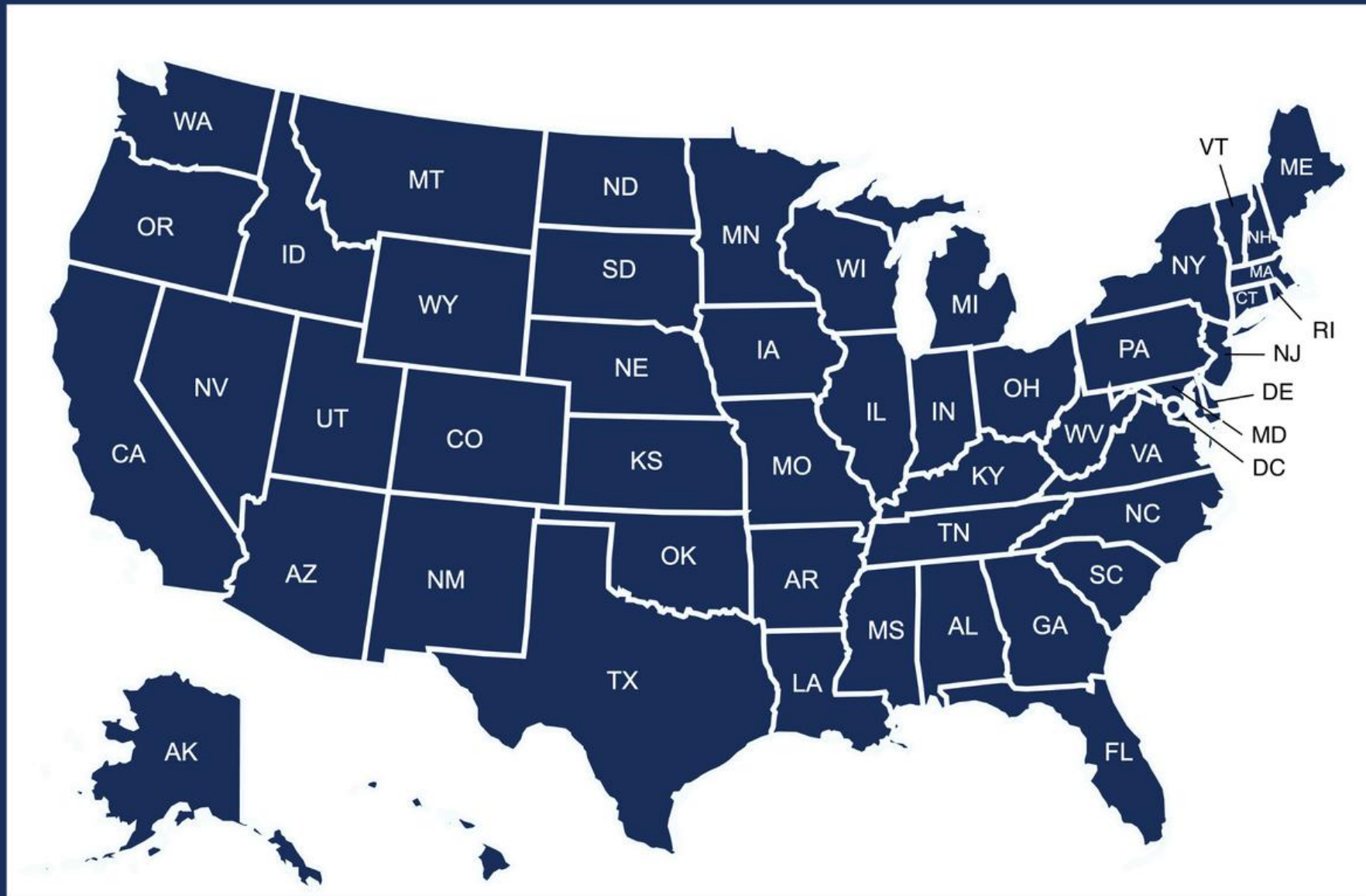
1. If you cannot hear this presentation, **check your audio settings located in the control panel**. If that does not work, please dial in using the number found in your invite.
2. Please **tell us who you are and where you are from** in the chat.
3. We will be putting “**handouts**” in the chat located in the control panel.
4. Questions? The **Q&A box** is located in your control panel.
5. **Closed Captioning** is available in your control panel.

Charlie and Helen Dibble



2023-2024 Clients
served approximately 114,890 youth

The Dibble Institute is
a national,
independent non-
profit organization.



Our Mission

Empowering youth and young adults with skills to build and sustain healthy interpersonal and romantic relationships.



We believe in **research**.

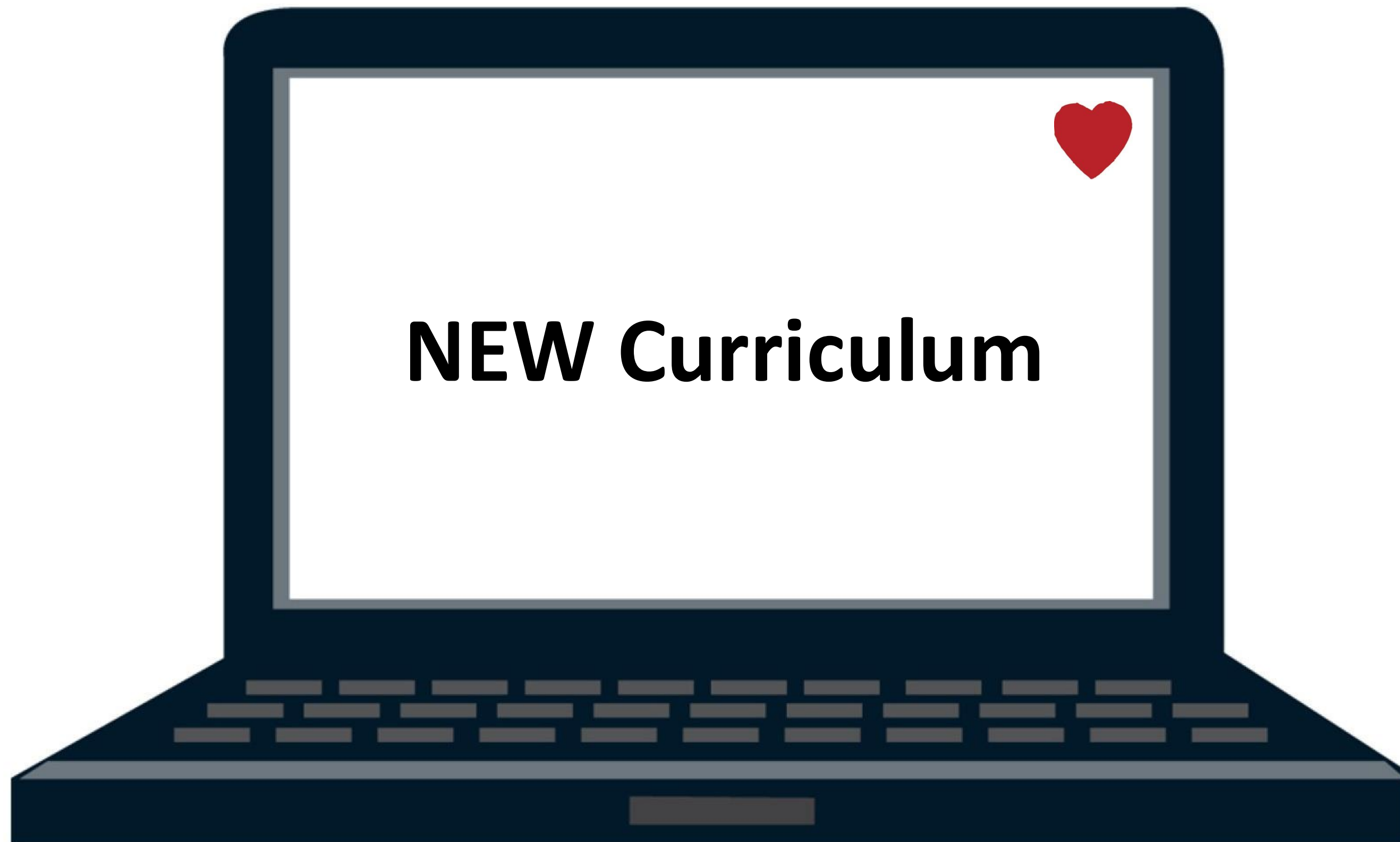


We believe in **stable, safe, and nurturing** families.



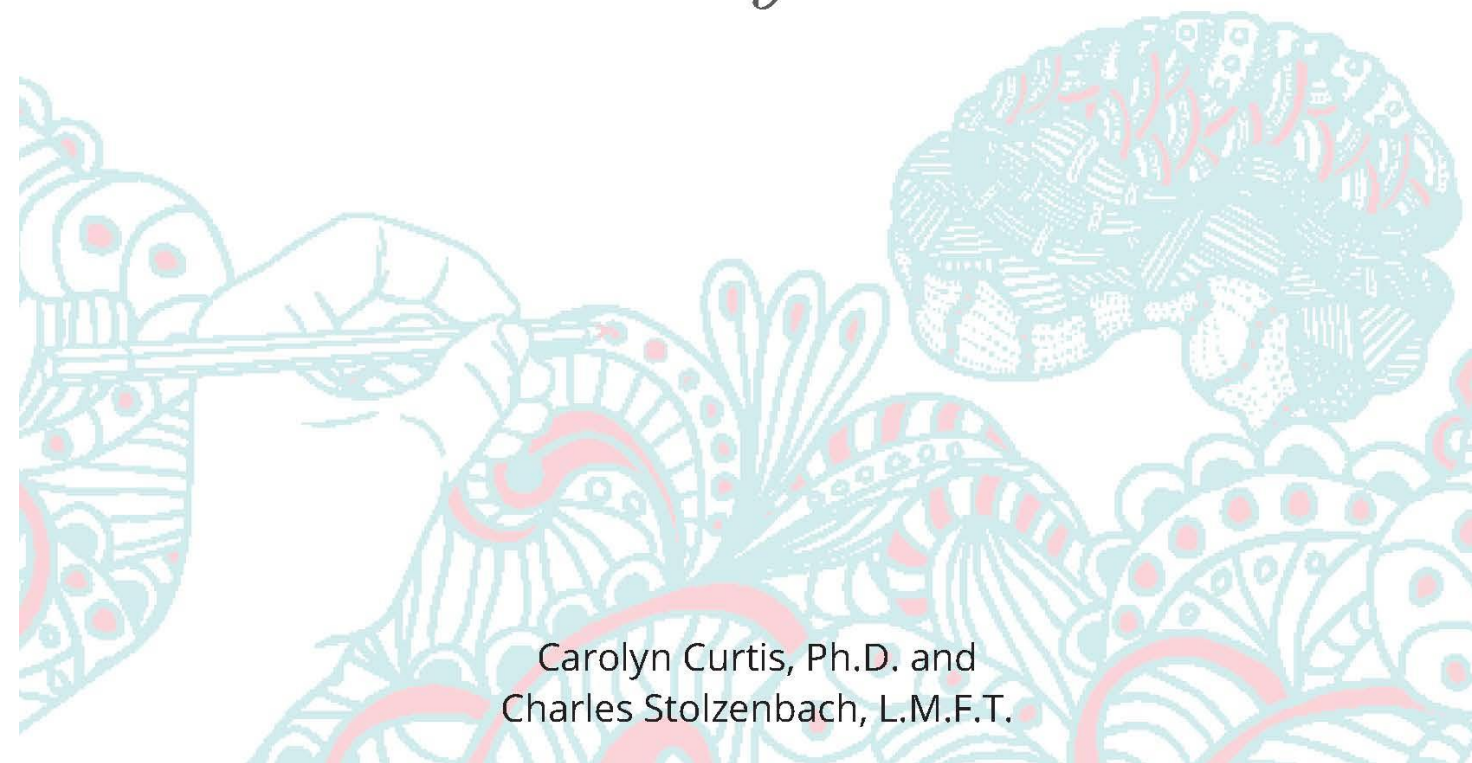
We believe that relationship education is for everyone.





MIND MATTERS 2.0

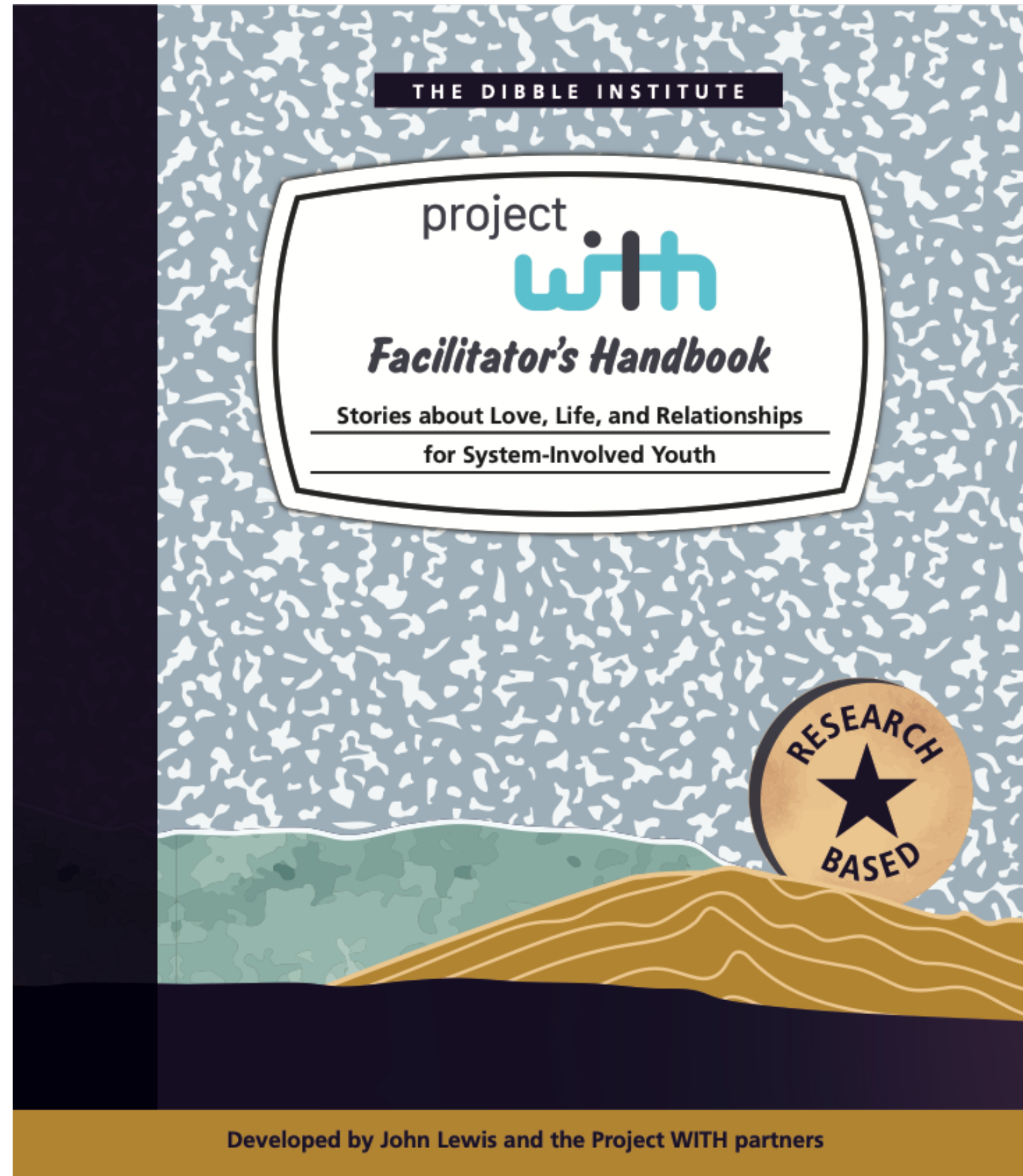
*Overcoming Adversity
and Building Resilience*

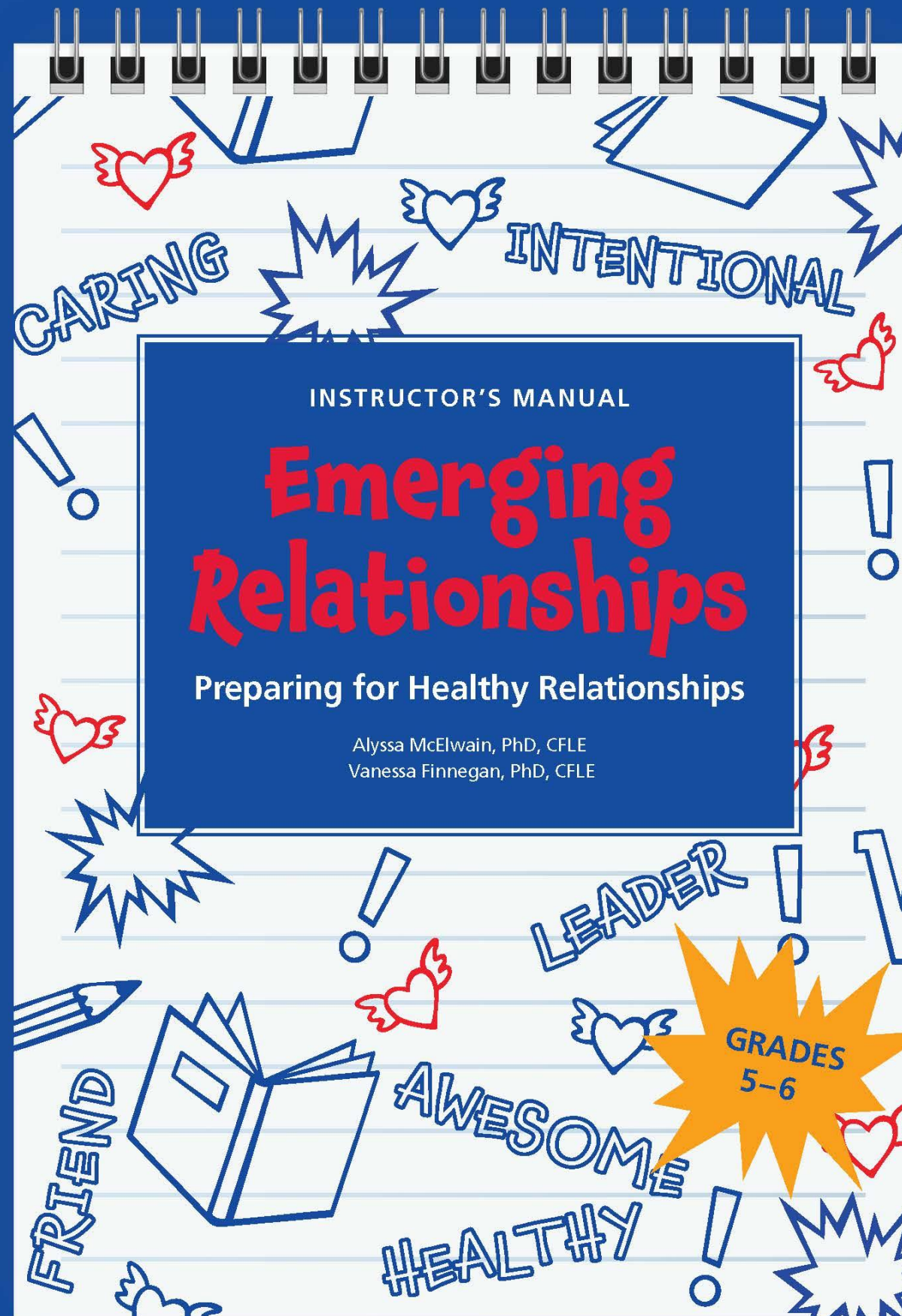


Carolyn Curtis, Ph.D. and
Charles Stolzenbach, L.M.F.T.

TOOLKIT FOR EMPOWERMENT







THE DIBBLE INSTITUTE®





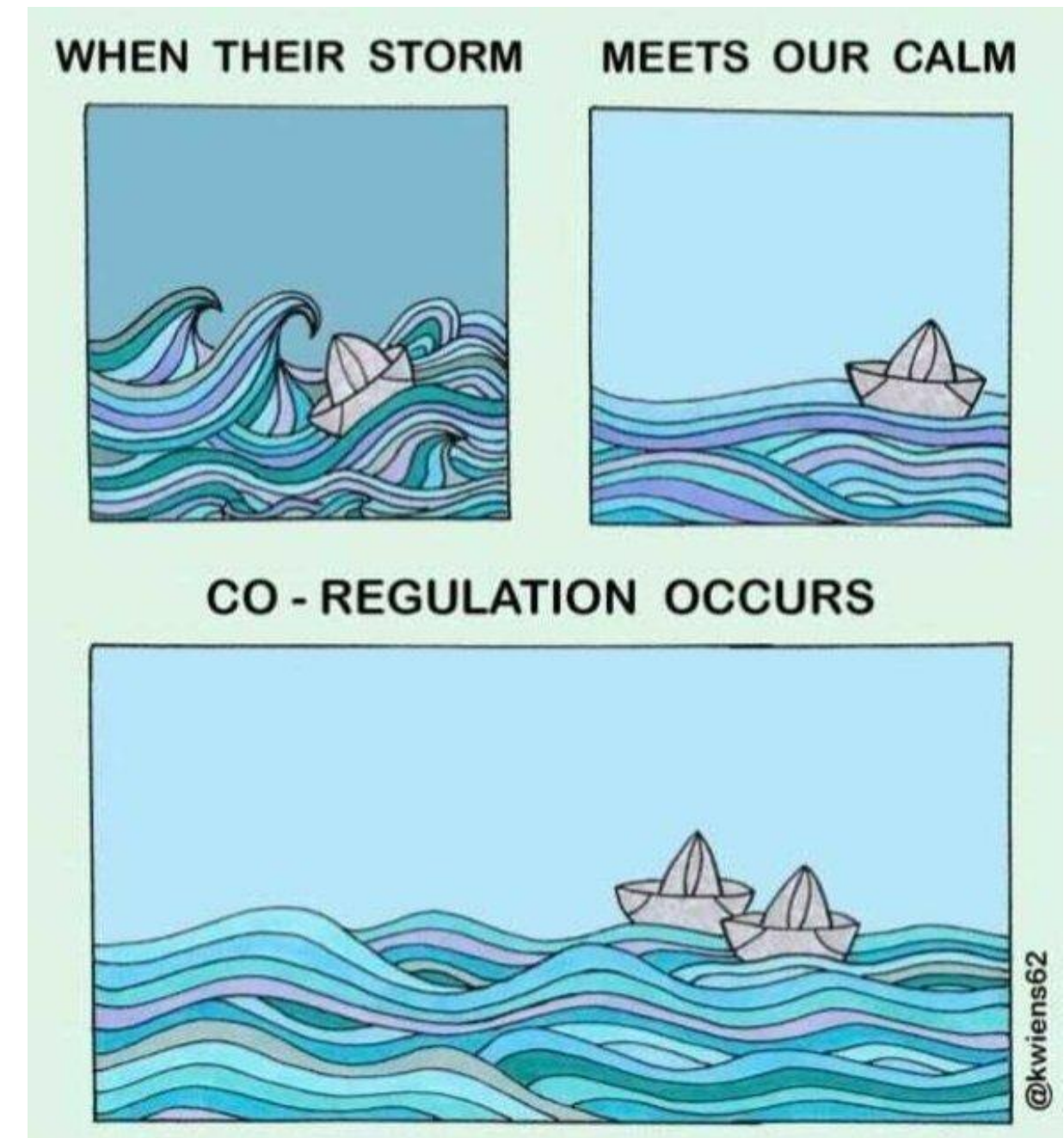
Curriculum Training

- Online? In-person? Small groups? Large groups? Just one of you? We do it all!
- Helps with fidelity to the curriculum.
- We provide tips and tricks for you to be the most successful wherever and however you're serving youth.
- What are people saying about our trainings?
 - *This training was such a needed refresher. Also, the energy and flow that the facilitators brought, really helped bring ideas for how we will facilitate moving forward. I was excited to go each morning and that is the feeling I want all of our participants to have.*



Co-regulation

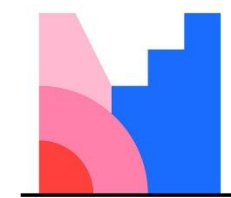
- The ability to regulate emotions and behaviors, manage stress (internal or external), and return to a calm state, with the support and direction of a connecting person.
- This skill can help create a warm, safe environment for participants, and can especially help as various topics are discussed.



5-4-3-2-1

FIVE:	What you see
FOUR:	What you hear
THREE:	What you touch
TWO:	What you smell
ONE:	What you taste

Virtual Tools



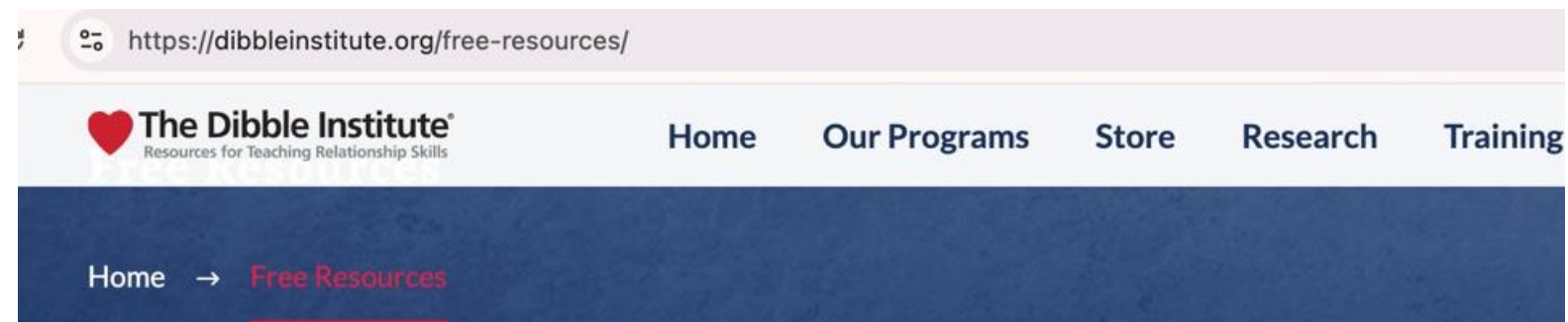
Mentimeter



Facilitation Ideas and Resources







How Can We Help You?

The Dibble Institute offers a variety of free resources to help you teach relationship skills in your school or organization:

Free Resources

Toolkits	Free Newsletter	Free Webinars
Grant Alerts	Movie Guides	Case Studies
Reports	Tip Sheets	Helpful Links
Mind Matters Minutes	Professional Development	Sample Lessons

The many free
resources Dibble
provides.



Movie Guides

Movies can help students see the complexities and joys of a wide variety of relationships, including friendships and family, infatuations and first romances, enduring commitments and marriage. Discussing movies helps young people connect ideas in film to choices in real life.

Dibble movie guides help unpack important concepts, empower youth to learn what “healthy” looks like, and help young people understand why family formation matters.

Movie Guides

Antwone Fisher	Cheaper by the Dozen 2	Divergent	Divergent, Vol. 2
Ella: Enchanted	Enchanted	Fools Rush In	Inside Out
Maleficent	Maleficent, Vol. 2	McFarland USA	My Big Fat Greek Wedding
My Last Days	The Hunger Games	The Hunger Games, Vol. 2	The Hunger Games Catching Fire
The Hunger Games Catching Fire, Vol. 2	The Hunger Games Catching Fire, Vol. 3	Validation	



Example of a Dibbble Movie Guide



Case Studies

[Home](#)[Our Programs](#)[Store](#)[Research](#)[Training](#)[Free Resources](#)[About Us](#)

Client Case Studies

The Dibble Institute® collects case studies from our clients to highlight their good work! It is organized by settings, funding, and program used. Search below for case studies by topic.

Setting

[After School](#)[AVID](#)[Churches](#)[Colleges](#)[Community Based](#)[Family and Consumer Science Class](#)[Group Home](#)[Health Class](#)[High School](#)[Home Visiting](#)[Juvenile Justice](#)[Middle School](#)[Rehab](#)[Runaway and Homeless Youth](#)[Rural](#)[Shelter](#)[Tribes](#)

Curriculum

[Love Notes](#)[Relationship Smarts PLUS](#)[Mind Matters](#)[Money Habitudes](#)[Project WITH](#)

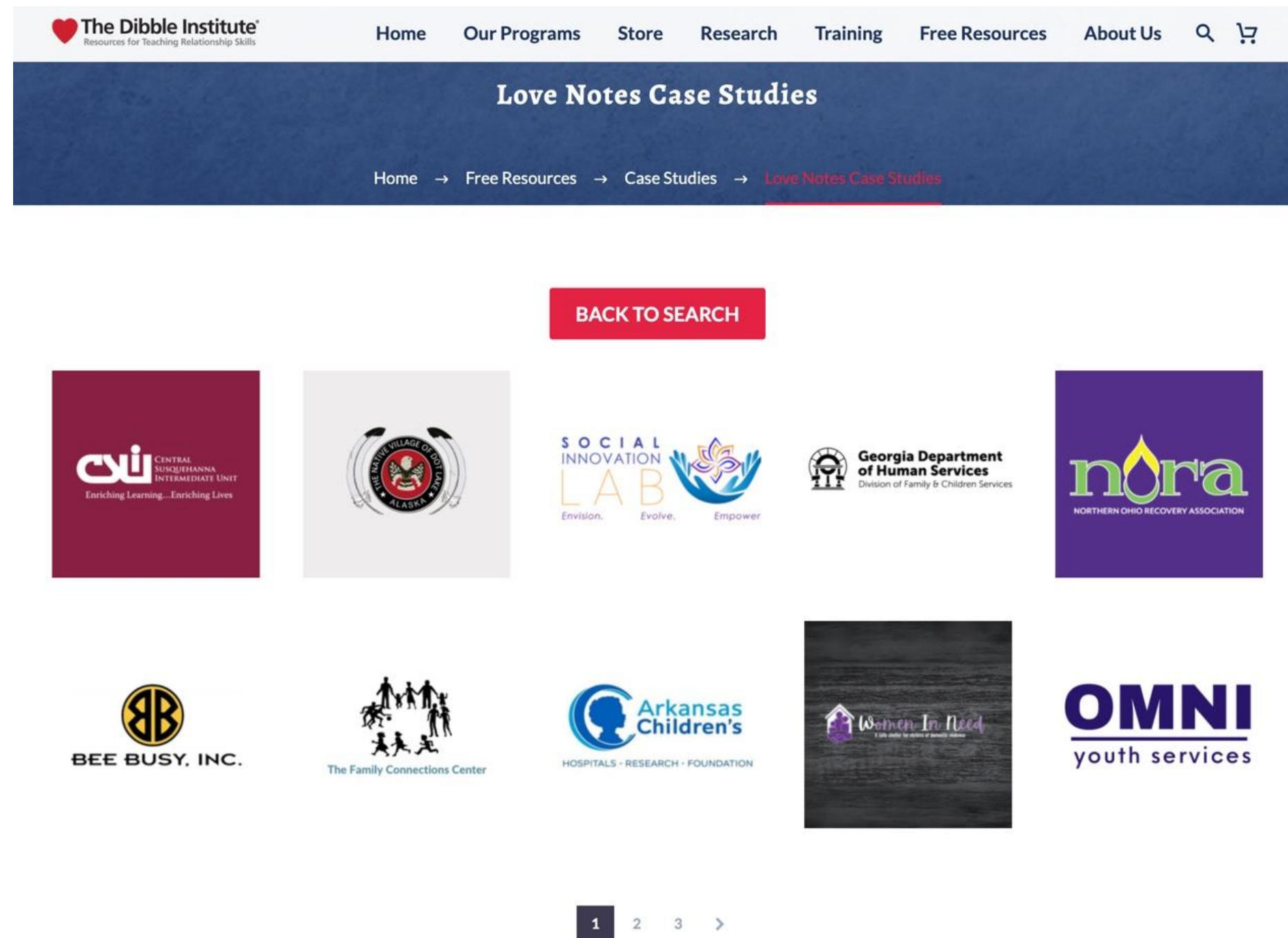
Regions

[New England \(CT, ME, MA, NH, RI, VT\)](#)[Mid Atlantic \(DE, DC, MD, PA, VA, WV\)](#)[Southeast \(AL, FL, GA, KY, MS, NC, SC, TN\)](#)[Upper Midwest \(IL, IN, MI, MN, OH, WI\)](#)[Lower Midwest \(AR, LA, NM, OK, TX\)](#)[Central Midwest \(IA, KS, MO, NE\)](#)[Rocky Mountains \(CO, MT, ND, SD\)](#)

Funding

[CA Behavioral Health Youth Initiative](#)[Child Abuse Prevention](#)[Extension](#)[Farm & Ranch Stress](#)[Healthy Relationship Grant](#)[Hospital Community Benefit](#)[Juvenile Justice](#)[Mental Health](#)[Pregnancy Prevention](#)[PREP](#)[Private Funding](#)[Responsible Fatherhood](#)[Runaway and Homeless Youth](#)[Sexual Risk Avoidance](#)[SAMHSA](#)[State Grant](#)[Substance Abuse Prevention](#)

Small example of organizations that have done a case study with Dibble.



Sample Lessons



Sample Lessons

Mind Matters

Overcoming Adversity
and Building Resilience

Instructor's Manual

Lesson 1 Self-Soothing

(Sample Lesson—through Activity 1.3)

Why We Do This

Self-Soothing is a skill that is developed over time through practice. The goal of self-soothing is to dial-down the reactive response of the body's central nervous system. Following an adverse or traumatic event, the nervous system is easily activated by sights, sounds, smells, tastes, and touches, causing abrupt, unplanned, and embarrassing social consequences. A traumatized person needs a means of reducing this automatic reactivity of their nervous system. Self-soothing techniques provide this. In this first lesson, four self-soothing skills are taught that will be practiced throughout the *Mind Matters* program.

Participant Objectives

1. Connect the key concept of self-soothing/self-regulation to positive life outcomes.
2. Recognize the difference between taking the time to decide rather than immediately reacting to persons, places, and things.
3. Learn four different self-soothing skills that can be used inside and outside of the classroom.
4. Practice self-soothing skills at least twice while in class.

Lesson 1 at a Glance (60 minutes)

WHAT IS MIND MATTERS?

- 1.1 Introduction to *Mind Matters* (15 minutes)
- 1.2 Marshmallow Test Overview and Activity (15 minutes)

SELF-SOOTHING SKILLS

- 1.3 Focused Breathing (10 minutes)
- 1.4 Peripheral Vision (5 minutes)
- 1.5 5-4-3-2-1 Skill (5 minutes)
- 1.6 Coloring

SUMMARY, PRACTICE PLAN, AND FINAL SKILL EXERCISE (10 MINUTES)

Materials Checklist

RESOURCES

- Lesson 1 PowerPoint (<http://digital.dibbleinstitute.org/MM-MATERIALS/>)
- Toolkit (found in the pocket of this Instructor's Manual):
 - 1.a Focused Breathing
 - 2.a Peripheral Vision
 - 2.b 5-4-3-2-1 Skill

VIDEOS—hyperlinked in Lesson 1 PowerPoint:

- *The Marshmallow Test* (3:27)
- (Optional) *Three-Minute Breathing Space* (4:59)

CELL PHONE APP: hyperlinked in Lesson 1 PowerPoint

MATERIALS

- Flipchart/board and markers (for Group Agreements)
- Bag of marshmallows (optional)

PARTICIPANT JOURNAL: Lesson 1 (pgs. 3–6)

Please Note: Only the full explanations for Activities 1.1-1.3 are included in this sample.

Lesson 6

Is It a Healthy Relationship?

Overview

This lesson offers guidance on how to tell if a relationship is healthy. Utilizing a clear, three-question framework that defines six types of relationships, participants will create sculptures to analyze what healthy and unhealthy relationships look like in the real world. The goal is for participants to develop a deeper understanding of the differences and be able to develop communication skills for discussing healthy and unhealthy relationships. A self-assessment exercise helps participants examine their own relationships.

The importance of fun in keeping healthy relationships alive and well will also be explored. Youth will engage in a competition to generate a list of fun activities to do with friends or partners.

Most young people will experience relationships that don't work. Issues surrounding breaking up are addressed in the final section. Issues include knowing when it's time, better and worse ways, tips on breaking up, and surviving a breakup.

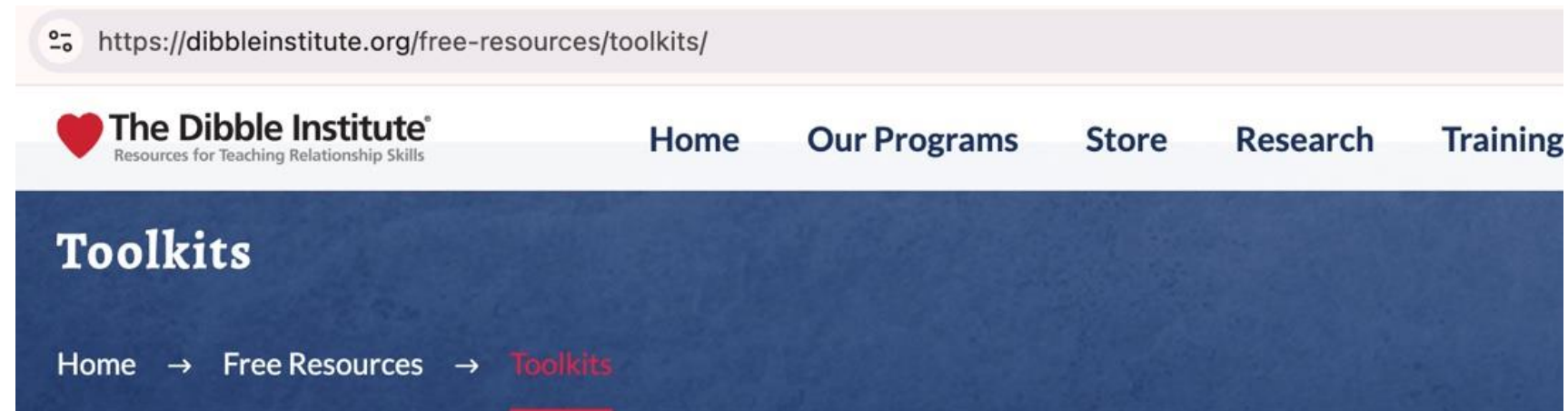
Goals

1. Analyze the differences between healthy and unhealthy relationships.
2. Assess a relationship using the three-question guide.
3. Build awareness of the important role of fun in healthy relationships. Brainstorm fun ideas.
4. Explore issues around breaking up and moving forward.

LOVE NOTES
VERSION 4.1



Toolkits



Toolkits make it easy to include relationship education in your grant applications and programs.

We have conveniently assembled program materials, sample lessons, research, reports, and other information related to your setting.

Current Toolkits

Healthy Relationships 2025 Toolkit (READY4Life)	Competitive Title V Toolkit	Non-Profit Toolkit for Uncertain Times
State Funding Toolkit	Juvenile Justice Toolkit	State PREP Toolkit



Ready4Life Toolkit

https://dibbleinstitute.org/healthy-relationships-2025-toolkit-ready4life/

 **The Dibble Institute**
Resources for Teaching Relationship Skills

[Home](#) [Our Programs](#) [Store](#) [Research](#) [Training](#) [Free Resources](#) [About Us](#) 

Healthy Relationships 2025 Toolkit (READY4Life)

[Home](#) → [Healthy Relationships 2025 Toolkit \(READY4Life\)](#)

The Administration for Children and Families has announced \$22M in funding for Relationships, Education, Advancement, and Development for Youth for Life (READY4Life) grants. **Deadline is July 29, 2025. Read the full Announcement [here](#).** Click on the “Related Documents” button.

READY4Life projects are targeted exclusively to youth, young adults, and young parents ages 14-24 to:

- Help form, improve, and sustain healthy marriages with a future spouse.
- Develop and maintain healthy dating decision-making, strategies, and relationships.
- Improve communication with peers and adults.
- Aid in successful youth transition to adulthood.

The objectives of this funding include:

- Youth understand and differentiate healthy from unhealthy relationships.
- Youth acquire a vision of the kind of relationships they want in the future — including healthy marriages — and take steps to achieve them.
- Youth gain skills and tools that allow them to have healthier relationships today and in the future.



[REQUEST REVIEW COPIES](#)



Grant Funding

[Home](#)[Our Programs](#)[Store](#)[Research](#)[Training](#)

Empowering Youth Through Five Pillars (ID, OR and WA)

Application Due Date: October 31, 2025

Believe in Me is dedicated to **empowering children by helping them build the confidence needed to thrive**. Its Youth Empowerment Grants Program funds initiatives across the **Pacific Northwest (north Idaho, Oregon, Washington, and nearby communities)** that align with five key pillars: **basic needs, love and belonging, community support, education, and enrichment**. Special priority is given to programs that serve marginalized youth facing challenges related to race, economics, family dynamics, **health**, identity, culture, **trauma**, or language barriers.

[Learn More...](#)

Strengthening Diverse Communities

Application Due Date: December 31, 2025

The GEICO Philanthropic Foundation provides grants to **nonprofit organizations nationwide** that **deliver programs to support and uplift diverse communities**. Its funding priorities include expanding access to education, particularly in STEM, early childhood learning, and safety. The Foundation also invests in community engagement efforts that address issues such as **financial literacy**, food insecurity, environmental conservation, animal welfare, and **health and wellness**. In addition, it supports organizations advancing equity, justice, diversity, and inclusion to create fairer opportunities for all.

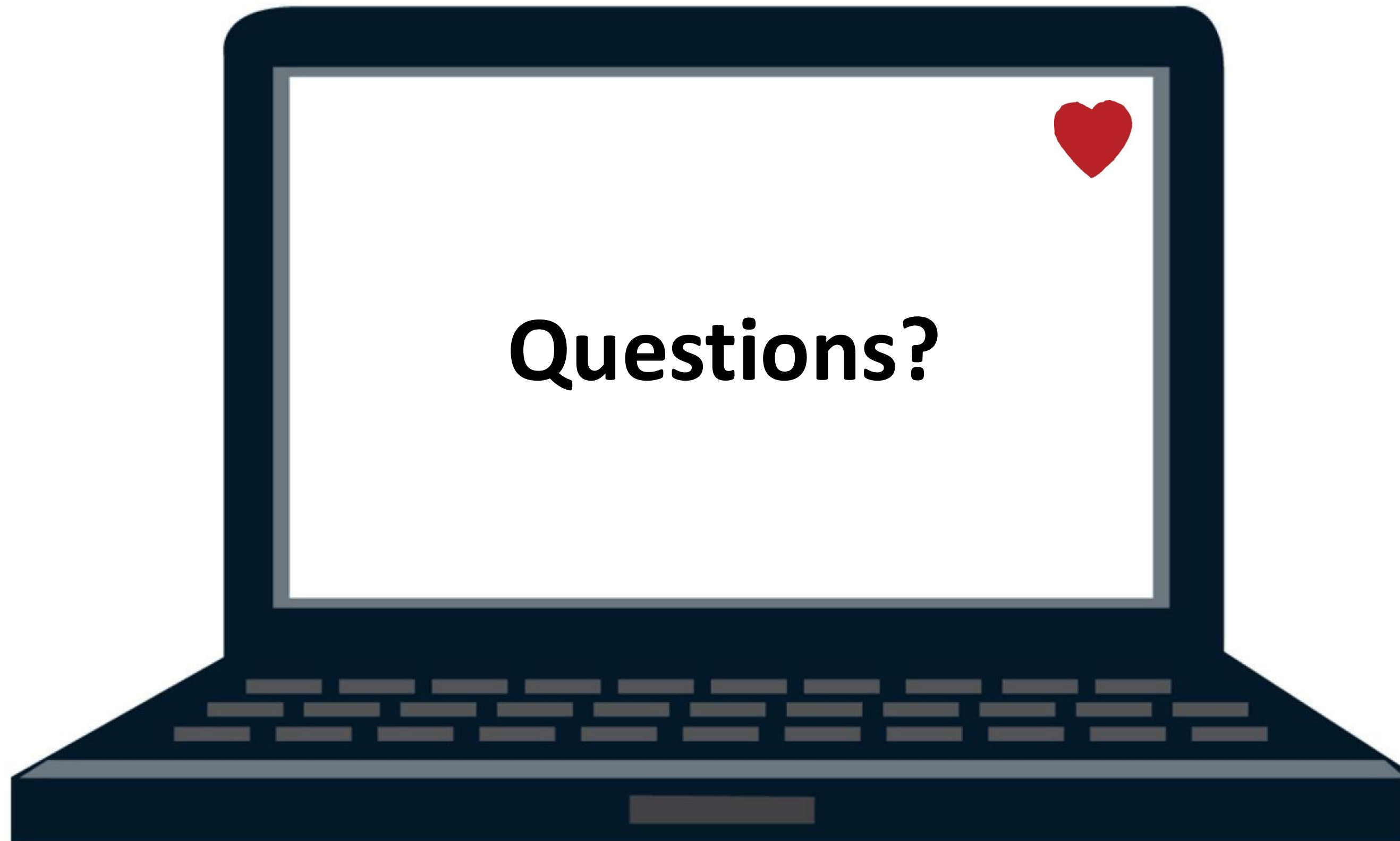
[Learn More...](#)

The Worthington Companies Foundation

The Worthington Industries Foundation supports nonprofits through volunteerism and financial contributions, **prioritizing education**, civic organizations, **health and human services**, and arts and culture, with support available for operations, **programs**, and capital campaigns.







Our Success Team is here for you!

1. Curriculum Assistance to enhance your teaching and facilitation strategies. Two (2) Grant Success hours provided with each group training agreement.
2. Additional Grant Success Assistance available to support program efforts and achieve goals.



Thank you for joining us today!

There is a brief survey after the end of this webinar.
Thank you for providing us feedback!

Webinar will be available in 3 days:
<http://www.dibbleinstitute.org/webinar-archives/>

Need a certificate? Kim@Dibbleinstitute.org

Second Wednesday Webinar



November 12, 2025

**Love Notes and Life Lessons:
Building Resilience Among Youth Where
It's Needed Most**

Esra Şahin, Ph.D

Utah State University