



November 2025

## DIBBLE NEWS

- [Relationship Smarts PLUS Used in Auburn University Impact Evaluation](#)
- [Love Notes 4.0 Added to The California Evidence-Based Clearinghouse](#)

## THE LATEST

- [Why Some Social Media Sites Are Linked to Risky Sexual Behavior in Young Teens](#)
- [For Teens' Mental Health, Strong Friendships Matter More Than Social Media Use](#)
- [We're Missing the Good News About Youth Mental Health](#)

## NEWS YOU CAN USE

- [Reciprocal Relationships Among Household Chaos, Parenting Stress, and Children's Behavioral Self-Regulation from Early to Middle Childhood](#)
- [Teens, Screens, and Mental Health](#)

## TOOLS YOU CAN USE

- [National Human Services Assembly Webinar: "Navigating Risk When Risk is Everywhere"](#)
- [2025 BlueSky Youth Mental Health Survey](#)

## WEBINAR - November 12, 2025

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

## FUNDING STREAMS

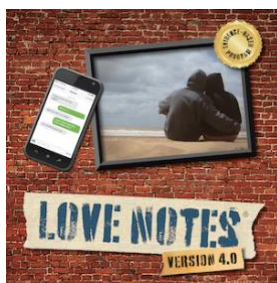
## DIBBLE NEWS



## ***Relationship Smarts PLUS* Used in Auburn University Impact Evaluation**

The Alabama Youth Relationship Education (AYRE) project using [\*Relationship Smarts PLUS\*](#) found that using college-aged, "near-peer" educators is a viable and scalable delivery model, yielding results equivalent to experienced "community educators" on key outcomes like dating aggression tolerance and self-regulation. While community educators may impart more relationship knowledge, the near-peer model appears to give youth greater relationship self-efficacy.

[Read full study...](#)



## ***Love Notes 4.0* Added to The California Evidence-Based Clearinghouse (CEBC)**

[\*Love Notes 4.0\*](#) has been added to the CEBC website and is highly rated for its compelling evidence of effectiveness.

[Read more...](#)

[Request a 30-day review copy](#) of *Love Notes 4.0* and see for yourself why!

## **THE LATEST**



## **Why Some Social Media Sites Are Linked to Risky Sexual Behavior in Young Teens**

If young teens use social media to learn about sexual health, it is better if they use sites like YouTube rather than ones like Snapchat, a new study shows. Researchers found that middle-schoolers were less likely to be motivated to engage in risky sexual behaviors if they sought information from primarily informational sites rather than ones that are more about interaction with peers.

[Read more...](#)



## **For Teens' Mental Health, Strong Friendships Matter More Than Social Media Use**

Teens with strong, high-quality friendships are likely to have better mental health, an influence nearly three times stronger than the link between social media use and mental health challenges.

[Read more...](#)



## **We're Missing the Good News About Youth Mental Health**

There is a lot of positive news about young people's well-being that is not receiving much attention.

[Read more...](#)

## **NEWS YOU CAN USE**



## **Reciprocal Relationships among Household Chaos, Parenting Stress, and Children's Behavioral Self-Regulation from Early to Middle Childhood**

A longitudinal study of over 4,000 children found that household chaos and parenting stress both have a reciprocal, negative relationship with children's behavioral self-regulation between ages three and five, with chaos continuing to predict poorer self-regulation into middle childhood.

[Read more...](#)



## **Teens, Screens, and Mental Health**

World Health Organization report highlights a concerning surge in problematic social media and gaming use among adolescents, prompting an urgent call for better digital literacy and sustained action to protect their mental health.

[Read more...](#)

## **TOOLS YOU CAN USE**



## **FREE: National Human Services Assembly Webinar: "Navigating Risk When Risk is Everywhere"**

It's easy to become overwhelmed, distracted, and even disheartened by the concerning possibilities facing many nonprofit organizations. This webinar takes a fresh look at the concept of risk and offers practical ways to reflect and act in the face of troubling risks while keeping your mission at the forefront. Learn how to harness worry into action plans that will build mission resilience and ready your team for what's next.

[Register...](#)



## 2025 BlueSky Youth Mental Health Survey

Perspectives on mental health from California's young people. 94% of youth in the survey reported regularly experiencing mental health challenges, however a majority of youth feel hopeful about the future and taking action on their mental health.

[Read full survey...](#)

*Editor's Note:* [Mind Matters](#) program teaches people to heal from Adverse Childhood experiences and other negative experiences with innovative methods. These skills give individuals a way to take charge of their emotions and improve their states of mind. Participants learn to address their physical, relational, and mental health needs. [Request a free 30-day review copy.](#)



## Talking With Teens About Healthy Relationships

Parents should talk early and often with their teens about what constitutes a healthy relationship—one that encourages them to be their best selves and aligns with their values and goals—to ensure healthy development and safety.

[Read more...](#)

## WEBINAR



*November 12, 2025*

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

Relationship education (RE) has been effective for youth, especially in contexts of adversity (i.e., high rates of STDs, teen pregnancy). Resilience theory suggests that youth under more adversity benefit more from resource-based interventions. However, most evaluations of RE programs focus on majority youth or take a deficit approach.

In this webinar, Dr. Esra Şahin will present the results of a mixed method study evaluating the effectiveness of [Love Notes](#), comparing improvement in program outcomes for youth from various backgrounds of potential disadvantage (urban high schools, alternative education, and behavioral health contexts).

The findings from this study emphasize the importance, benefits, and effectiveness of youth relationship education, highlighting unique experiences based on context.

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

1. Learn about relationship education among youth and its main goals
2. Understand the concept of resilience
3. Dive into the meaning of adversity and how interventions can tackle it among youth from different backgrounds

**Presenter:** Esra Şahin; Postdoctoral Fellow at Utah State University

**Who should attend:** Educators and School Administrators, Program Evaluators and Researchers, Relationship Education (RE) Program Providers and Staff, Youth Service Providers in High-Adversity Contexts, Policymakers and Funding Agencies

**When:** November 12 @ 1:00pm Pacific/4:00pm Eastern

**Duration:** 60 minutes

**Cost:** Free!

**[Register Now >](#)**

## **CURRENT FUNDING STREAMS**



### 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.



### Mind and Body Interventions to Restore Whole Person Health via Emotional Well-Being Mechanisms

**Application Due Date: June 13, 2025**

The National Center for Complementary and Integrative Health (NCCIH) intends to promote a new initiative by publishing a Notice of Funding Opportunity (NOFO) to solicit applications for research on how mind and body interventions (e.g., mindfulness meditation, yoga, acupuncture, massage, and other brain and/or body based interventions) **improve whole person health** (WPH) **via emotional well-being** (EWB), consistent with the NIH priority to address the health needs of the American people and improve their well-being.

## **FORECASTED FUNDING STREAMS**



#### Research Grants for Preventing Violence

**Estimated Post Date: December 29, 2025**

**Estimated Due Date: April 13, 2026**

This initiative is intended to support effectiveness research to evaluate innovative programs, practices, or policies to address risk for interpersonal violence and suicide among groups experiencing a high burden of these issues. Innovative approaches are those that have not been rigorously evaluated for effectiveness in reducing interpersonal violence or suicide. Analyses examining how the approach affects different populations that are most impacted by these issues are a priority. Funds are available to conduct studies **focused on preventing interpersonal violence or suicide involving youth or young adults** (ages 10–24 years), including child abuse and neglect, **intimate partner violence, sexual violence, suicide, and youth violence.**

**(ED Note: If you apply for this funding and include a Dibble program, we would be happy to contribute training and materials for the evaluation)**



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

**Estimated Post Date: September 30, 2025**

**Estimated Due Date: December 1, 2025**

The goal is to support scientists in becoming independent researchers. Applicants must propose a research project that focuses on at least one of the following NCIPC research priorities related to interpersonal violence and suicide affecting children and youth (birth to age 17). Applicants are encouraged to explore multiple forms of **interpersonal violence and/or suicide among children or youth**, community factors that increase the risk of interpersonal violence and/or suicide, and the practical relevance of the research for **prevention and intervention efforts.**

(ED Note: If you apply for this funding and include a Dibble program, we would be happy to contribute training and materials for the evaluation)



**Interrupting the Cycle of Violence Against Women Through Targeted Approaches: The We Care Initiative**  
**Department of Health and Human Services**

**Estimated Post Date: January 27, 2026**

**Estimated Due Date: April 27, 2026**

This initiative will solicit applications to support research employing a range of research designs and methods to expand the evidence base on approaches that address the context of people's lives and living conditions to **prevent, treat, and eliminate violence against women (VAW) to improve health outcomes for all.**