



January 2026

DIBBLE NEWS

THE LATEST

- [For Teens' Mental Health, Strong Friendships Matter More Than Social Media Use](#)
- [Material Hardship and Child Outcomes in Two-Parent Families: Perspectives from Family Stress, Investment, and Developmental Cascade Theories](#)
- [Associations Between Interpersonal Mindfulness, Emotion Regulation, and Peer Relationships Among Chinese Adolescents: A Network Analysis](#)

NEWS YOU CAN USE

- [The State of Grantseeking](#)
- [Mattering in Early Childhood: Building a Strong Foundation for Life](#)
- [Positive Side to Peer Pressure](#)

TOOLS YOU CAN USE

- [Webinar- The Ripple Effect of Social Media on Youth Well-Being](#)
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WEBINAR - January 14, 2026

Profound Ideas on the Nature of Commitment

FUNDING STREAMS

THE LATEST



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

Teens who report strong, high-quality friendships tend to have better mental health—an influence that appears nearly three times stronger than the link between social media use and mental health challenges.

[Read more...](#)



Material Hardship and Child Outcomes in Two-Parent Families: Perspectives from Family Stress, Investment, and Developmental Cascade Theories

This study examines the impact of material hardship on the cognitive, academic, and behavioral outcomes of children at the age of 9 in two-parent families. It integrates the theoretical lenses of Family Stress Theory (FST), Family Investment Theory (FIT), and Developmental Cascade Theory (DCT) to examine both the direct and indirect effects of material hardship.

[Read more...](#)



Associations Between Interpersonal Mindfulness, Emotion Regulation, and Peer Relationships Among Chinese Adolescents: A Network Analysis

Interpersonal mindfulness plays a vital role in adolescents' social functioning, particularly in enhancing emotion regulation and relationships.

[Read report...](#)

*(Editor's Note: **Mind Matters** offers specific, ready-to-implement lessons on emotional regulation and self-care, providing the concrete educational framework necessary to achieve the Digital Well-being Literacy goals outlined in the report.)*

NEWS YOU CAN USE



The State of Grantseeking

The State of Grantseeking™ Report, built on data from nearly 1,258 nonprofits, offers essential benchmarks on the evolving funding landscape, detailing the latest trends, challenges, and opportunities shaping grant funding today.

[Read more...](#)



Center on the Developing Child
HARVARD UNIVERSITY

Mattering in Early Childhood: Building a Strong Foundation for Life

Explore how mattering affects children's mental and physical health across their lifespan as well as tips for promoting a sense of mattering.

[Read more...](#)

(Editor's Note: This article aligns well with [Dibble curricula](#), highlighting how early experiences and human needs shape relationships and decision-making across the lifespan, including adolescence. Though framed around early childhood, its insights and practical tips are valuable for anyone who works with or cares about young people at any age.)



Positive Side to Peer Pressure

Five positive ways that teens influence their peers.

[Read more...](#)

TOOLS YOU CAN USE



Webinar- The Ripple Effect of Social Media on Youth Well-Being

Do you believe that social media is impacting the mental health of our youth? This training provides the latest research from the Surgeon General of the US about how social media decreases social connections, social capital, and community. This erosion has contributed to the mental health crisis of our young people.

[Register now...](#)



Your Kindness Can Create Kindness

Did you know that engaging in acts of kindness may improve teens' physical and mental health?

[Read more...](#)



PROJECT
EVIDENT

Equitable AI for Outcomes Virtual Event

AI is already influencing how the social sector operates, learns, and makes decisions. Yet, many organizations are navigating how to engage responsibly, equitably, and in ways that strengthen trust, learning, and outcomes.

On Wednesday, March 25, 2026, Project Evident is hosting Equitable AI For Outcomes, a free, one-day virtual convening designed to help organizations move thoughtfully from AI curiosity to responsible practice.

[RSVP...](#)

WEBINAR



January 14, 2026

Profound Ideas on the Nature of Commitment

Join Dr. Scott Stanley for a webinar and conversation on the nature of commitment.

He will focus on four or five of his favorite ideas from commitment theory and research. He has studied relationship commitment for over 40 years, including work on theory, measurement, and practical implications.

While he will not attempt a sweeping review, he will instead focus on the ideas he has found most engaging and useful for understanding relationships. Put to the Sound of Music, "these are a few of my favorite things." (He will not plan to sing, however.)

Objectives: Topics covered will include:

1. Why is commitment more interesting than relationship satisfaction?
2. Attachment vs. commitment.
3. Commitment and the transformation of motivation.
4. The nature of alternatives, from the issue of quality to the implications of monitoring; and
5. The role of choice, structure, and chaos in how relationships develop.

Presenter: Dr. Scott Stanley; Research Professor- University of Denver, Co-Founder PREP, Inc.

Who should attend: Relationship educators, researchers, Healthy Marriage and Responsible Fatherhood grantees, Family and Consumer Sciences professionals, researchers, mentors, and anyone who wants the latest in relationship science.

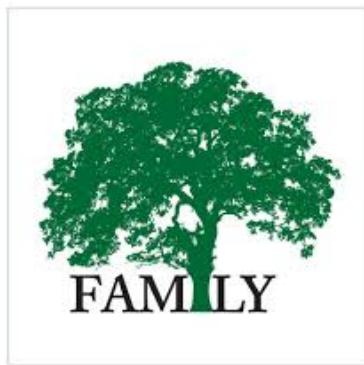
When: January 14 @ 1:00pm Pacific/4:00pm Eastern

Duration: 60 minutes

Cost: Free!

[Register Now >](#)

CURRENT FUNDING STREAMS



[Dealey Family Foundation \(TX- strong emphasis in the Dallas area\)](#)

Application Due Date: January 18, 2026

The Joe M. and Doris R. Dealey Family Foundation supports **nonprofit organizations across Texas, with a strong emphasis on the Dallas area**. Grantmaking focuses on arts and culture, animal welfare, **children and youth, education, health, and human services**. The Foundation provides both project support and general operating funds, offering flexible resources to help organizations strengthen programs and expand community impact.



New York Life Foundation (The target states for this cycle are: Alaska, Arkansas, Delaware, Hawai'i, Idaho, Maine, Mississippi, Montana, Nebraska, New Hampshire, New Mexico, North Dakota, Oklahoma, West Virginia, and Wyoming.)

Application Due Date: February 6, 2026

On behalf of the New York Life Foundation, the Afterschool Alliance invites **out-of-school time programs** to apply for a competitive grant opportunity to **support and bolster the ability of afterschool and summer learning programs to help prepare middle school students for success in high school, college, and life.**



Weyerhaeuser Family Foundation

Application Deadline: June 15th

The goal of the Youth Initiative is to **support direct service programs that promote resilience, stability, and psycho-social health for youth ages 14 to 21** who have experienced trauma because of exposure to Adverse Childhood Experiences (ACEs).

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.

*(Editor's 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**.



National Child Traumatic Stress Initiative - Community Treatment and Service Centers

Estimated Post Date: February 27, 2026

The purpose of this program is to increase access to and **provide effective trauma-focused treatment and services to children, adolescents, and their families** who have experienced traumatic events.



Garrett Lee Smith Campus Suicide Prevention

Estimated Post Date: March 16, 2026

The purpose of this program is to support a comprehensive public health and evidence-based approach that: (1) enhances **behavioral health services** for all college students, including those at risk for suicide, depression, serious mental illness (SMI)/serious emotional disturbances (SED), and/or substance use disorders that can lead to school failure; (2) **prevents and reduces suicide and mental and substance use disorders**; (3) **promotes help-seeking behavior and reduces stigma**; and (4) improves the identification and treatment of at-risk college students so they can successfully complete their studies.