



The Dibble Institute®

Resources for Teaching Relationship Skills

Healthy Relationship News Month 2026

THE LATEST

- [Connecting, Collaborating, And Contributing: Supporting The Development of Relational Skills for the Transition to Adulthood](#)
- [Teens Are ‘Hard Launching’ Relationships Online—Here’s What That Means](#)
- [Supportive Adult Connections, Teen Pregnancy, and Youth Mental Health](#)

NEWS YOU CAN USE

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TOOLS YOU CAN USE

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THE LATEST



Connecting, Collaborating, And Contributing: Supporting The Development of Relational Skills for the Transition to Adulthood

For any of us to create a successful, meaningful life, we need skills to connect, engage, communicate, resolve conflicts, and participate in our community. These relational skills are built through real-world practice. Adolescence, approximately ages 10 to 25, is a window when we are developmentally primed to seek out and learn from the experiences that help us build and strengthen these skills. The opportunities we provide for young people to develop these skills can lay the foundation for a successful transition to adulthood for youth and a thriving society for us all.

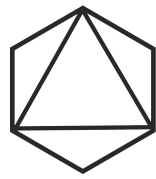
[Read more...](#)



Teens Are 'Hard Launching' Relationships Online—Here's What That Means

Did your teen post a picture of their significant other on social media before introducing them to their friends? They might be hard launching their romantic relationship.

[Read more...](#)



ACTIVATE

Supportive Adult Connections, Teen Pregnancy, and Youth Mental Health

Supportive adult connections — mentors, teachers, and youth-supporting professionals alike — are a well-documented protective factor for teens, linked to both lower rates of unintended pregnancy and better mental health outcomes like reduced depression and anxiety.

[Read more....](#)

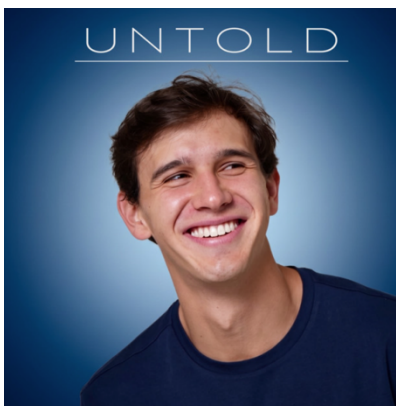
NEWS YOU CAN USE



How High-Quality Friendship Supports Teen Well-Being

Thinking about the quality of friendships allows us to consider the different elements that promote safety, support and security for both teens in a relationship.

[Read more...](#)



Sliding vs Deciding: Why Moving in Should Come After Marriage

A deep look at Dr. Scott Stanley's research on relationships today, trends, marriage, divorce, dating, and sliding vs deciding.

[Listen now...](#)



Teens Need More Places to Meet IRL — Their Future Success May Depend on It

Malls and other physical third spaces have been on the decline for years. We're finally beginning to understand the implications for today's youth.

[Read more...](#)

TOOLS YOU CAN USE



Engage Your Supporters Using Video with the Youtube Nonprofit Program

Tell your story with the power of video on YouTube to better connect with supporters, volunteers, donors, and more.

[Read more...](#)

TIME

The Simple Trick That Can Help You Understand Your Emotions

"I feel bad" is a first draft. Name what's underneath it, and you might find a plan.

[Read more...](#)



A Practical Tool for Building Data Collection and Data Use Capacity in Youth-Supporting Organizations

Human services organizations can use data to inform their decisions, improve the services they offer, or better understand the populations they serve. Organizations that support young people, specifically, routinely face situations in which they need to collect or use data on sexual and reproductive health. However, these data can be challenging to collect, make sense of, and report responsibly. This tool contains five modules to help youth-supporting professionals and organizations build their data collection and reporting capacity

[Read more...](#)

WEBINAR



October 14, 2026

You Can't Teach a Flooded Brain: The Neuroscience of Why Mind Matters Comes First

The best relationship education curriculum in the world can't compete with a flooded nervous system.

Participants often arrive carrying trauma, chronic stress, or the ordinary anxiety of a hard week. Their brains are often running in survival mode, which makes it biologically difficult to absorb new relational skills. And what happens when you, the facilitator, walk into the room carrying the same load?

This webinar explores the intersection of neuroscience and relationship education, and why foundational mental well-being tools must come first. We'll dig into the science behind the Dibble program, Mind Matters. Understanding your participants' and your own capacity to self-regulate increases everyone's capacity to connect.

You'll leave with a deeper understanding of the neurological "why" behind trauma-informed care, along with practical tools you can share with participants and use yourself.

Key Takeaways:

- **The Science of Receptivity.** What actually happens in a flooded brain, and why stress blocks learning, teaching, and empathy alike.
- **The Power of the "Why."** How teaching participants the science behind their own stress responses builds empowerment and resilience, and why the same holds true for you as the facilitator.
- **The 3-Minute Reset.** Quick, practical interventions that help people leave the day's anxiety at the door.

Presenter: Aaron Larson- Director of Programs; The Dibble Institute

Who should attend: Relationship education facilitators, program staff at youth-serving nonprofits and government agencies/grantees, case managers, mentors, counselors, program supervisors/coordinators, and anyone facilitating Mind Matters.

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

Duration: 60 minutes

Cost: Free!

[Register Now >](#)

CURRENT FUNDING STREAMS



Community Funding for Empowerment and Inclusion

Application Due Date: October 16, 2026

The DSW Foundation awards community grants to organizations making a meaningful impact in communities where the company operates stores, offices, and logistics centers across the United States. Funding focuses on three areas: empowerment to help community members **build confidence and independence, inclusion to remove barriers for diverse populations, and local community impact** in areas where Designer Brands associates live and work.

The Harry E. and Eda L. Montandon Charitable Trust

Supporting People with Disabilities and Underserved Children in Texas
Application Due Date: November 1, 2026

The Harry E. and Eda L. Montandon Charitable Trust supports charitable organizations in Texas that **serve people with disabilities of all ages and children facing disadvantage**, including those living with illness or disability. Eligible applicants must be legally established with principal operations in Texas.



Sparklight/Cable One Charitable Giving Fund
Application Due Date: October 31, 2026

The Sparklight/Cable One Charitable Giving Fund invests in communities served by Cable One and its family of brands across the United States. Grants are provided to **nonprofit organizations focused on education and** digital literacy, hunger relief and food insecurity, **and community development. Support** is available for special projects and capital campaigns, including building construction and facilities improvements.

ONGOING FUNDING STREAMS



Carl C Anderson Sr. & Marie Jo Anderson Charitable Foundation (NM, OK, and TX Only)

No Application Deadline.

The Foundation understands the various challenges that our nonprofit partners face and we try to offer as much flexibility in funding as possible. We provide both general operating support and restricted funds for specific programs.

Examples of funding in this mission area include **early childhood intervention, early childhood development**, emergency shelter, transitional housing, foster care, medical and dental care, therapy, counseling and food programs.

THE MAX AND VICTORIA DREYFUS FOUNDATION

The Max and Victoria Dreyfus Foundation

Application Due Date: Twice a Year (Spring Awards: May 11- November 10th and Fall Awards: November 10th-May 10th)

The Max and Victoria Dreyfus Foundation will consider grants for IRS-qualified non-profit organizations located within the United States. The Foundation aims to support organizations and programs for which a relatively small amount of funding might make a large difference. The Foundation will consider requests to support museums, cultural and performing arts programs; schools and hospitals; **educational, skills-training and other programs for youth**, seniors, and persons with disabilities; environmental and wildlife protection activities; and other community-based organizations and programs.

FORECASTED FUNDING STREAMS



Preventing Suicide and Interpersonal Violence Among Youth and Young Adults

Estimated Post Date: October 1, 2026

Estimated Due Date: December 1, 2026

The Centers for Disease Control and Prevention's (CDC) National Center for Injury Prevention and Control (NCIPC) **seeks investigator-initiated research proposals to evaluate primary prevention-focused approaches to reduce suicide and interpersonal violence among youth and young adults (ages 10 to 24 years).**

This NOFO will support the evaluation of existing primary prevention approaches (i.e., approaches that are already developed and implemented or have been shown to be ready for implementation) that have not yet undergone rigorous evaluation. For this announcement, "approaches" can include programs, policies, or practices.



Youth Regional Treatment Center Aftercare Program

Estimated Post Date: August 1, 2026

Application Due Date: October 1, 2026

The goal of the Youth Aftercare cooperative agreement is to help American Indian and Alaska Native (AI/AN) youth achieve and sustain safety, sobriety, and long-term success after discharge from a Youth Regional Treatment Center (YRTC). The program strengthens culturally appropriate, community-based aftercare services by improving care coordination, building partnerships across the continuum of care, and enhancing YRTC capacity to address barriers, support effective case management, and **improve outcomes for youth.**



Suicide Prevention, Intervention, and Postvention

Estimated Post Date: February 1, 2027

Application Due Date: April 1, 2027

The primary purpose of this program is **to reduce suicide among American Indian and Alaska Native (AI/AN) populations** by improving care coordination, expanding culturally appropriate behavioral health services, and **implementing early intervention strategies for at-risk AI/AN youth**. The program supports Tribal, community-driven suicide prevention, intervention, and postvention efforts that promote cross-system collaboration and the engagement of families, youth, and community partners.



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

Estimated Application Due Date: TBD

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**.