The Dibble Institute®
Resources for Teaching Relationship Skills

Healthy Relationship News
November 2026

THE LATEST

- Webinar: Coming of Age in an Uncertain Era
- Why Commitment Still Matters in the Age of AI Companions
- Mental Health and Suicide Risk
- SEL and Student Attendance: Research and Policy Recommendations

NEWS YOU CAN USE

- What Is Unique About Adolescent Decision-Making — And How We Can Support It
- The Importance of Mattering in the Lives of Youth
- Happiness Break: A Practice in Appreciating Your Friends

TOOLS YOU CAN USE

- A Practice Guide for Promoting Youth Mental Health and Sexual and Reproductive Health as a Supportive Adult
- How Parents' Calm Impacts Teen Behavior
- Webinar: Youth Guide- Stronger Than You Know: Tools for Navigating Life's Challenges

WEBINAR – November 10, 2026

Technology & Boys: Supporting Safe, Healthy Relationships in Boys' Digital Lives

FUNDING STREAMS

- Pennsylvania Commission on Crime and Delinquency- School Safety and Security Committee
- Preventing Suicide and Interpersonal Violence Among Youth and Young Adults
- Suicide Prevention, Intervention, and Postvention

THE LATEST

Webinar: Coming of Age in an Uncertain Era

Why are young Americans waiting longer to date, marry, buy homes, and start families? Join us on November 20 for a webinar hosted by Brookings, BYU's Wheatley Institute, and Deseret News, where the researchers behind the 12th annual American Family Survey will share what they found, including why many young adults are stepping back from dating and turning to AI for support.

Register now...



Why Commitment Still Matters in the Age of AI Companions

As AI companions become a go-to source of comfort for many young adults, constant reassurance is proving no substitute for the lasting security that comes only from a real partner's commitment to a shared future.

Read more…

Mental Health and Suicide Risk

Mental health is an important part of adolescents' overall health and well-being. Poor mental health can affect learning, behavior, relationships, and school engagement. Strong connections with adults and peers at home, school, and in the community can help adolescents feel supported and reduce risks like substance use and violence.

Read more…

SEL and Student Attendance: Research and Policy Recommendations

A new policy brief makes the case that social and emotional learning can help break the cycle of chronic absenteeism by strengthening relationships, belonging, and school climate, and it offers concrete recommendations for federal, state, and district leaders.

Read more…

NEWS YOU CAN USE

UCLA Center for the Developing Adolescent

What Is Unique About Adolescent Decision-Making — And How We Can Support It

By around age 16, young people make decisions as well as adults when given time to think. So why the risky choices? A new UCLA brief finds that stress, peers, and uncertainty make the difference, and that teens told the real odds were actually more cautious than adults.

Read more…

Center on the Developing Child
HARVARD UNIVERSITY

The Importance of Mattering in the Lives of Youth

Explore how mattering affects children's lifelong health and well-being, and learn concrete tips for promoting a sense of mattering in young children.

Read more…

Happiness Break: A Practice in Appreciating Your Friends

Take a moment to appreciate the friends who know you, support you, and make your life richer with their presence

Listen now…

TOOLS YOU CAN USE

A Practice Guide for Promoting Youth Mental Health and Sexual and Reproductive Health as a Supportive Adult

This companion practice guide gives youth-supporting professionals concrete, research-informed strategies for being a supportive adult — including how to notice warning signs, talk with young people about tough experiences, and encourage decisions that protect their mental and sexual/reproductive health.

Read more…

How Parents' Calm Impacts Teen Behavior

To successfully launch into adulthood, young people need to develop their own thoughts, clarify their own feelings, and establish their own capacity to make good decisions. We want to offer our tweens and teens secure settings in which they can develop their ability to be in touch with their thoughts and feelings — to construct a positive attitude. These settings must be bathed in calmness. Radical calmness.

Read more…

Editor's Note: Looking for practical ways to stay calm yourself? Check out our ***Mind Matters Minutes***, short videos that build the skills to reduce reactivity and strengthen resilience, both in you and in your teen.

Want to go deeper? Request a **free 30-day Review Copy** of ***Mind Matters*** and see firsthand what makes this program so life-changing.

National Center on Substance Abuse and Child Welfare

Webinar: Youth Guide- Stronger Than You Know: Tools for Navigating Life's Challenges

Join us for a free, 30-minute webinar to learn how to use the National Center on Substance Abuse and Child Welfare (NCSACW) youth guide **"Stronger Than You Know: Tools for Navigating Life's Challenges,"** to help young people affected by their parents' substance use, mental health challenges, and child welfare involvement build resilience, stay safe, and navigate difficult life experiences.

Register…

WEBINAR



**Tuesday, November 10, 2026*

Technology & Boys:
Supporting Safe, Healthy Relationships in Boys' Digital Lives

This webinar will bring together research-based insights and practical guidance to help youth-serving professionals better understand boys' digital lives and support safe, respectful, and healthy relationships, both online and offline.

As a major part of teen boys' lives, digital spaces can support connection and learning, but they can also expose boys to pressure, harmful behavior, and unhealthy relationship norms. In this webinar, we will explore how technology shapes boys' relationships, well-being, and everyday social experiences.

Objectives: Participants will be able to:

- Understand current patterns and trends in boys' use of technology.
- Learn about recent research related to the risks and benefits of online relationships.
- Identify ways to incorporate research-based tools and strategies into existing programs and practices.

Presenters: April Wilson, Ph.D. and Mindy Scott, Ph.D.- Child Trends

Who should attend: Youth development professionals, counselors, parents, caregivers, other caring adults, educators, program staff, researchers, and practitioners.

When: Tuesday, November 10, 2026 @ 1:00pm Pacific/4:00pm Eastern
*Please note it will be on **Tuesday** rather than our normal Wednesday this month*

Duration: 60 minutes

Cost: Free!

Register Now >

CURRENT FUNDING STREAMS

Pennsylvania
Commission on Crime and Delinquency

Pennsylvania Commission on Crime and Delinquency- School Safety and Security Committee
Application Due Date: December 10, 2026

Pennsylvania's Commission on Crime and Delinquency is funding before-school, after-school, and summer programs for at-risk youth ages 5 to 18 through its FY26-27 BOOST grants, with a statewide track for 501(c)(4) nonprofits (due December 10, 2026) and a separate track for community nonprofits, school districts, career and technical centers, and libraries.

Students, Teachers, and Officers Preventing (STOP) School Violence Program
Application Due Date: October 30 or November 6, 2026

This opportunity supports programs to prevent and reduce school violence by implementing training, developing school threat assessment teams and/or intervention teams to identify violence risks, introducing technologies like anonymous reporting tools, or applying other school safety strategies that assist in preventing violence.

Second Chance Act Youth Reentry Program
Application Due Date: November 2 or November 9, 2026

This opportunity will support states, units of local government, federally recognized Native American Tribal governments, and community-based organizations to provide (1) comprehensive reentry services for moderate- to high-risk youth before, during, and after release from confinement, and (2) support transitional services to assist youth to successfully reenter the community. This program supports collaborations between state agencies, local government, Tribes, and community- and faith-based organizations to address the challenges that reentry and recidivism reduction pose for moderate to high-risk juvenile offenders returning to their communities from juvenile residential or correctional facilities.

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.

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.