

# *THE YOUTH CONNECTION*



A BI-MONTHLY ONLINE PUBLICATION OF THE INSTITUTE FOR YOUTH DEVELOPMENT

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## **ABOUT *THE YOUTH CONNECTION***

*The Youth Connection*, provided free by the Institute for Youth Development, offers information on events of interest, federal and private grant opportunities, resources, and publications of interest to our clients. Mention is not an endorsement or recommendation by IYD, its staff or employees. Opinions, findings, or recommendations for resources do not necessarily reflect the view of IYD, and we do not assume responsibility for errors. If your organization has an item of interest that relates to youth development, e-mail us for inclusion. Please note that all requests may not be granted. For questions, inclusion, or to subscribe or unsubscribe, please e-mail [cdoyle@youthdevelopment.org](mailto:cdoyle@youthdevelopment.org).

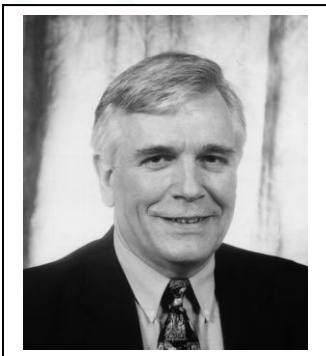
# PRESIDENT'S PAGE: *SPORTS; THE GOOD, THE BAD, AND THE UGLY*

It is hard to imagine what the lives of young people would be like if there were no sports opportunities for them. Young people from the earliest ages model their parent's behavior (as well as other adults close to them), and one of the behaviors they see from infancy onward is adults playing sports, adults attending sporting events, and/or adults watching their favorite sports teams throughout the year. Our sporting obsessions often become their sporting obsessions. Can this be healthy? Fortunately, in most instances it is.

Data on youth participation in organized sports is relatively positive (the good). It has been shown that just the numbers of occupied after-school hours spent on the football field, the basketball court, the wrestling mat, the baseball diamond, and the many other sporting venues keeps young people away from alcohol, tobacco, and drugs, as well as sex and violence. It also transforms young people in many different ways; from enhanced self-esteem, respect for others, self-discipline, physical conditioning, leadership opportunities, camaraderie, unit-cohesion and spirit, goal setting, feelings of accomplishment, facing the anguish of defeat and the exuberance of victory, and so many more. Sports also offer opportunities to others who aren't even on the team; from trainers and cheerleaders to marching bands and concession sales. Sporting teams lend themselves to help build school spirit that can enhance the sense of school connectedness, which in turn provides added protective value to youth. So sports is not just a game — but most often part of an active life for youth — which much more often than not, expands their horizons and hastens their growth toward a productive and fulfilling adult life. And for those who aren't on the team but sit in the stands and cheer their friends on, there are countless hours of healthy enjoyment that contribute greatly to their adolescent experience.

But not everything regarding youth sports is positive as might be expected (the bad). Of concern to those of us in youth development is the influence of peer pressure on these often very tightly bonded groups of youth. If, for example, alcohol is introduced into a tightly knit team in after-hours celebrations, the likelihood that other members of the team will succumb to peer pressure is unfortunately heightened. If behaviors such as bullying arise and are not quickly curtailed by coaches or other adults, the probability that such behavior is modeled and adopted by others on the team can also increase. And this pattern applies to both girls and boys alike, with young girls showing significant increases in violent behaviors as of late.

The big worry of parents, of course, is sports injuries (the ugly). The good news is that sporting equipment improves each year in its protective qualities. In fact, studies have estimated that if high school football, for example, were discontinued, the number of serious injuries — and even deaths — would be many times greater from teenage car accidents alone. In fact, serious injuries are more likely to occur in competitive cheerleading accidents these days, which ironically happen on the sidelines. The reality in all of this is that we can only protect young people so much from these physical activities — and fortunately, testing limits and pushing boundaries is a part of adolescence. Let's face it, it's much better for youth to take their risks on Friday night athletics under the supervision of adults, rather than get behind the wheel after an ill-advised weekend of underage drinking. Altogether, there are relatively few serious injuries which occur in organized sports that young people get to participate. When balancing these considerations, the benefits far outweigh the negatives. Youth should be encouraged to participate in sporting programs even if they never score the winning goal or basket or touchdown, because just playing on a team or being a part of it in some other way enhances their development, keeps them away from other risk-behaviors, and teaches them important life lessons. ■



Sincerely,

*Shepherd Smith*

*Shepherd Smith is the President of the Institute for Youth Development (IYD), a non-partisan, non-profit organization that promotes a consistent, comprehensive risk avoidance message to youth for five harmful risk-behaviors that are inextricably linked: alcohol, drugs, sex, tobacco, and violence. To learn more about IYD visit [www.youthdevelopment.org](http://www.youthdevelopment.org)*

## YOUTH DEVELOPMENT: *SOC CER MOM, BASKETBALL MOM, FOOTBALL MOM*

**G**o ahead and name the sport and I will tell you that I have been the mom for it – soccer mom, basketball mom, football mom, baseball, softball, lacrosse – just to name a few. I can also name some non-traditional sports – dance, gymnastics, skateboarding, and swimming that “mom” could be attached to. This coming spring one of my sons will try out for track and the following season he will go out for cross country and I can add those to my list as well. None of my three children were natural athletes. They weren’t the star player on the team, but they weren’t the worst either. I can tell you one thing for sure...not one microcosm of their athletic ability comes through the part of their DNA they got from me! But what they did get from me was the determination to keep trying and improving upon what skill they do possess.

A parent’s role in his or her child’s sports experience may range from something as simple as being a driver to and from practices and games to something more complex such as being a coach, official, or team mom. However, the

largest role that a parent plays in a child’s sporting life is one of role model for behavior and attitude. Existing research has shown that parents’ attitude and behavior can influence a child’s motivation, perceived competence, and enjoyment of sports.<sup>1</sup> Positive behavior of a parent during a game and constructive feedback after a game can affect how long a child stays involved in a sport as well as how a child views his or her abilities. How a parent acts before, during, and after a practice or game can cause a great deal of pleasure or anxiety in the child. As a result, a child’s performance and

***“ . . . Positive behavior of a parent during a game and constructive feedback after a game can affect how long a child stays involved in a sport as well as how a child views his or her abilities. How a parent acts before, during, and after a practice or game can cause a great deal of pleasure or anxiety in the child. As a result, a child’s performance and enjoyment of participating in the sport can be impacted . . . ”***

enjoyment of participating in the sport can be impacted. Parents who encourage their children to do their best and are not critical of performance during games will foster a sense of accomplishment in their child.<sup>2</sup>

The outcome a parent emphasizes and reinforces, such as winning or improving skills, can have a major effect on what a child sees as success in sports. Parents knowingly and unknowingly create motivational climates that can have enduring effects on a child. For instance, when a child plays sports, competence is reinforced by his or her parents and as a result the child will become more confident and motivated to perform these skills. Children also look to parents for information regarding judgments on ability and decisions about continuing to be involved in that particular sport.<sup>3</sup> The atmosphere that a parent creates can have enduring effects on a child as well. Parents might demonstrate an attitude to attain a goal where external rewards such as trophies or recognition are emphasized. This may cause feelings of emptiness and dissatisfaction to occur within a child if that goal is not attained. However, when parents emphasize that satisfaction comes from skill-mastery and personal improvement a child is more likely to report feelings of pleasure from sport participation.<sup>1</sup>



As a case in point, last evening I took my 14 year old son to try out for community league basketball. I sat and watched almost one hundred young boys dribble, shoot, run and guard opponents while a large group of coaches evaluated them. There was one father present who felt the need to loudly instruct his son from the sideline — his instructions were not always of the positive nature. Afterward, I asked my son what he thought of the man who was yelling. My son replied that he was really glad his father and I were nothing like that. He also mentioned that the boy who was being yelled at was a friend at school and was only trying out because his father made him do so. Obviously the benefit from participating in a sport for this young man will not have the impact that it could. That being said, it is important for us as leaders in the field of youth development to encourage and instruct parents on the most beneficial behaviors and attitudes for their children in sport participation as they most often have the largest positive or negative influence. ■

*Eva McGann is the Vice President for Programs at the Institute for Youth Development*

## References

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<sup>1</sup>Brustad, R., Babkes, M., & Smith, A. (2001). Youth in sport: Psychological considerations. In R. Singer, H. Hausenblas, and C. Janelle (Eds.), *Handbook of sport psychology*. New York: Wiley.

<sup>2</sup>Seefeldt, V., Ewing, M., & Walk, S. (1992). *Overview of youth sports programs in the United States*. Washington, DC: Carnegie Council on Adolescent Development.

<sup>3</sup>Weiss, M. R., & Ferrer-Caja, E. (2002). Motivational orientations in youths sports. In Horn, T. (ed.). *Advances in sport psychology* (2nd edition). Champaign, IL: Human Kinetics.

# WHAT SCIENCE SAYS: *The Influence of Sports on Youth Development*

It is well documented that being informed about health issues is only the first step in adopting a healthy behavior. Sports contribute to prevention by offering youth an opportunity to learn about risk-behavior avoidance, while adults reinforce the idea that it is a good one for the young person to stay healthy. This can be achieved by stressing three components: 1) Psychosocial development; 2) Motor skills development; and 3) Physical health. Sports for youth development takes on a life of its own when teachers, sports administrators, coaches, and parents work together to promote activities and programs that are more likely to enhance children's physical health, psychosocial development and encourage lifelong recreational and physical well-being. Additionally, all of these benefits are greatly enhanced by teaching youth how to be resilient in the process.

## **Psychosocial Development**

Play and/or sports have long been understood to provide children with the practice they need to learn social skills and values. Play provides an opportunity for children to become sensitive to other children's needs and values, experience being left out and the dominance of others; while also learning to manage their emotions, have self-control, and learn to be diplomatic by sharing their power, space, and ideas with others. At all levels of development, play provides opportunities for children to feel comfortable and in control of their feelings by allowing the expression of emotions in acceptable ways. Developmental research describes play as an opportunity to negotiate and resolve conflict.<sup>1-2</sup> Thus, the concept behind psychosocial sports and play activities is that these will assist children and adolescents in addressing a myriad of social and psychological challenges while at the same time, with little intrusion, accessing their natural tendency to play.<sup>3</sup>

*“ . . . the concept behind psychosocial sports and play activities is that these will assist children and adolescents in addressing a myriad of social and psychological challenges while at the same time, with little intrusion, accessing their natural tendency to play . . . ”*

## **Motor Skills and Physical Health**

The benefits of youth sports involvement also greatly enhance motor skills development and physical activity, as they facilitate cardiovascular fitness, weight control, muscular strength, muscular endurance, flexibility, and healthy bone structure.<sup>4</sup> In addition, research finds that physical activity habits developed during childhood and adolescence are associated with physical activity habits in adulthood; active youth are less likely to develop numerous diseases later in life, including heart disease, obesity, diabetes, osteoporosis, depression, and cancer.<sup>5-6</sup> For example, data from the U. S. Department of Health and Human Services shows that youth who are in good physical health are more likely to experience positive mental health, fewer behavioral and social difficulties, and sharper or more responsive cognitive functioning.<sup>7</sup> In the context of both positive and adverse outcomes, social determinants of health such as poverty and access to quality health care can also have a unique impact on a youth's physical health. Studies show families and institutions that influence the development of youngsters must support, encourage, and model the elements proposed as central to their optimal functioning or resilience.<sup>8</sup>

## **Resiliency as a Protective Factor**

Youth sports can also bring about resiliency in children. Resilience can best be described as “bouncing back quickly” and the process which enables even a child in high-risk environments to experience social competence, empathy, caring, problem-solving skills, critical and creative thinking, task mastery, and a sense of purpose and connectedness. Research has identified key protective factors found in resiliency to have a major impact on a child's life that can buffer and prevent the impact of risk factors such as trauma or severe stress. One of the most significant protective factors is the child's ability to connect with and attach to beneficial friends, family and unrelated adults. Youth who

experiences unconditional caring, acceptance and encouragement from relatives and non-relatives alike (such as teachers, coaches, and mentors) are most likely to have a positive outlook on life and his/her self-image.<sup>9</sup> Studies have also found that even for older children and teenagers who have already been exposed to and adversely affected by long-term hardship, the late establishment of healthy adult-child relationships can interrupt the child's negative path in life and reduce the chances of future exposure to high-risk situations.<sup>10</sup> One study found that in order for children to develop resiliency, youth sports should not be looked upon as a "catch all" for all the positive contributions to a young person's life.<sup>11</sup> While there is undeniable and realistic theory-based evidence that psychosocial sport and play programs can be helpful with children in cases of severe stress or trauma, there is yet little experiential evidence to corroborate it.<sup>3</sup>

Physical sports programs can provide youth with the opportunity to be physically active and reinforce positive life skills messages. These positive life skills teach children that it is natural to experience immediate negative emotions when something goes wrong; however, resilient athletes quickly push the negative emotions behind, while athletes who are not resilient waste costly energy and usually gives up on what they are doing. These athletes often perform poorly. In contrast, a resilient athlete will see the controversy as an opportunity to "get tougher" with the opponent during a later performance. Successful athletes may experience disappointment, anger, or frustration associated with adversity, but rather than being overcome by these emotions, they find ways to quickly bounce back.

### Conclusion

Research has noted the influence of youth sports is significant in a competitive world. It offers youth an opportunity to learn many skills, including problem-solving, in managing their own emotions and behaviors, as well as having a healthy body and peer relationships. Adults can do their part to reinforce a supportive youth sport environment so children will develop positive life skills and a lifelong interest in physical activity and sports. Fundamental sporting principles can help youth develop winning attitudes, both in sports and throughout life. When learned correctly, these skills can be very productive not only throughout adolescence, but in the young person's adult life as well. ■

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### References

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  - <sup>8</sup> Alperstein, G., & Raman, S., (2003). Promoting mental health and emotional well-being among children and youth: a role for community child health? *Child care Health Development*, 29(4), 369-274.
  - <sup>9</sup> Giles, W. H., & Liburd, L. C. (2007). Achieving health equity and social justice. In L.Cohen, V. Chavez, & S. Chehimi (Eds.), *Prevention is primary* (pp. 25-40). San Francisco, CA: Jossey-Bass.
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## FEDERAL GRANT OPPORTUNITIES

November 10, 2010 Due Date

[International Epidemiologic Databases to Evaluate AIDS \(U01\) Grant](#)

November 15, 2010 Due Date

[Seek, Test, Treat, and Retain: Addressing HIV among Vulnerable Populations \(R01\) Grant](#)

November 17, 2010 Due Date

[NEW Office of Elementary and Secondary Education \(OESE\): Advanced Placement \(AP\) Test Fee Program CFDA Number 84.330B Grant](#)

November 17, 2010 Due Date

[Integrated Preclinical/Clinical Program for HIV Topical Microbicides \(IPCP-HTM\) Competitive Revisions \(U19\) Grant](#)

December 1, 2010 Due Date

[NEW Centers for Disease Control and Prevention Sexually Transmitted Diseases/Human Immunodeficiency Virus Prevention Training Centers Grant](#)

December 1, 2010 Due Date

[NEW Health Resources & Services Administration Affordable Care Act \(ACA\) Grants for School-Based Health Centers Capital \(SBHCC\)](#)

December 6, 2010 Due Date

[Prevention Cooperative Agreement Program for the National Academic Centers of Excellence in Youth Violence Prevention \(U01\)](#)

December 11, 2010 Due Date

[NEW 8th Annual P3 Awards: A National Student Design Competition for Sustainability Focusing on People, Prosperity and the Planet Grant](#)

December 15, 2010 Due Date

[NEW Health Resources & Services Administration International AIDS Education and Training Center](#)

December 15, 2010 Due Date

[NEW Health Resources & Services Administration Affordable Care Act Family Professional Partnership/Family-to-Family Health Information and Education Centers](#)

December 30, 2010 Due Date

[NEW Identifying and Understanding Effective Interventions for Orphans and Vulnerable Children Affected by HIV/AIDS \(R01\) Grant](#)

January 7, 2010 Due Date

[Research on Alcohol and HIV/AIDS \(R21\)](#)

May 11, 2011 Due Date

[National Institutes of Health HIV Incidence Assays with Improved Specificity \(R01\) Grant](#)

May 26, 2011 Due Date

[NEW 2011 NIDA Avant-Garde Award Program for HIV/AIDS Research \(DP1\) Grant](#)

September 11, 2011 Due Date

[Reducing Risk Behaviors by Promoting Positive Youth Development](#)

December 1, 2010 Due Date

[NEW FY11 Announcement of Anticipated Availability of Funds for Family Planning Services Grants \(Ohio, Northeast, and Ohio, Central\)](#)

December 29, 2010 Due Date

[NEW FY11 Announcement of Anticipated Availability of Funds for Family Planning Services Grants \(Missouri\)](#)

January 4, 2011 Due Date

[Reinvigorating HIV Prevention for Men who have Sex with Men \(R01\)](#)

January 4, 2011 Due

[Reinvigorating HIV Prevention for Men who have Sex with Men \(R21\) Grant](#)

January 4, 2010 Due Date

[Reinvigorating HIV Prevention for Men who have Sex with Men \(R34\) Grant](#)

January 4, 2011 Due Date

[Behavioral Mechanisms in Biomedical Strategies to Prevent HIV Infections \(R34\) Grant](#)

January 4, 2011 Due Date

[Behavioral Mechanisms in Biomedical Strategies to Prevent HIV Infections \(R21\) Grant](#)

January 6, 2011 Due Date

NEW NIH Basic Behavioral and Social Science Opportunity Network (OppNet) Short-term Interdisciplinary Training Program for New and Early-Stage Investigators (R25) Grant

January 11, 2011 Due Date

NEW NIAAA Collaborative Centers for HIV/AIDS and Alcohol Outcomes Research (U01, U24) Grant

January 31, 2011 Due Date

Jacob K. Javits Fellowship Program CFDA Number 84.170A Grant

February 11, 2011 Due Date

NEW Pre-Application for the 2011 NIDA Avant-Garde Award Program for HIV/AIDS Research (X02) Grant

February 17, 2011 Due Date

NEW National Mentoring Networks to Enhance the Clinician-Investigator Workforce in Deafness and Other Communication Disorders (U24) Grant

February 24, 2011 Due Date

NEW National Cooperative Drug Discovery and Development Groups (NCDDDG) for the Treatment of Mental Disorders, Drug or Alcohol Addiction (U01/U19)

March 29, 2011 Due Date

NEW FY11 Announcement of Anticipated Availability of Funds for Family Planning Services Grants (Alabama, North Carolina areas)

March 29, 2011 Due Date

NEW FY11 Announcement of Anticipated Availability of Funds for Family Planning Services Grants (Carson City, Nevada area)

June 29, 2011 Due Date

NEW FY11 Announcement of Anticipated Availability of Funds for Family Planning Services Grants (Florida, Greater Miami area)

May 25, 2012 Due Date

MARC Undergraduate Student Training in Academic Research (U-STAR) National Research Service Award (NRSA) Institutional Research Training Grant (T34)

September 7, 2012 Due Date

Research on Teen Dating Violence (R01) Grant

September 7, 2012 Due Date

HIV/AIDS, Drug Use, and Vulnerable Populations in the US (R01) Grant

September 7, 2012 Due Date

HIV/AIDS, Drug Use, and Vulnerable Populations in the US (R21) Grant

September 21, 2012 Due Date

Planning Grant for Global Infectious Disease Research Training Program (D71) Grant

September 21, 2012 Due Date

NEW Global Infectious Disease Research Training Program (D43) Grant

May 11, 2012 Due Date

Social Network Analysis and Health (R21) Grant

September 25, 2012 Due Date

NIMH Research Education Grants (R25) Grant

January 7, 2013 Due Date

Research on Alcohol and HIV/AIDS (R01)

January 7, 2013 Due Date

NEW NIMH Research Education Programs for HIV/AIDS Research (R25) Grant

May 7, 2013 Due Date

Structural Interventions, Alcohol Use, and Risk of HIV/AIDS (R21) Grant

May 7, 2013 Due Date

Structural Interventions, Alcohol Use, and Risk of HIV/AIDS (R01) Grant

May 11, 2013 Due Date

Behavioral and Social Science Research on Understanding and Reducing Health Disparities (R01) Grant

May 25, 2013 Due Date

Science Education Drug Abuse Partnership Award (R25) Grant

September 7, 2013 Due Date

NEW Research on Malignancies in the Context of HIV/AIDS (R01) Grant

September 7, 2013 Due Date

Behavioral Regulation Mechanisms of Alcohol Dependence and Related Phenotypes (R01) Grant

[September 7, 2013 Due Date](#)  
[National Institutes of Health](#)  
[Strategies for Treatment of Young Adults with Alcohol](#)  
[Use Disorders \(R03\) Grant](#)

[September 7, 2013 Due Date](#)  
[Strategies for Treatment of Young Adults with Alcohol Use](#)  
[Disorders \(R01\) Grant](#)

[September 17, 2013 Due Date](#)  
[Treatment of Co-Occurring Alcohol Use Disorders and](#)  
[Depression/Anxiety Disorders \(R21\)](#)

[January 7, 2013 Due Date](#)  
[Drug Abuse Aspects of HIV/AIDS \(R03\) Grant](#)

[January 7, 2014 Due Date](#)  
[NEW HIV Infection of the Central Nervous System \(R01\)](#)  
[Grant](#)

[August 27, 2014 Due Date](#)  
[NEW Centers for Disease Control and Prevention Centers](#)  
[for Disease Control and Prevention Occupational Safety](#)  
[and Health Training Project Grants \(T03\)](#)

[January 7, 2014 Due Date](#)  
[NEW Substance Use and Abuse, Risky Decision Making](#)  
[and HIV/AIDS \(R03\) Grant](#)

## PRIVATE GRANT OPPORTUNITIES

[Blue Apple Awards](#)

[Innovative approaches to promoting community health](#)  
[and development](#)

[Doris Duke Charitable Foundation's National Projects](#)  
[Fund](#)

[National Collegiate Inventors and Innovators](#)  
[Alliance's Sustainable Vision Grants](#)

[Toshiba America Foundation Classroom Innovators](#)  
[Grants K-5 Teachers](#)

[Game On! The Ultimate Wellness Challenge](#)

[TD Charitable Foundation's Housing for Everyone](#)

[Ronald McDonald House Charities](#)

[Staples/Ashoka Youth Social Entrepreneur](#)  
[Competition](#)

[Ameriprise Financial](#)

[Aetna Foundation](#)

[Do Something – BIC 4 Good Grants](#)

[CVS Caremark Community Grants program](#)

[Robert Wood Johnson Foundation - Active Living](#)  
[Research: Building Evidence to Prevent Childhood](#)  
[Obesity](#)

[Ronald McDonald House Charities Youth Health and](#)  
[Well-being grant program](#)

[Build-A-Bear Workshop](#)

[Clark Youth Incentive Program](#)

[Child Welfare Foundation](#)

[Cartridges 4 Kids](#)

[Annenberg Foundation](#)

[AIAA Foundation Classroom Grant](#)

[100 Best Communities for Young People](#)

[Brower Youth Awards](#)

[Michael and Susan Dell Foundation](#)

[Sara Lee Foundation](#)

[MetLife Foundation Community-Police Partnership](#)  
[Awards](#)

[Gloria Barron Prize for Young Heroes - Youth](#)  
[Leadership](#)

[Tony Hawk Foundation](#)

[Support for Youth-Led HIV/AIDS Education and Prevention](#)

[Finish Line Youth Foundation – Youth Athletic Program Grants](#)

[National Association of School Nurses - Directed Research Grant](#)

[The Starbucks Foundation - Starbucks Shared Planet Youth Action Grants](#)

[RGK Foundation – Education, Community and Medicine/Health Grants](#)

[Get Ur Good On Grants](#)

[NCAA CHOICES Alcohol Education Program](#)

[We the People Bookshelf  
Toyota TAPESTRY Grants](#)

[Assets for Independence \(AFI\) Projects](#)

[U.S. Cellular](#)

[Grants to Expand Substance Abuse Treatment Capacity in Targeted Areas of Need - Local Recovery Oriented Systems of Care \(Local ROSC\)](#)

[Samuel Harris Fund For Children's Dental Health Grants Program](#)

[Parents Program \(RAPP\) State Seed Grant Initiative Music Matters Grants](#)

[EPA Environmental Education Grant](#)

[Campbell Soup Foundation Community Support Grants](#)

[Prudential Spirit of Community Awards](#)

[Youth Garden Grants](#)

[Anna Lalor Burdick Program](#)

[Bridge Builders Foundation](#)

[2010 Girls 4 HOPE Capacity-Building Assistance Program](#)

[Kinder Morgan Foundation – Youth Program Grants  
Do Something: Fighting Teen Dating Abuse Grants](#)

[Barbara Bush Foundation - Family Literacy Grant Program](#)

[The CIGNA Foundation - CIGNA Community Grants](#)

[Mantis - 2010 Mantis Awards for Community and Youth Gardens](#)

[Global Fund for Children](#)

[Elton John AIDS Foundation - UK Office](#)

[Bill & Melinda Gates Foundation: Access to Learning Award](#)

[Prudential Foundation Revitalizing Communities Grants](#)

[Wachovia Foundation provides Community Needs Grants](#)

[Wal-Mart Foundation - Wal-Mart Store and Sam's Club Giving Program](#)

[Youth Service America: UnitedHealth HEROES Grants](#)

[Meyer Memorial Trust: Responsive Grant Program](#)

[Amelia Peabody Foundation](#)

[Youth Service America: UnitedHealth HEROES Grants](#)

[Youth Garden Grants](#)

[Heineman Foundation](#)

[Bubel/Aiken Foundation](#)

[Robert Wood Johnson Foundation's Local Funding Partnerships Program](#)

[The Verizon Foundation – Verizon Foundation Community Investments](#)

[Dorothea Haus Ross Foundation](#)

[Carthy Foundation](#)

[African Women's Development Fund](#)

[NASDAQ OMX Educational Foundation](#)

[United Methodist Women – A Brighter Future for Children and Youth Grant](#)

[ING Run For Something Better](#)

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[Walter and Duncan Gordon Foundation](#)

[The Michael and Susan Dell Foundation  
Open Society Institute: Documentary Photography Project](#)

[IREX: Small Grant Fund for Africa and Asia](#)

[Best Buy Children's Foundation: Community Grants Program](#)

[Open Meadows Foundation](#)

[Bubel/Aiken Foundation](#)

[Esther B. Kahn Charitable Foundation](#)

[Gale/Library Media Connection TEAMS Award](#)

[Saucony Run for Good Program](#)

[NEA Learning in the Arts for Children and Youth  
Save Our History Grant](#)

[Bridge Builders Foundation](#)

[Challenge Grants](#)

[NEA Challenge America: Reaching Every Community  
Fast-Track Review Grants](#)

[Safe Schools/Healthy Students \(SS/HS\)](#)

[Promoting Student Achievement at Schools Impacted by Military](#)

[Do Something Awards Exceptional Youth](#)

[Sprint Supports Character Education](#)

[M·A·C AIDS Fund: U.S. Community Grants Program](#)

[Gang Prevention Coordination Assistance Program](#)

[ESA Foundation  
Assets for Independence](#)

[DC Childhood Injury Report: Patterns of Unintentional Injuries among 0-19 Year olds in the United States, 2000 – 2006](#)

[Resource for Youth-Serving Professionals at FindYouthInfo.gov](#)

[Dream It. Do It. Challenge](#)

[Captain Planet Foundation -- Healthy Environment Grants](#)

[Responsible Sports Community Grant](#)

[SeaWorld/Busch Gardens Environmental Excellence Awards](#)

[Very Best In Youth Program](#)

[Braitmayer Foundation](#)

[Love Your Veggies™ Program](#)

[Doris Duke Charitable Foundation's National Projects Fund](#)

[International Society for Infectious Diseases: Small Grants Program  
Sara Jaffarian School Library Program Award](#)

[Alcoa Foundation](#)

[Annie E. Casey Foundation](#)

[Allstate Foundation](#)

[A. O. Smith Foundation](#)

[BJ's Charitable Foundation](#)

[Carls Foundation](#)

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[Child Welfare Foundation](#)

[Christopher Reeve Foundation to Accept](#)

[Coca-Cola Foundation](#)

[Colgate Youth For America](#)

[Comcast Foundation](#)

[Computers For Learning](#)

[Good Grades, Free Video Rentals](#)

[Hasbro Children's Foundation](#)

[Healthy Sprouts Awards](#)

[Kresge Foundation](#)

[Lego Children's Fund](#)

[Lowe's Charitable and Educational Foundation](#)

[MAC AIDS Fund](#)

[McKenzie Foundation](#)

[Mix It Up Grants](#)

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## RESOURCES FOR YOUTH-SERVING ORGANIZATIONS

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**NEW** [SAMHSA Suicide Prevention Center](#)

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**NEW** [National Survey on Drug Use and Health \(NSDUH\)](#)

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[2009 Youth Risk Behavior Surveillance](#)

[Department of Education Launches New Bullying Website](#)

[Progress in Community Health Partnerships: Research, Education, and Action](#)

[Experiences in Effective Prevention: The U.S. Department of Education’s Alcohol and Other Drug Prevention Models on College Campuses Grants](#)

[The Effectiveness of Mandatory- Random Student Drug Testing](#)

[Tax Resources for High School Students](#)

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[Mortality Among Teenagers 12 – 19: United States 1999 – 2006](#)

[Surveillance for Violent Deaths — National Violent Death Reporting System, 16 States, 2007](#)

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[Teachers Use of Educational Technology in U.S. Public Schools 2009](#)

[Issue Brief – Unintentional Drug Poisoning in the United States](#)

[Injury Center Connection, Spring Issue, 2010](#)

[Underage drinking prevention public service announcements \(PSAs\) for print, television, and radio](#)

[More than a quarter of youth aged 12 to 20 \(27.6 percent\) drank alcohol in the past month](#)

[SAMSHA: Inhalants are drug of choice among early adolescents](#)

[Teen Suicide Prevention national public service campaign](#)

[Learn more about older drivers' risks on the road and steps you can take to protect yourself or someone you care about](#)

[Replicating Effective Programs \(webinar archive\)](#)

[Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis](#)

[Logic Model Magic: Using Logic Models for DASH Program Planning & Evaluation! The Evidence-Based Practice Knowledge Informing Transformation](#)

[Dating Matters: Understanding Teen Dating Violence Prevention Online Course](#)

[Take Concussions Out of Play: Learn to Prevent, Recognize, and Respond to Concussions](#)

[IYD Online Training: Benefits of Delaying Sexual Debut](#)

[CDC Online Training: \*Dating Matters: Understanding Teen Dating Violence Prevention\*](#)

[Teenage Alcohol Drinking May Cause Nerve Damage to Brain](#)

[2008 National Survey on Drug Use and Health](#)

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[That's Not Cool" – Teen Dating Violence](#)

[National Survey Indicates One in Four Girls Age 12–17 Were Involved in Serious Fights or Attacks in the Past Year \(1/13\)](#)

[Guide for Preventing and Responding to School Violence](#)

[Heads Up: Concussion in Youth Sports](#)

[2007 and 2008 National Survey on Drug Use and Health \(NSDUH\)](#)

[Indicators of School Crime and Safety, 2009](#)

[Adolescents Perceive Greater Risk to Using Tobacco Products Than Illicit Drugs or Binge Drinking \(12/17\)](#)

[SAMHSA's National Registry of Evidence-Based Programs and Practices \(NREPP\) Highlights Comparative Effectiveness Research \(12/17\)](#)

[National Consensus Statement on Mental Health Recovery](#)

[Working together for the best outcomes for youth with serious emotional disorders](#)

[Social and Emotional Bullying Prevention](#)

[Smokers Who Started Recently More Likely Than Longer-Term Smokers To Use Menthol Cigarettes, New National Study Finds \(12/3\)](#)

## UPCOMING EVENTS

### **IYD's Capacity-Building for Youth Development Workshop – Nashville, TN – November 17, 2010**

Registration is now open for the Institute for Youth Development's (IYD) *Capacity-Building for Youth Development* workshop at Belmont University in Nashville, TN on November 17, 2010. This training is funded (in part) by a cooperative agreement with the Centers for Disease Control and Prevention, Division of Adolescent and School Health (CDC-DASH). The goal of this workshop is to build the capacity of youth-serving organizations to implement positive youth development efforts into their programs to help adolescents obtain brighter futures! Visit our workshop webpage for more information and to register at: <http://www.youthdevelopment.org/articles/upcomingworkshops.htm>

### **The Center for Relationship Education – November-December, 2010**

Relationships are the very essence of our being. From the moment we take our first breath, to the second we breathe our last, our lives are spent pursuing the security, fulfillment and passion that comes from a deeply held connection with another. Intimate relationships are the stuff dreams are made of. In today's chaotic world of instant gratification and floundering commitment, however, healthy relationships are becoming extremely difficult to develop and maintain. Our culture is losing its belief in the institution of marriage and its value for waiting for something good. Personal power and self-regulation skills are essential to be able to make healthy and intentional decisions. The Center for Relationship Education has resources that are data driven and are developed with the best of what science has to offer regarding what makes relationships work and what makes them fail. It is our hope that we can ignite change and revolutionize relationships through our trainings, seminars, speakers and resources. Through abstinence education, relationship skills training, innovative curricula and leadership development, The Center for Relationship Education is working to usher in a whole new era of revitalized relationships. The change has already begun.

WAIT Training Certification Seminar – Lakeland, FL – November 22-23. For more information and to register for an upcoming training, visit [www.myrelationshipcenter.org](http://www.myrelationshipcenter.org) or call 720-488-8888.

### **Public Health Leadership for Violence Prevention Webinar - November 17, 2010 - 2:00pm-3:30pm EST**

From infants to the elderly, violence affects people in all stages of life. Each year, more than 50,000 violence-related deaths are reported in the United States. The number of violent deaths tells only part of the story. Many more survive violence and are left with permanent physical and emotional scars. Violence also erodes communities by reducing productivity, decreasing property values, and disrupting social services. To address these issues, a quarterly webinar series has been developed to showcase violence prevention efforts implemented through public health infrastructure. The goal of this series is to highlight the importance of violence prevention as a public health priority.

You are invited to participate in the first webinar which will focus on public health leadership for violence prevention. Participants will have the opportunity to hear public health leaders from across the country discuss the important role that public health agencies play in improving the health of communities by preventing violence. This session will:

- Emphasize violence prevention and its relationship to other public health issues;
- Highlight violence prevention efforts within state and local health systems; and
- Describe the need for public health infrastructure and partnership engagement.

To register for this webinar please click on the link <https://www1.gotomeeting.com/register/119296523>

### **6<sup>th</sup> World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders**

November 17-19, Omni Shoreham Hotel, Washington, D.C. This conference will address the mental health of millions of people, in both rich and poor countries, and its importance for overall well-being. It offers a unique opportunity for researchers, public health practitioners, activists, educators, law enforcement personnel, and others to come together to share findings, ideas, and innovations.

This year's theme explores research, theory, and practice on the following topics:

- Promoting mental health and community well-being

- Exploring social and economic connections to mental health
- Protecting human rights, preventing discrimination, and promoting diversity
- Preventing disorders
- Healing from adverse experiences and trauma

Register before September 30 to avoid the late registration fee. Remember to reserve your hotel room at the Omni Shoreham Hotel, where the conference is being held. There are [rooms available](#) at a substantially discounted rate!

[Register Now](#)



# the Institute for Youth Development

## Publications List

### Periodicals

#### *Youth Facts*

##### ***The Role of Marriage in Youth Development***

The recent attention to marriage by policymakers, media, and the public flows out of a significant body of research evidence regarding marriage's impact on young people. (12/2003)

##### ***Youth Substance Abuse & Violence – Interconnections – Protective Factors – Prevention***

While more teens are making smart decisions concerning their lives, too many still do not. (5/2003)



Single copy = \$4.00

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**100 copies or more = \$1.00**

#### ***America's Youth: Measuring the Risk, 4th Edition***

More than 160 pages highlight key data on youth, from characteristics, attitudes, beliefs and perceptions, to participation in risk-taking behaviors of alcohol, drugs, sex, tobacco and violence. It includes sections with information and data about the interconnections between youth risk behaviors and factors that can help reduce the risk for youth. (6/2002)



Single copy = \$20.00

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#### ***Adolescent & Family Health, a Journal of the Institute for Youth Development***

A&FH is a peer-reviewed publication for objective, scientific research and review pieces that focus on the common factors influencing youth behavior and risk avoidance. (Spring & Summer 2001; Volume 3, Issues 1-4). Visit [www.afhjournal.org](http://www.afhjournal.org) to view new editions for sale online!



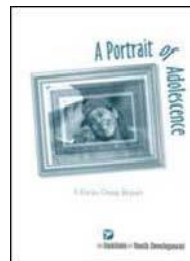
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## Research, Reference, Resources, & Pamphlets

### *A Portrait of Adolescence*

A report from IYD on 51 focus groups conducted with 429 adolescents discusses youth opinions, attitudes, perspectives, and ideas about changing times, the media, parents, peer pressure, prevention programs and messages, sex, substance abuse, and violence. Also contains findings from focus groups with parents and recommendations based on the report. (6/1999)



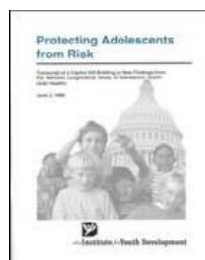
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### *Protecting Adolescents from Risk*

A transcription and graphs from a Capitol Hill briefing on new findings from the National Longitudinal Study of Adolescent Health (Add Health) that includes findings on youth violence, adolescent sexuality, and family structure's impact on youth risk behavior. (6/2000)

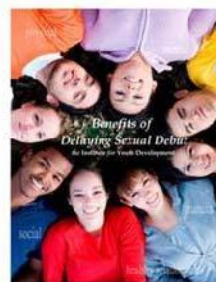


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### *Benefits of Delaying Sexual Debut*

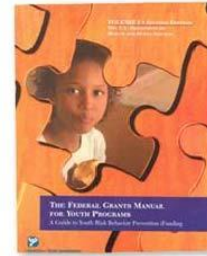
A research publication that uses scientific and medical data to explain why adolescents should abstain from sexual activity. A great resource for educators, policy makers, parents, and concerned citizens! Now available at: [http://afhjournal.org/store/product.asp?s=jr14581067&P\\_ID=404](http://afhjournal.org/store/product.asp?s=jr14581067&P_ID=404) (5/2008)



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## The Federal Grants Manual for Youth Programs: A Guide to Youth Risk Behavior Prevention Funding, Volume I, Second Edition

A comprehensive listing of 61 U.S. Department of Health and Human Services grants available to organizations that help youth avoid unhealthy risk behaviors. Contains information about grant requirements, critical contacts, regulatory information, congressional intent, grant recipient history, and much more. (4/2005)



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### *Ten Tips for Parents*

Ten successful tips for parents on helping your child make safe, healthy decisions.

### *Protecting Your Kids from Harm*

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**The Institute for Youth Development (IYD) is a non-profit, non-partisan organization that promotes a consistent, comprehensive risk avoidance message to youth for five major risk behaviors: alcohol, drugs, sex, tobacco and violence. IYD believes that young people are capable of making healthy decisions to avoid risk behaviors, especially if they are empowered by positive relationships with their parents and family.**

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