

TEEN DATING VIOLENCE AWARENESS & PREVENTION MONTH

JOIN US THIS FEBRUARY

WHY PARTICIPATE?

- Teen Dating Violence (TDV) is a pattern of violent or manipulative behaviors by a partner (or ex) to gain power and maintain control in a relationship.
- TDV can happen online or in person and includes physical, sexual, emotional, verbal, financial violence and stalking.
- In February communities nationwide take a stand against TDV by spreading awareness and prevention education to address relationship violence. ([Link to local TDV & Healthy Relationships classes](#))

HOST AN INFORMATION TABLE

- Download and print the [10 Healthy/Unhealthy Relationship Signs](#), [palm cards](#), and other resources from loveisrespect.org
- Attach information about healthy relationships to a Flower/Candy Gram.
- Print the [Relationship Bill of Rights](#) and encourage all students to sign it.
- Print and share [Healthy LGBTQ+ Relationships](#).



WEAR ORANGE DAY

- Tuesday February 8, 2022
- Wear orange, a simple, yet meaningful way to raise awareness about teen dating violence. Or, print out [speech bubbles](#) and tell us what "LOVE IS...."
- Snap a selfie, or take a group picture of you with friends/family/co-workers all wearing orange, or with speech bubbles.
- Post it on social media (Facebook, IG) and tag #tdvamteamorange



RELATIONSHIP SPECTRUM ACTIVITY

- Relationships are not 100% healthy or 100% unhealthy. How would students rate:
 - Silent treatment as a way to communicate?
 - A partner whose needs always come first?
 - A partner who sends more texts than you have agreed to?
- Find out using the [high school](#) or [middle school](#) classroom activity.



TDV is serious and can impact a student's mental health and academics.

DID YOU KNOW?

Based on 2019 SDUSD Youth Risk Behavior Survey:

1 in 16 students has experienced physical dating violence

1 in 10 students has experienced sexual dating violence

1 in 5 students has experienced emotional dating violence

Tips on How to #StartTheConvo

- **Build Rapport** - It takes time to build trust; youth may open up about their relationships as they are comfortable. If they don't want to talk to you, is there someone else they feel comfortable with?
- **Disclose Your Status** - Before you engage youth in a conversation, always disclose if you are a mandated reporter and what that means.
- **The Goal isn't Disclosure** - It is okay if a youth does not want to disclose. The goal is to create a space where students know they can talk to you without judgment or go to you for resources and support.
- **Ask Open-Ended Questions** - Create opportunities to check in with them and ask open-ended questions like, "I've noticed you've been struggling to pay attention in class - what's on your mind lately?"
- **Validate Their Experiences** - Let them know they did not deserve to experience abuse and the abuse is not their fault. Don't minimize the effect the abuse is having on the student.
- **Involve Them** - If they disclose, share what local resources are available to them and support them in their choices. Ask them how they want to move forward.

Remember! You do not have to support a student alone. Write down your designated go-to campus person if you need more support:

COMMUNITY RESOURCES

Center for Community Solutions

Region: Central, East County,
North County Inland
Services for teens: confidential
therapy and advocacy
24/7 Hotline: (888) 385-4657

WRC

Region: North County Coastal
Services for teens: Counseling
24/7 Hotline: (760) 757-3500

San Diego Family Justice Center - Your Safe Place

Region: all San Diego County
Services for teens: confidential
safety planning, counseling,
advocacy, legal assistance, social
services, shelter assistance
Telephone: (619) 533-6000

South Bay Community Services

Region: South Bay
Services for teens: Counseling,
emergency shelter,
case management
24/7 Hotline: (800) 640-2933

Community Resource Center

Region: North County Coastal
Services for teens: Counseling
24/7 Hotline: (877) 633-1112

Brought to you by the Teen Dating Violence Committee of the San Diego Domestic Violence Council. For resources or to request a training, contact: teendv.sddvc@gmail.com