

FEBRUARY IS  
TEEN DOMESTIC VIOLENCE AWARENESS MONTH



LOVE IS NOT  
ABUSE -  
EVERYONE  
DESERVES A  
HEALTHY  
RELATIONSHIP



TEEN DATING VIOLENCE AWARENESS  
TOOLKIT

@DOVESNETWORK

## **BACKGROUND**

Dating violence is more common than people think, especially among teens and young adults:

- One in three teens in the US will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults.
- And nearly half (43%) of college women report experiencing violent or abusive dating behaviors.

Every February, young people and their loved ones join together across the country for a national effort to raise awareness about the issue of teen dating violence through Teen Dating Violence Awareness Month (TDVAM). This annual, month-long push focuses on advocacy and education to stop dating abuse before it starts. (Source: LoveisRespect)

By coming together each February, we can raise awareness and stop dating abuse before it starts. By continuing to talk about these difficult issues can we call attention to teen dating violence. This is only the first step towards preventing and ending the cycle of abuse.

## **KEY DATES**

- **Respect Week - Week of February 8th**

Respect Week is a special way to raise awareness about healthy relationships and dating abuse during Teen Dating Violence Awareness Month (TDVAM) every February.

- **Tuesday, February 9th - National Wear Orange Day**

## **YOUTH ENGAGEMENT IDEAS**

- **Wear Your Heart on Your Sleeve**
  - Youth to download and cut and tape on their sleeve their thoughts around healthy relationships.
- **Art, Poetry, and/or Essay Contests**
  - Organize a contest where youth can submit self created art, poetry, or writings concerning healthy relationships.
  - This will be an opportunity for creative expression through which youth may share concerns, their stories, and/or personal safety tips using graphic art, song lyrics, essays, poetry, and/or other designs.
- **Relationship Bill of Rights ([Loveisrespect.org](http://Loveisrespect.org))**
  - Youth to download print and sign

## WEAR ORANGE DAY

- Orange is the official color of TDVAM! We wear orange colored clothes and accessories to show we stand in solidarity for the 1 in 3 teens who will experience dating abuse.
- Take a picture of yourself and use #TDVAM.
- Challenge your friends to see who can wear the most orange. By sharing your pictures on social media, you're helping to spread the message that everyone deserves a healthy relationship.
- Post and Tag the @dovesnetwork

Don't have any orange in your closet? Grab a highlighter or marker, and draw your favorite shape on your hand. Tell your friends:

"I'm wearing orange today to raise awareness for teen dating violence. Abuse is never okay. Everyone deserves a healthy relationship."



## PARENT INVOLVEMENT

- Parents get educated on the signs and resources
  - Knowing what teen dating violence looks like
- Parents be equipped with the response and resources
  - Talk to your kids about teen dating violence
  - What to do and where to go if an occurrence is brought to you
- Empowering - with the new information you've learned assess your child's school current policies relating to dating violence, sexual violence and stalking.



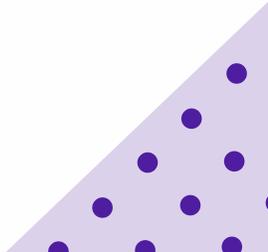
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# **RESOURCES**

# **&**

# **SUPPORT**

# **TIPS**

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# DOMESTIC VIOLENCE RESOURCES

## **National**

### **24-7 Accessible / Online Chat Options**

- National Coalition Against Domestic Violence | [ncadv.org](http://ncadv.org)
- The National Domestic Violence Hotline | 1-800-799-7233 (SAFE) | [www.ndvh.org](http://www.ndvh.org)
- Love is Respect – the National Dating Abuse Helpline | 1-866-331-9474 | TTY 1-866-331-8453 | Text “loveis” to 22522 | Live chat at [www.loveisrespect.org](http://www.loveisrespect.org)
- National Dating Abuse Helpline | 1-866-331-9474 | [www.loveisrespect.org](http://www.loveisrespect.org)
- National Indigenous Women's Resource Center | [www.niwrc.org/](http://www.niwrc.org/)
- StrongHearts Native Helpline | 1-844-762-8483

## **STATE Specific**

- State domestic violence coalitions: [www.ncadv.org/state-coalitions](http://www.ncadv.org/state-coalitions)

## **LEGAL RESOURCES**

- Womenslaw.org | [www.womenslaw.org](http://www.womenslaw.org)

## **LATINA/LATINO RESOURCES**

- Casa de Esperanza | Linea de crisis 24-horas/24-hour crisis line | 1-651-772-1611 | [www.casadeesperanza.org](http://www.casadeesperanza.org)
- National Latin@ Network for Healthy Families and Communities | 1-651-646-5553 | [www.nationallatinonetwork.org](http://www.nationallatinonetwork.org)

# DOMESTIC VIOLENCE RESOURCES RECOMMENDED APPS

FREE ON APPLE STORE / GOOGLE PLAY

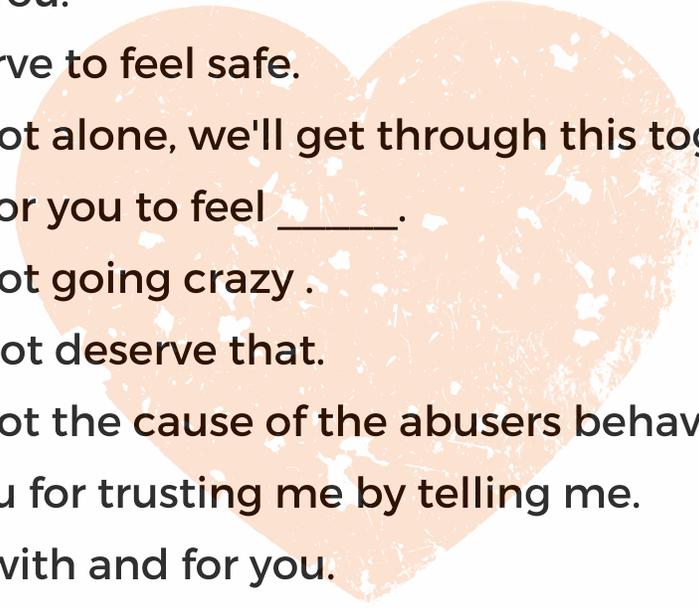
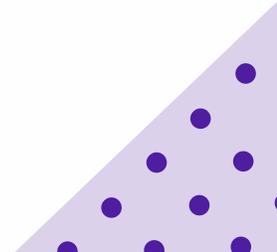
- **RUSafe App** - Guided questions to clarify if you're in an abusive relationship + gives safety planning
- **Tech Safety App** - helps identify technology facilitated abuse and tactics, while providing tips on how to protect yourself.
- **myPlan App** - password protected that helps you identify abuse and gives you recommended next steps + counseling options
- **Noonlight App** - gets you emergency help with release of button
- **TapeACall Pro: Call Recorder** (free or paid options) - Recording a phone call
- **DocuSAFE Evidence Collection** - Documenting abusive incidents
- **Rev Voice Recorder** - recorder that records in the background while using other apps

## **TIPS ON SUPPORTING A VICTIM & SURVIVOR**

- Be a resource
  - Know the national hotline number, chats, and app's
  - Understand the dynamics of Domestic Violence and what it looks like
- Understand that while you don't relate to their suffering, it feels very real to them
- Don't get into the conversation trying to "problem solve" instead have the resources and intention to be a "safe space" for them to talk and feel freely without judgement
- Don't try to fix everything
- Don't interrogate
- Do not insist on telling them what to do if not asked
- Celebrate their survival success
- Small acts of kindness goes a long way
- Keep their business confidential
- Stand with them
- Be consistent
- Everyone heals differently
- Healing will take time
- Listen more than talk and listen with empathy
- Don't post pictures of them or tag their location on social media channels without their consent
- Generate your own code word and **DO NOT PUBLISH IT ON SOCIAL MEDIA** (abusers are on the internet too)

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# **SAMPLE SUPPORT RESPONSES TO DOMESTIC VIOLENCE VICTIMS & SURVIVORS**

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- A large, light orange heart with a white, distressed or splattered texture, centered behind the list of support responses.
- I'm sorry this happened to you.
  - I believe you.
  - You deserve to feel safe.
  - You are not alone, we'll get through this together.
  - It's okay for you to feel \_\_\_\_\_.
  - You are not going crazy .
  - You did not deserve that.
  - You are not the cause of the abusers behavior.
  - Thank you for trusting me by telling me.
  - I'm here with and for you.
  - How can I help? Is there anything I can do?
    - Beyond safety - bills, free lunches etc.
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