

#LOVE WEEK

A TOOLKIT FOR SCHOOLS TO PROMOTE
TEEN DATING
VIOLENCE AWARENESS MONTH



What is Teen Dating Violence Awareness Month?

Teen Dating Violence Awareness Month (TDVAM) is a month-long campaign dedicated to bringing awareness and knowledge about teen dating violence. According to the CDC, teen dating violence is an adverse childhood experience that has a profound impact on the lifelong well being of teens. Teen dating violence affects millions of teenagers in the United States.

This toolkit was created to provide awareness and suggest ways schools and our community can start conversations and host awareness activities to promote healthy relationships among youth. We hope you can participate in this year's #LOVE week!



Did you know?



Data from CDC's Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey indicate that:

- **Nearly 1 in 11 female teens and about 1 in 14 male high school students report having experienced physical dating violence in the last year.**
- **About 1 in 8 female and 1 in 26 male high school students report having experienced sexual dating violence in the last year.**

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>



The Timeline of #Love Week



Monday February 13, 2023:
Practice Self-Care



Tuesday February 14, 2023:
Learn about Healthy Relationships



Wednesday February 15, 2023:
Orange Day



Thursday February 16, 2023:
Value your Relationships



Friday February 17, 2023:
Express your Emotions

Check out the bottom of each page
for suggested morning announcements in schools



Monday 2/13/23: Practice Self-Care



Self-Care is an essential element in taking care of physical, mental, and emotional health. There are many amazing ways you can practice self-care.

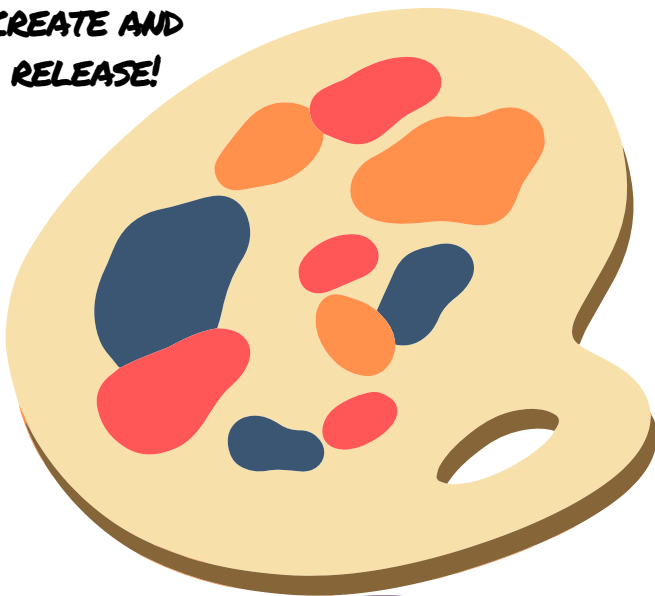


WORK OUT AND WALK IT OUT



Tune in and tune out!

**CREATE AND
RELEASE!**



LET GO AND DANCE!

Morning announcements:

- Whether you like to take walks, listen to music, creating art, or doing a little dance, you are making time to take care of yourself. What's your favorite way to practice self-care? You can't love someone else, until you fully love yourself! #LoveWeek #LoveYOURSELF #TDVAM



Tuesday 2/14/23: Learn about Healthy Relationships






Talk about what relationships look like with your friends, students, and families.

A **healthy relationship** is a relationship in which both partners are equally empowered. Healthy relationships contain trust, communication, respect, space, and boundaries.

An **unhealthy relationship** is a relationship in which one or both partners feels disempowered. Unhealthy relationships are deficient in any of the following: trust, communication, respect, space, and boundaries

Here are some healthy signs and warning signs about relationships:

 <p>Healthy Signs</p> <ul style="list-style-type: none">•Communication•Compromise•Equitable•Compassion•Respectful•Considerate•Compatibility•Trusting•Honest•Mutual decision making	 <p>Unhealthy Warning Signs</p> <ul style="list-style-type: none">•Disrespectful•Pressured into doing things•Dishonest•Not trusting•Poor communication•Isolation- only spending time together	 <p>Abusive Warning Signs</p> <ul style="list-style-type: none">•Keeping you away from family or friends•Blaming you or denying their choices for their behaviors•Physically or emotionally harming•Forcing you to do things you do not want to•Controlling your choices
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Other resources:

- www.communitysolutions.org/prevention-services/
- www.loveisrespect.org
- www.teendvmonth.org/

Morning announcement:

- This Valentine's Day, we'd like to remind you that everyone deserves a safe and healthy relationship. We all play a role in promoting healthy relationships- take a moment today to talk about what healthy and unhealthy relationships look like. Remember, love has many definitions, but abuse isn't one. #LoveWeek #TDVAM2023



Wednesday 2/15/23: Orange Day



This nationally recognized day to wear orange to show solidarity and to raise awareness about teen dating violence. Wear Orange to raise awareness for TDVAM!



Morning announcements:

- Today is Wear Orange Day! Every #TDVAM, we wear orange to show solidarity and to raise awareness about dating violence. By wearing orange, you are helping spread the message that everyone deserves a healthy relationship ! #LoveWeek #TDVAM

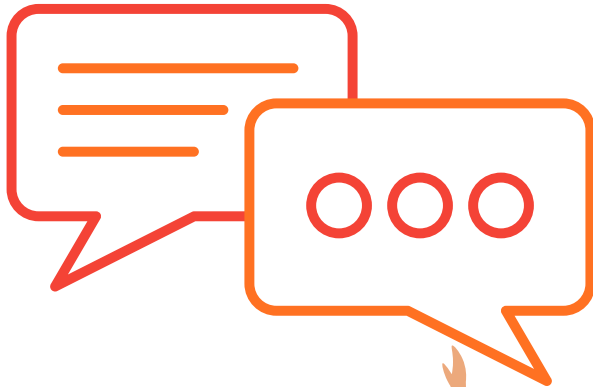


Thursday 2/16/23: Value your Relationships



Make time for people important in your life to show them you value their relationship with you.

Send a text of 3 things you admire about someone you value.



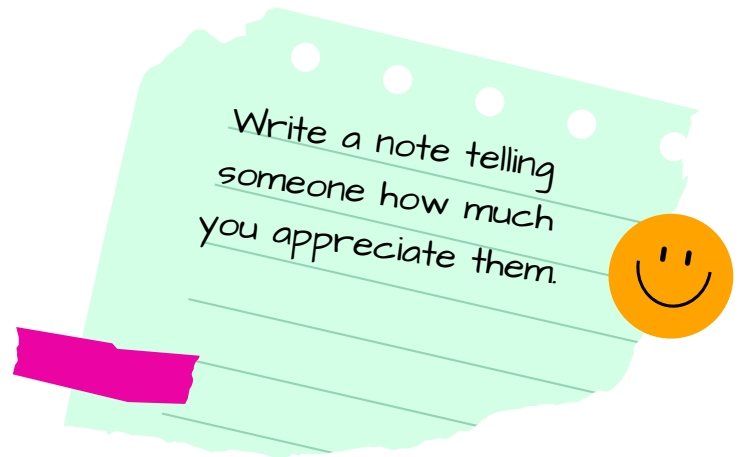
Make time to hang out with them.



Have fun together!



Write a note telling someone how much you appreciate them.

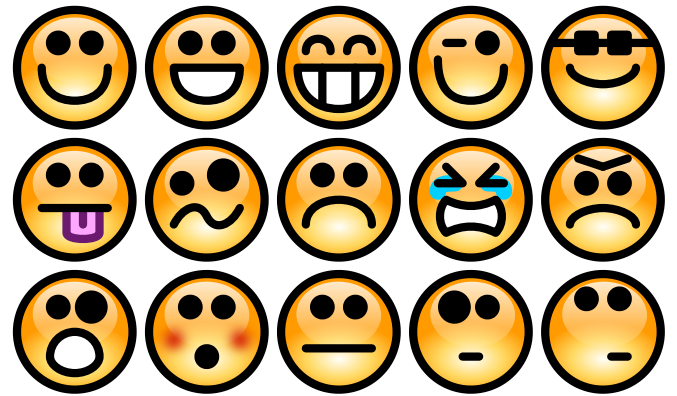


Morning announcements:

- Lift your friends, classmates, and family up by reminding them of what makes them amazing, strong, and wonderful. Remind them of their worth and how much they mean to you. Who is meaningful to you? #LoveWeek #TDVAM

Friday 2/17/23: Express Your Emotions

Create safe spaces to express yourself emotionally. Being able to express yourself can help you to release feelings and thoughts into the world. Sometimes by not expressing our emotions in safe ways we can become agitated, frustrated, sad, or overwhelmed.



Morning announcements:

- Challenge yourself today to share how you are feeling with your family, friends, or teachers. You can even ask them how they are feeling or how their week has been to initiate the conversation. Healthy relationships are full of great communication!

#LoveWeek #TDVAM

Final Tips to Consider

- Accentuate the positive. Talks about relationships need not focus solely on risky behavior or negative consequences, but should also address factors that promote healthy development and positive outcomes
- Encourage open, honest, and thoughtful reflection about healthy relationships and unhealthy relationships. Clarify their values and expectations for healthy relationships and allow them to debate those issues and come to their own understanding, rather than dismissing their answers as “wrong”.
- Make the most of “teachable moments” to discuss healthy and unhealthy relationships --- using TV episodes, movies, news, community events, learning about friends’ experiences, etc.
- Take a clear stand against disrespect, abuse of power, any forms of violence, or use of abusive or inappropriate language with a firm and clear message.



Resources To Help



- Community Solutions 24 hour confidential crisis hotline for intimate partner violence, sexual assault, and human trafficking survivors 877-363-7238 or at <https://www.communitysolutions.org> or @CommunitySolutionsSTV
- School Linked Services: Contact your school counselling center or office staff
- Behavioral Health Services at 800-704-0900 or connect to your insurance provider
- LGBTQ Youth Space <https://youthspace.org/>
- 24 hour Mobile Crisis Services through Uplift 408-379-9085



**Promote
Healthy
Relationships
#loveweek**



The mission of Community Solutions is to create opportunities for positive change by promoting and supporting the full potential of individuals, the strengths of families, and the well-being of our community.

OUR SERVICES INCLUDE

Community Solutions provides a comprehensive spectrum of prevention, intervention, treatment, and residential services to help children, families and individuals overcome the challenges posed by: mental health, substance abuse, trauma, gang influence, sexual assault, domestic violence, and human trafficking.

- 24 Hour Hotline in South Santa Clara and San Benito Counties
- Confidential Shelter for survivors and their children
- Individual and group counseling for adults, teens, and children
- Accompaniment to law enforcement interviews, Court, and more
- Help obtaining a Restraining Order and other legal assistance
- Resources and referrals

CONNECT WITH US

- Visit our website at www.communitysolutions.org
- Call our 24 hour confidential crisis line at 1 (877) 363-7238
- On Facebook & Instagram @CommunitySolutionsSTV
- Connect with an advocate online at www.safechatsv.org
- Visit our Family Justice Center and connect with multiple partners on Wednesdays at our Morgan Hill office
- Our offices:
 - 16264 Church St. Suite 103 in Morgan Hill
 - 9015 Murray Ave Suite 100 in Gilroy
 - 341 Tres Pinos Rd Suite 202b In Hollister

VOLUNTEER WITH US

- Certified Volunteer Advocates
- Gilroy Innovators
- Hollister Innovators

*Funding made possible through the County of Santa Clara
Office of Gender-Based Violence Prevention*