



Love Like **THAT**

2024 Teen Dating Violence
Awareness Month Toolkit

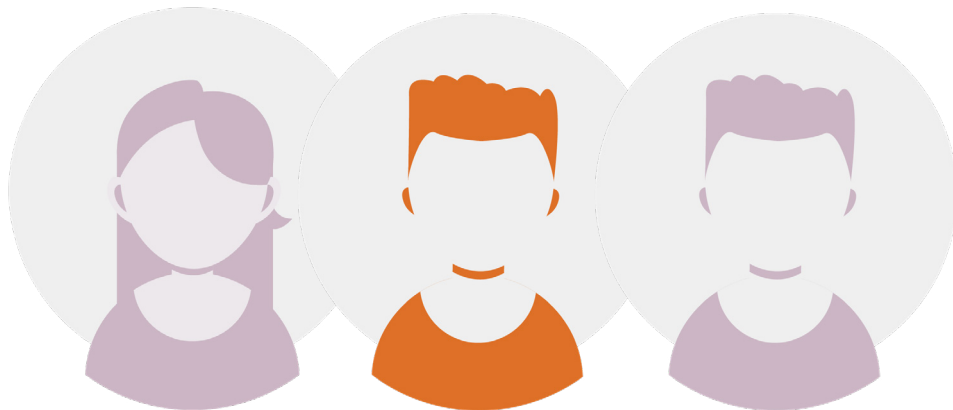


What is TDVAM?

Every February, Teen Dating Violence Awareness Month (TDVAM) provides an opportunity to educate the community about the prevalence of dating abuse among teenagers and young adults.

Dating abuse is a pattern of coercive or controlling behavior where one person uses fear and intimidation to gain power over their partner. Anyone can experience dating abuse regardless of their race, ethnicity, income level, gender, sexuality, or education level. This year, Love is Respect chose the theme **"love like that"** to highlight what a healthy, loving relationship looks like.

1 in 3 teenagers will experience dating abuse.



How Can JBWS Help?

For nearly 50 years, JBWS has strived to help people experiencing abuse in their relationships and implement programming to stop abuse at its source. After recognizing a troubling pattern of abuse in teenagers and young adults in the 1980s, JBWS developed the Dating Abuse Prevention Program (DAPP).

DAPP promotes dating abuse prevention through awareness, education, engagement, and leadership opportunities. It also focuses on education about the warning signs of abuse and teaching how to recognize indicators of healthy relationships through No2DatingAbuse workshops.

Get Involved:

You don't have to be a teenager yourself or have a teenaged child to participate in Teen Dating Violence Awareness Month (TDVAM). We encourage everyone to show their support for

Ways to Participate in TDVAM:

Invite JBWS for a lunch and learn: A member of JBWS' staff would love to come to your business or organization and speak about teen dating violence and how you can help. Contact No2DatingAbuse@jbws.org for more information.

Consume media meant for teenagers: Relationships that are depicted in movies, on TV, or in books, can typically feature unhealthy dynamics. Take the time to engage with this content so you can educate teenagers about problematic behavior.

Turn your life orange: The color of Teen Dating Violence Awareness Month is orange so show your support by infusing the color orange into all aspects of your life.

Avoid judgment: If a teen is in an unhealthy relationship, don't judge them. Foster an open, non-judgmental space for them to communicate with you about their relationship struggles.

promoting healthy relationships throughout the month of February by participating in TDVAM! Below you will find numerous ways to get involved.

Talk about healthy relationships: It's never too early to start talking to teenagers about what healthy friendships and relationships look like. Honesty, trust, and open communications are the hallmarks of a healthy relationship.

Share information about TDVAM: It takes all of us to stop teen dating abuse. Consider putting this toolkit on your company's intranet, placing a flyer in the bathroom, or sending out a company-wide email.

Check in on your teens: Do you have a teenager in your life? If so, take them out for a coffee or a nice dinner and talk to them about healthy relationships.

Follow No2DatingAbuse on social media: Social media can be an incredibly powerful method for raising awareness about dating abuse. Consider following and sharing No2DatingAbuse's posts on Facebook, Instagram, or TikTok.

Host a Gift Card Collection: Share the love this TDVAM by hosting a gift card collection for Amazon, Target, ShopRite, and Kohls. Find more information here.

Information for Peers:

What would you do if your friend told you that their partner was using abuse? Would you know how to respond? Did you know that sometimes just talking about the abuse with the person experiencing it can be dangerous?

If you are worried about your safety or your friend's safety, then speaking with a knowledgeable adult or calling JBWS' 24-Hour Helpline, 1.877.R.U.ABUSED, is a good place to start. You can speak to someone without giving your name. ***Find more information on how to support a friend experiencing abuse here.***



Unhealthy Expectations in a Relationship

- ✗ "My partner should just know what I need"
- ✗ "A perfect partner never makes mistakes"
- ✗ "Our relationship will always feel passionate"
- ✗ "My partner will change for me"
- ✗ "In true love, you never have to compromise"

This list, adapted from @the.love.therapist, highlights some unhealthy expectations some may have for their relationship. No person and no relationship is perfect.

Learn more at No2DatingAbuse.org/TDVAM

Information for Parents:

Did you know that only 33% of teens who are experiencing abuse ever tell anyone about it while it's happening and 81% of parents think that teen dating abuse isn't an issue? This is a problem because preventing dating abuse first requires us to acknowledge that it is an issue.

Abuse isn't something that only happens when you're older. A person can be in an abusive relationship regardless of their age and parents can help simply by talking about healthy relationships and the signs of dating abuse.

Find the Parent's Guide to Teen Dating Violence here.



Potential Warning Signs of Abuse:

Person Experiencing Abuse:

- ▶ Spending less time with family
- ▶ Unexplained trouble with academics
- ▶ Worrying about upsetting partner
- ▶ Dressing differently than usual
- ▶ Unexplainable injuries
- ▶ Giving up hobbies/interests

Person Using Abuse:

- ▶ Overly jealous and possessive
- ▶ Needing to control the relationship
- ▶ Name-calling and put downs
- ▶ Tracking or keeping tabs on partner
- ▶ Pressure to have sex
- ▶ Physical roughness

Information for Schools:

Educating students about dating abuse within the classroom is extremely important because teenagers spend a large portion of their time at school.

Ways to Participate in TDVAM:

Go Orange: Decorate the halls in the color orange, put up posters, encourage students, teachers, and administrators to wear orange throughout February in support of TDVAM.

Host a Last Drop Screening: for upperclassmen and/or parents. This involves a powerful 40-minute film that portrays an abusive relationship between two college students, followed by a 40-minute debrief and discussion about dynamics of abuse, warning signs, and strategies for getting help.

Social Media: can be a powerful tool in raising awareness about Teen Dating Violence. Consider posting about this issue on Facebook, TikTok, Twitter, Instagram, and any other school social media platforms. When posting, consider using the hashtag #teenDVmonth so everyone can follow what is being done at your school.

Use and display: the “We Speak Up Against Dating Violence” photo frame. Consider encouraging students to take photos with this frame and post them on your school’s social media platforms with the hashtag #teenDVmonth

Morning Announcements: can be a great way to remind your fellow students about Teen Dating Violence Awareness month!

Sample Morning Announcements:

- ▶ *Good Morning! Did you know that 1 in 3 teens will experience an incident of dating abuse while in high school? If you or someone you know is experiencing an abusive relationship please reach out to a guidance counselor (or insert names of counselors at your school), a trusted teacher or adult or, JBWS, the domestic violence prevention agency of Morris County.*
- ▶ *There’s no excuse for abuse. 1 in 3 teens will experience dating abuse while in high school. Dating violence can affect anyone, regardless of race, religion, sex or economic status. Shine a light on this growing problem in our society. Know the signs and respect all accordingly. Remember, there’s no excuse for abuse.*
- ▶ *February is National Teen Dating Violence Awareness Month. If you or someone you know is in an unhealthy or abusive relationship, seek out a counselor, teacher or an adult you trust. Because everyone deserves to be in a relationship where they feel happy, healthy and respected and where everything that is important to them is respected and valued.*

Wear Orange for TDVAM:

Wear orange throughout the month of February to show your support for healthy relationships and to be a beacon of hope for someone experiencing dating abuse. If you wear orange, then consider taking photos and sharing them on social media by tagging **@No2DatingAbuse**.

Creative ways to represent orange

- ▶ *Put orange lights on your porch*
- ▶ *Encourage sports teams to wear orange accessories during games*
- ▶ *Paint your nails orange or dye a streak of your hair orange*
- ▶ *Use an orange background for virtual meetings*
- ▶ *Wear orange shirts, shoes, socks, or hats*
- ▶ *Use an orange notebook*



Social Media:

Since 90% of teenagers use some form of social media, it can be a powerful tool for educating teens about dating abuse. Posting about TDVAM means that people all over the world could potentially learn about physical, emotional, and sexual abuse. Since 1 in 3 teenagers experience abuse, it is highly likely that a member of your social circle is currently dealing with this issue.

Throughout February, No2DatingAbuse will be sharing information about dating abuse and numerous educational posts. Please follow our social media accounts for more information.

Follow No2DatingAbuse:



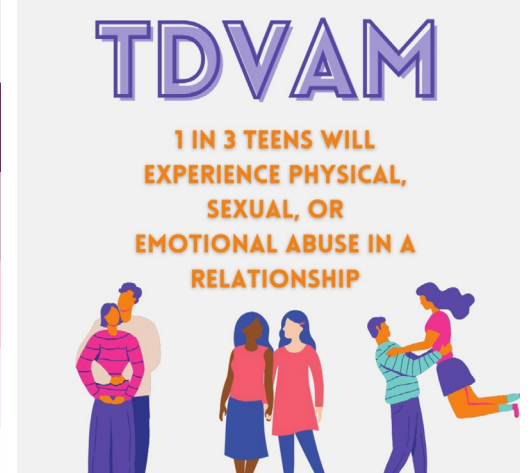
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**YOU STILL
PRIORITIZE
YOUR FRIENDS.**



No2Dating



Resources:

If you are interested in learning more about dating abuse, then visit No2DatingAbuse.org/TDVAM. This page is filled with educational information, resources, and other supportive materials.

No2DatingAbuse.org/TDVAM

For more information about Teen Dating Violence Awareness Month, to schedule a No2DatingAbuse workshop, or to connect a student for teen counseling services, please contact at mhahn@jbws.org or at **(973) 267-7520 ext. 136**.

