Teen Dating Violence Awareness Month

Toolkit for Schools, Universities, Youth Groups, and More
Teen Dating Violence Awareness Month Action Ideas

Resources - Stats Sheet

Resources - Bill of Rights

Breaking Up

Breakup Quiz

Poster Contest -

Students conduct a violence free themed poster contest. Display and let students or teachers judge.

Respect Week -

Inspire students and youth leaders around the country to actively and creatively promote messages about dating violence and healthy relationships in their own communities.

Change Drive -

Faith House believes that many people giving small amounts of money can do as much good as a few people giving a lot of money. A dollar or two, or just a handful of change; that’s all it takes to create **Change** in our community.

Overview of Faith House Education Programs -

- Hands are not for hitting
- Safe Dates
- Love is...
TDVAM Action Ideas

Sign a pledge for healthy relationships at lunch time or during halftime at a sporting event. Invite the mayor to the pledge signing.

Host an Orange Day: Orange is the color teen dating violence awareness. Encourage the whole school to wear orange on the same day to raise awareness of teen dating violence.

Read statistics on teen dating violence each morning in classrooms during announcements using the provided stats sheet.

On February 14th, we encourage you to read the following statement out loud - on your P.A. system, to your class or before group meetings. Help send a message that love has many definitions, but abuse isn’t one of them!

“This is Valentine’s Day, we’d like to remind you that everyone deserves a safe and healthy relationship. Remember, love has many definitions, but abuse isn’t one of them!”

Adopt or revamp a policy on domestic violence and dating violence in the school handbook. For more information or guidance in these procedures contact Louisiana Coalition Against Domestic Violence at (225) 752-1296, P.O. Box 77308 Baton Rouge, La 70879.

Create a display in the main lobby with facts, statistics, and information about healthy and unhealthy relationships.

Have students perform a skit on teen dating violence. Offer resources for help at the end of skit.

Contact us and tell us what you are doing! Send your event photos and descriptions to kristen@faithhouseacadiana.com or #lovestartswithrespect. With your permission we will share them on our Facebook page and website!

For more great ideas or information, contact our Education Coordinator at 337.267.9422 or email kristen@faithhouseacadiana.com.
Why Get Involved?

Unfortunately, dating violence is more common than many people realize and starts at much younger ages than we expect. We need your help spreading awareness about dating abuse and letting teens in our community know they deserve safe and healthy relationships. This toolkit will help you do just that throughout the month of February.

- Nearly 1.5 million high school students nationwide experience abuse from their dating partner in a single year.
- 2 out of 3 teens will experience dating abuse.
- One in three girls in the US is a victim of physical, emotional or verbal abuse from their dating partner, a figure that exceeds rates of other types of youth violence.
- One in ten high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.
- Girls and young women between the ages of 16 to 24 experience the highest rate of intimate partner violence, almost triple the national average.
- Violent behavior begins between the ages of 12 and 18.
- The severity of intimate dating partner violence is often greater in cases where the pattern of abuse was established in adolescence.
The Dating Bill of Rights

I have the right to:

- trust myself and my instincts
- be respected as a person
- change my mind
- express my feeling
- refuse a date
- not be physically, emotionally, or sexually abused

If you or someone you know might need help, call our 24 Hour Toll Free Crisis Line at: 888-411-1333 or visit, FaithHouseAcadiana.com.

WITH US, YOU’RE NEVER ALONE.
## Breaking Up

Breaking up is natural. Here’s the thing—most teenage relationships are temporary—in fact, maybe that’s how it should be. Relationships are part of life. And as normal as relationships are, breakups are normal too. In many situations, breaking up can actually be better for everyone.

### Consider ending a relationship if you are feeling or experiencing:

- Lack of contact or emotional connection
- Just want to be free or more independent
- Keeping secrets or not being honest
- One or both are irritable with the other
- Arguments (nothing gets solved, feelings get hurt)
- Feeling happier when you are away from your partner

### How to break up in a respectful way

- Don’t bring up your issues in social media
- Steer clear of blame and be kind, honest and clear
- Discuss in a safe setting where you have some privacy (unless you fear their response, then break up in a public setting)
- Stay open and ask yourself what you can learn from the experience
- If your partner can’t seem to be respectful, it’s ok to end the conversation—and the relationship without further discussion.
- Allow time and space to heal—avoid making excuses to contact them
- Don’t spread rumors out of spite (or at all)
- It’s okay to cry—just don’t let the blues keep you from normal activities

### Helping a friend through a breakup

- Offer listening support, and focus mostly on the upside.
- Avoid trash talking—in may come back and bite you
- If your friend seems really down, or suicidal, get help immediately
The Breakup Quiz (when to bail)

1. I am annoyed by many things about my partner.
   - Strongly Agree
   - Agree
   - Neither
   - Disagree
   - Strongly Disagree

2. We always seem to have drama between us.
   - Strongly Agree
   - Agree
   - Neither
   - Disagree
   - Strongly Disagree

3. My partner is always putting me down.
   - Strongly Agree
   - Agree
   - Neither
   - Disagree
   - Strongly Disagree

4. I am disappointed in this relationship.
   - Strongly Agree
   - Agree
   - Neither
   - Disagree
   - Strongly Disagree

5. We do not laugh together anymore.
   - Strongly Agree
   - Agree
   - Neither
   - Disagree
   - Strongly Disagree

6. I avoid my partner at times.
   - Strongly Agree
   - Agree
   - Neither
   - Disagree
   - Strongly Disagree

1-2 Strongly Agree or Agree - Consider breaking up - especially if you’re feeling put down or you’re doing this to your partner.

3 or more Strongly Agree or Agree - Hmm, sounds like it’s time to breakup. You deserve a relationship based on trust, respect and compassion. Not sure? Call our hotline for help 1.888.411.1333

Where to get help?
If someone is in immediate danger, call 911.

If you or a friend might be in an abusive relationship, talk to a parent/caregiver, a school counselor, or another adult you trust or local domestic violence or sexual assault program.

Hotline Numbers
Louisiana Domestic Violence Crisis Hotline 1.888.411.1333
National Dating Abuse Helpline 1.866.331.9474
National Suicide Hotline 1.800.273.TALK (8255)
National Sexual Assault Hotline 1.833.6546.HOPE (4673)
Respect Week Ideas
February 13th-17th

**Host an Information Table**
Setting up a table with information and resources is an effective way to reach out to many different communities - from teens to parents and other adults.

**Create an Awareness Display**
Create awareness about teen dating violence and healthy relationships with a unique display. Your display can be anything of significance to your school: a painted rock, a poster, a TV announcement or a classroom door. Make it fun and creative!

**Wear Orange Day**
**Step 1:** On February 14th, get as many people as you can to wear something orange to promote respect and healthy relationships. You can wear orange shirts, nail polish, hats, scarves, face paint, ribbons, shoes or anything else you can think of.
**Step 2:** Post pictures on social media of you and your friends wearing orange and tag them with #lovestartswithrespect

**Host a T-Shirt Contest**
Sometimes orange can be hard to find in your wardrobe. So help your classmates get prepared for Wear Orange Day by hosting a t-shirt contest! Challenge your classmates to make original designs. You can even make it a competition! Whether it’s between grades, clubs, or other groups, make it fun!

**Pep Rally for Love**
Get your school excited about healthy relationships by hosting a pep rally. Include different events and competitions at your pep rally and unite your school behind the common theme of Respect Week.

**“Love is…” Photo Contest**
Invite all of the campus clubs to partake in a photo contest on Instagram or Facebook where they can express what love is to them. Students can write their messages on small white boards, paper talk bubbles or posters. Remember to include #lovestartswithrespect when posting to social media!
**Change Matters!** is founded on the belief that individuals can make a significant impact in reducing violence in our community through a variety of means.

You can create Change by:
- Change how we treat others – Stand Up to Violence of All kinds
- Change the stereotypical views of men, women and relationships
- Support a friend you suspect is in an abusive relationship – Encourage them to seek help.

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**Your CHANGE also Matters!**

Host a Change Drive to support the programs of Faith House
- Change Drive
- Penny War
- Dollar Days

Your Change will help Change the lives of domestic violence survivors.

Contact Michelle for More Information
337-267-9422 or michelle@faithhouseacadia.com
"Hands are Not for Hitting" is targeted for elementary school children. This program focuses on appropriate ways to use your hands in positive ways and offers alternatives to hitting as a method of anger management. As part of the program, children take a pledge to not use their hands for hitting.

"Love Is" is a summer program, based on Safe Dates, for girls 11-17 to learn about healthy relationships in a safe, relaxed atmosphere featuring games, skits and roleplaying.

"Safe Dates" is an evidence-based curriculum that provides information on healthy relationships. This curriculum includes information on dating violence including warning signs of an unhealthy relationship and how to help a friend who is experiencing dating violence. This program is a 5 hour program which is set up to be completed in 3 to 5 separate sessions. This program is targeted to children aged 12-17.

For more information or to schedule a presentation please contact Kristen Boutte at kristen@faithhouseacadiana.com