

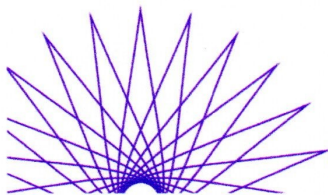
Teen Dating Violence Awareness Month

STOP THE VIOLENCE BEFORE IT STARTS

Q: Why is **TDVAM**
so important?

- A. Educates the youth on understanding healthy and unhealthy relationships
- B. Helps to put an end to the cycles of abuse and violence
- C. Ultimately ends domestic violence
- D. All of the above

A: D. All of the above!!!



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LOVE IS RESPECT (TEENS)

1-866-331-9474

Chat: loverespect.org

Text: "LOVEIS" to 22522

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233)

Chat: thehotline.org

Text: "START" to 88788



Warning Signs of an Abusive Partner

- Isolates you from your family and friends
- Checks or monitors your texts, emails, phone calls, or social media without your permission
- Constantly belittles you
- Has an explosive temper
- Has constant mood swings towards you
- Makes false accusations against you
- Blames you for things that are not your fault
- Threatens to hurt you or him/herself



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will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become an adult.
www.loveisrespect.org

Is Your Teen in an Unhealthy Relationship?

Signs your teen is in an unhealthy relationship.

- Spends less time with family/friends.
- Gives up or stops doing things that were important/of interest.
- Starts getting declining grades or skips school.
- Gets excessive text messages/emails/phone calls from bf/gf.
- Worries she/he will upset bf/gf.
- Apologizes or makes excuses for his/her gf/bf's behavior.
- Pressures by bf/gf what to do, where to go, or how to dress.
- Unexplained injuries or bruises.
- Changes in sleeping or eating patterns.

How to talk to your teen if in an unhealthy relationship.

- ✓ Accept what they are telling you. Acknowledge It takes courage to talk about it.
- ✓ Explain that an abusive relationship is not their fault.
- ✓ Explain that possessions and jealousy are signs of need to control, not signs of love and respect.
- ✓ Allow them to make up their own mind. Abuse is about power and control. Making decisions for them disempowers them.
- ✓ Do not prevent them from seeing their BF/GF.
- ✓ Don't post info about them online. Keep their whereabouts or activities off of social media.
- ✓ Give them resources. loveisrespect.org is a 24/7 hotline that educates teens and parents about developing healthy relationships.
- ✓ Don't give up. Keep the lines of communications open and stay patient.



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HOW TO HELP A FRIEND EXPERIENCING DATING ABUSE



Females between the
ages of 16 and 24 are

3 times

more likely
than the rest
of the population
to be abused
by a dating partner.

www.dosomething.org

Believe them

Listen to them

Encourage them to tell a trusted adult

Tell them that the abuse is never OK or accepta-



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