

# TEEN DATING VIOLENCE AWARENESS & PREVENTION MONTH 2023

JOIN US THIS FEBRUARY

## WHY PARTICIPATE?

- Teen Dating Violence (TDV) is a pattern of violent or manipulative behaviors by a partner (or ex) to gain power and maintain control in a relationship.
- TDV can happen online or in person and includes physical, sexual, emotional, verbal, financial violence and stalking.
- In February communities nationwide take a stand against TDV by spreading awareness and prevention education to address relationship violence. ([Link to local TDV & Healthy Relationships classes](#))

## HOST AN INFORMATION TABLE

- Download and print the [10 Healthy/Unhealthy Relationship Signs](#), [palm cards](#), and other resources from [loveisrespect.org](http://loveisrespect.org)
- Attach information about healthy relationships to a Flower/Candy Gram.
- Print the [Relationship Bill of Rights](#) and encourage all students to sign it.
- Print and share [Healthy LGBTQ+ Relationships](#).



## WEAR ORANGE DAY

- Tuesday February 7, 2023
- Wear orange, a simple, yet meaningful way to raise awareness about teen dating violence. Or, print out [speech bubbles](#) and tell us what "LOVE IS...."
- Snap a selfie, or take a group picture of you with friends/family/co-workers all wearing orange, or with speech bubbles.
- Post it on social media (Facebook, IG) and tag #tdvamteamorange



## RELATIONSHIP SPECTRUM ACTIVITY

- Relationships are not 100% healthy or 100% unhealthy. How would students rate:
  - Silent treatment as a way to communicate?
  - A partner whose needs always come first?
  - A partner who sends more texts than you have agreed to?
- Find out using the [high school](#) or [middle school](#) classroom activity.



**TDV is serious and can impact a student's mental health and academics.**

# DID YOU KNOW?

Based on 2019 SDUSD Youth Risk Behavior Survey:

**1 in 16 students** has experienced physical dating violence

**1 in 10 students** has experienced sexual dating violence

**1 in 5 students** has experienced emotional dating violence

## Tips on How to #StartTheConvo

- **Build Rapport** - It takes time to build trust; youth may open up about their relationships as they are comfortable. If they don't want to talk to you, is there someone else they feel comfortable with?
- **Disclose Your Status** - Before you engage youth in a conversation, always disclose if you are a mandated reporter and what that means.
- **The Goal isn't Disclosure** - It is okay if a youth does not want to disclose. The goal is to create a space where students know they can talk to you without judgment or go to you for resources and support.
- **Ask Open-Ended Questions** - Create opportunities to check in with them and ask open-ended questions like, "I've noticed you've been struggling to pay attention in class - what's on your mind lately?"
- **Validate Their Experiences** - Let them know they did not deserve to experience abuse and the abuse is not their fault. Don't minimize the effect the abuse is having on the student.
- **Involve Them** - If they disclose, share what local resources are available to them and support them in their choices. Ask them how they want to move forward.

**Remember!** You do not have to support a student alone. Write down your designated go-to campus person if you need more support:

### COMMUNITY RESOURCES

#### Center for Community Solutions

Region: Central, East County,  
North County Inland  
Services for teens: confidential  
therapy and advocacy  
24/7 Hotline: (888) 385-4657

#### WRC

Region: North County Coastal  
Services for teens: Counseling  
24/7 Hotline: (760) 757-3500

#### San Diego Family Justice Center - Your Safe Place

Region: all San Diego County  
Services for teens: confidential  
safety planning, counseling,  
advocacy, legal assistance, social  
services, shelter assistance  
Telephone: (619) 533-6000

#### South Bay Community Services

Region: South Bay  
Services for teens: Counseling,  
emergency shelter,  
case management  
24/7 Hotline: (800) 640-2933

#### Community Resource Center

Region: North County Coastal  
Services for teens: Counseling  
24/7 Hotline: (877) 633-1112

Brought to you by the Teen Dating Violence Committee of the San Diego Domestic Violence Council. For resources or to request a training, contact: [teendv.sddvc@gmail.com](mailto:teendv.sddvc@gmail.com)