HOST AN INFORMATION TABLE

- Download and print the 10 Healthy/Unhealthy Relationship Signs, palm cards, and other resources from 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

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**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.

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

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**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

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

**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

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

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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