



**TEEN DATING
VIOLENCE
AWARENESS
MONTH**

RESOURCE TOOLKIT



Table of Contents

Teen Dating Violence Awareness Month

Intro	3
For Everyone	4
For Youth	5
For Parents & Caregivers	6
For Educators & Professionals	7



**TEEN DATING
VIOLENCE
AWARENESS
MONTH
TOOLKIT**

INTRO



Up to 19% of teens in the United States experience sexual or physical dating violence, about half face stalking or harassment, and as many as 65% report being psychologically abused. (source: ojjdp.ojp.gov)

As young people begin to explore romantic connections, unfortunately, a number of them fall victim to violence.

February is Teen Dating Violence Awareness Month. Teen dating violence can take the form of physical, emotional, or sexual abuse, harassment, or stalking and impacts one's health and well-being. Unhealthy relationships can start early and last a lifetime. The good news is that we can prevent violence by practicing self-compassion, identifying the characteristics of a healthy relationship, recognizing warning signs of an unhealthy relationship, and knowing when to intervene or seek help.



FOR URGENT SUPPORT, TEXT OR CALL 988. IN AN UNHEALTHY RELATIONSHIP AND NEED HELP? TEXT "LOVEIS" TO 22522, CALL 1-866-331-9474. OR CHAT IS AVAILABLE AT LOVEISRESPECT.ORG.

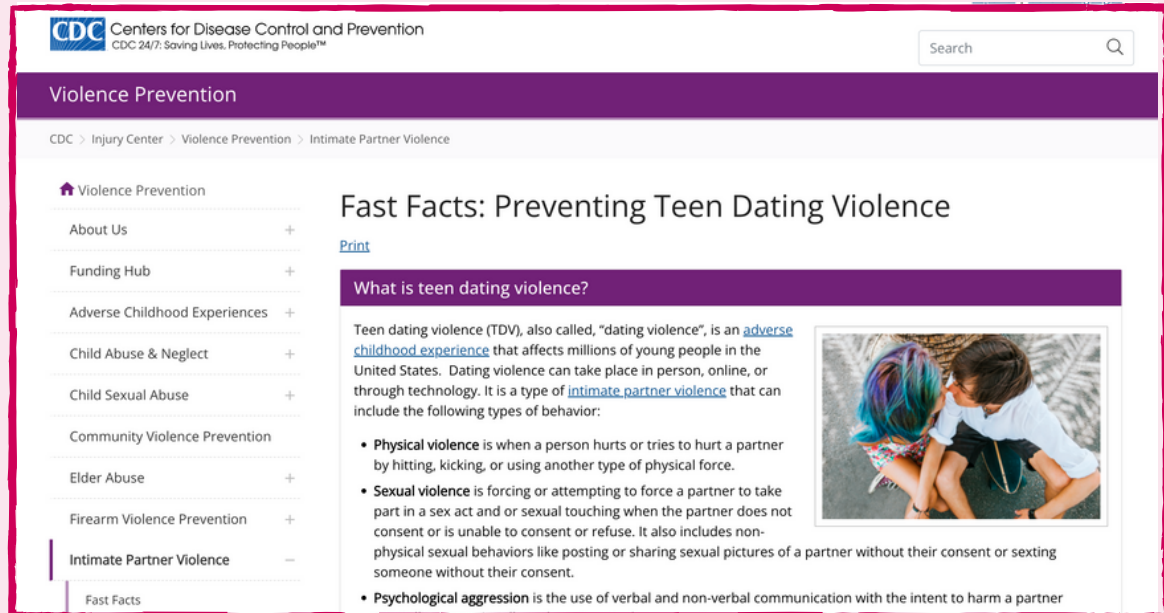
FOR EVERYONE

FREE
your
FEELS™

Findings from the CDC's Youth Risk Behavior Survey 2021 (YRBS) indicate that 8.5% of students who had dated in the past year experienced physical teen dating violence and 9.7% experienced sexual teen dating violence. Overall, 13.6% of students experienced any type of teen dating violence (physical, sexual, or both).

ACTION

The CDC has a webpage dedicated to teen dating violence facts, risk factors, protective factors, and resources. Check it out!



The screenshot shows the CDC's website for Violence Prevention, specifically the Intimate Partner Violence section. The page title is "Fast Facts: Preventing Teen Dating Violence". It includes a search bar, a navigation menu, and a main content area with a "Print" link and a "What is teen dating violence?" section. The "What is teen dating violence?" section defines Teen dating violence (TDV) and lists three types of behavior: Physical violence, Sexual violence, and Psychological aggression. An image of a young couple is also visible.

Fast Facts: Preventing Teen Dating Violence

[Print](#)

What is teen dating violence?

Teen dating violence (TDV), also called, "dating violence", is an [adverse childhood experience](#) that affects millions of young people in the United States. Dating violence can take place in person, online, or through technology. It is a type of [intimate partner violence](#) that can include the following types of behavior:

- **Physical violence** is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- **Sexual violence** is forcing or attempting to force a partner to take part in a sex act and or sexual touching when the partner does not consent or is unable to consent or refuse. It also includes non-physical sexual behaviors like posting or sharing sexual pictures of a partner without their consent or sexting someone without their consent.
- **Psychological aggression** is the use of verbal and non-verbal communication with the intent to harm a partner

FOR URGENT SUPPORT, TEXT OR CALL 988. IN AN UNHEALTHY RELATIONSHIP AND NEED HELP? TEXT "LOVEIS" TO 22522, CALL 1-866-331-9474. OR CHAT IS AVAILABLE AT LOVEISRESPECT.ORG.

FOR YOUTH



“Love is Respect” brings awareness to teen dating violence, and unites teens, young adults, and those who support them in a national effort to promote healthy relationships and prevent future abuse.

Check out the 2024 Love is Respect Action Guide which includes messages from Youth Council Members; how to define love for yourself; the benefits of a healthy relationship; unhealthy love examples; conflict resolution; and resources.



#LoveIsRespect

FREE RESOURCES:

- ↓ **2024 TDVAM CALENDAR OF EVENTS**
- ↓ **2024 TDVAM SOCIAL MEDIA GUIDE**

FOR URGENT SUPPORT, TEXT OR CALL 988. IN AN UNHEALTHY RELATIONSHIP AND NEED HELP? TEXT “LOVEIS” TO 22522, CALL 1-866-331-9474. OR CHAT IS AVAILABLE AT LOVEISRESPECT.ORG.

FOR PARENTS & CAREGIVERS

FREE
your
FEELS™

Efforts to prevent teen dating violence have evolved from awareness to promoting protective factors and reducing risk. One solution involves focusing on strengths such as emotional regulation to help teens learn to manage feelings of anger, shame, and jealousy that arise in daily life.

For example: How can teens navigate rejection by a partner, especially when that rejection plays out publicly on social media?

ACTION

Read the tips on this [webpage](#), and watch this [video](#), to learn how to help "emotion coach" your teen



BONUS ACTION

Have younger kiddos in your life but still want to address emotional regulation? Check out [this article](#) from the Child Mind Institute.

FOR URGENT SUPPORT, TEXT OR CALL 988. IN AN UNHEALTHY RELATIONSHIP AND NEED HELP? TEXT "LOVEIS" TO 22522, CALL 1-866-331-9474. OR CHAT IS AVAILABLE AT LOVEISRESPECT.ORG.

FOR EDUCATORS & PROFESSIONALS

FREE
your
FEELS

“Dating Matters: Understanding Teen Dating Violence Prevention – Training for Educators” is a free, online course available to educators, school personnel, youth mentors, and others dedicated to improving teen health! What will you learn?

- Characteristics of healthy and unhealthy teen relationships
- Early warning signs and factors that may increase a teen’s risk for dating violence
- Statistics, examples, and consequences of teen dating violence
- Ways to promote healthy relationships and prevent unhealthy and violent ones

ACTION

In 60 minutes, you can take [this online training](#) and help prevent dating violence!

Coming Spring 2024: Dating Matters will have a new name!

DATING MATTERS

UNDERSTANDING TEEN DATING VIOLENCE PREVENTION

[Launch Training](#) ↗

DATING MATTERS®: UNDERSTANDING TEEN DATING VIOLENCE PREVENTION TRAINING FOR EDUCATORS is a free, online course available to educators, school personnel, youth mentors, and others dedicated to improving teen health. Follow a school administrator throughout his day as he highlights what teen dating violence is and how to prevent it through graphic novel scenarios, interactive exercises, and information gathered from leading experts.



FOR URGENT SUPPORT, TEXT OR CALL 988. IN AN UNHEALTHY RELATIONSHIP AND NEED HELP? TEXT “LOVEIS” TO 22522, CALL 1-866-331-9474. OR CHAT IS AVAILABLE AT LOVEISRESPECT.ORG.



QUESTIONS? CONTACT

Maria Ramos
Sr. Program Specialist
Voices for Georgia's Children
freeyourfeels@gmail.com