



## LOVE IS RESPECT- DATING SAFETY

Teen dating violence is more common than one might think, especially among teens and young adults, and it has serious implications for teens' mental health and overall well-being. According to the CDC's 2021 Youth Risk Behavior Survey:

- 8.5% of high school students reported experiencing physical dating violence.
- 9.7% reported experiencing sexual dating violence.

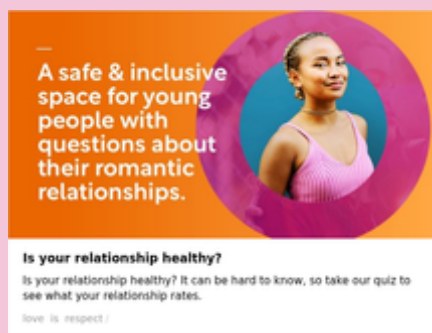
Dating violence can be overt (obvious) or hidden (covert), and can manifest verbally, physically, in-person, or through online digital spaces such as social media, texts, or email. Regardless of its form, teen dating violence has a lasting negative impact on physical and emotional health.

The good news is that violence is preventable. By fostering healthy relationships with oneself and others, we can create a positive environment that reduces the risk of dating violence. Loving yourself is a key protective factor against dating violence. It involves recognizing your worth and treating yourself with kindness and respect. Focusing on your well-being and making choices that help you become the best version of yourself can build a strong foundation for healthy relationships with others. Through awareness, intervention, and the promotion of empathy and kindness, we can prevent violence and promote positive relationships.



## ACTIVITY

**Dating Safety:** Everyone deserves to be in a healthy relationship. Do you know if your relationship is safe and healthy? Take this quiz to help you find out:



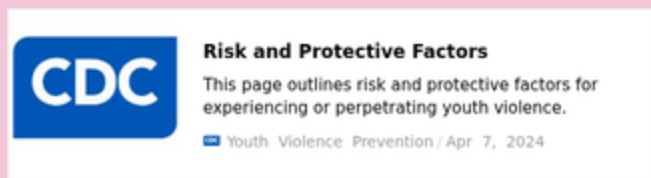
**Self-Love:** Start a self-love journal where you write down positive affirmations, things you love about yourself, and achievements you're proud of. Reflect on these entries regularly to boost your self-esteem and remind yourself of your worth.



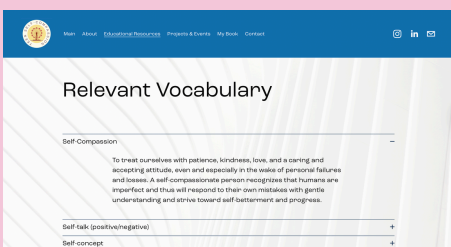
## RESOURCES:

**Dating safety:** Relationships exist on a spectrum from healthy to abusive, with unhealthy relationships falling somewhere in between. Risk factors increase the likelihood of someone becoming involved with violence, while protective factors can help shield individuals from these harmful behaviors.

Learn more about some of the factors that can either increase or decrease the risk of youth experiencing or engaging in violence. By recognizing and addressing these factors, we can create safer, more supportive environments that reduce the incidence of bullying and violence.



**Self-Love:** Before we can fully build a healthy relationship with others, a helpful practice is to start by having a positive relationship with ourselves. Learn about self-compassion and how to practice it in your daily life:



Teens can anonymously discuss their situation with a dating violence expert at the National Teen Dating Violence Hotline in several ways:

 **CALL: 1-866-331-9474**

 **TEXT: "LOVEIS" TO 22522**

 **CHAT: ONLINE AT [LOVEISRESPECT.ORG](https://loveisrespect.org)**

**FOR URGENT SUPPORT  
CALL OR TEXT 988.**

HEALTHY

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

UNHEALTHY

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically/financially

ABUSIVE

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others