



LOVE IS

**SETTLING
BOUNDARIES**



love is respect loveisrespect.org

National Youth Advisory Board
Respect Week Guide 2016

WHAT IS RESPECT WEEK?

The loveisrespect National Youth Advisory Board created Respect Week as a special way for young people to raise awareness during Teen Dating Violence Awareness Month (Teen DV Month) in February. This year, our theme for Teen DV Month is “Setting Boundaries,” and you can get more information on setting healthy boundaries at loveisrespect.org.

We created this guide to inspire students and youth leaders around the country to actively and creatively promote messages about dating violence and healthy relationships in their own communities.

Mark Your Calendars!

Wear Orange Day: Feb. 9

National Respect Announcement: Feb. 12



About loveisrespect

loveisrespect's mission is to engage, educate and empower young people to end abusive relationships. It is a project of the National Domestic Violence Hotline and Break the Cycle.

About the loveisrespect National Youth Advisory Board

The National Youth Advisory Board (NYAB) is a group of dedicated middle school, high school and college students, as well as young people not in school. They work together to represent youth of all ages, backgrounds and communities. Working both online and off, NYAB members host awareness-raising events across the country, meet monthly and generally take steps toward youth empowerment and dating abuse awareness!

Connect with Us!

Follow loveisrespect and share your Respect Week and Teen DV Month activities:



facebook.com/loveisrespectpage



[@loveisrespect](https://twitter.com/loveisrespect)



[@loveisrespectofficial](https://instagram.com/loveisrespectofficial)

FIRST, LEARN THE FACTS

In order to raise awareness about dating violence and help prevent it, you need to know the basics!

Dating violence can happen to anyone, regardless of age, race, gender, sexual orientation or background.

Drugs and alcohol can affect a person's judgment and behavior, but they **do not excuse abuse or violence**.

Dating violence can be:

Physical: hitting, slapping, choking, kicking

Emotional/Verbal: putting you down; embarrassing you in public (online or off); threatening you in any way; telling you what to do or what to wear

Sexual: pressuring or forcing you to do anything sexual, including sexting; restricting access to birth control

Financial: taking your paychecks; preventing you from working

Digital: sending threats via text, social media or email; stalking or humiliating you on social media; logging into your social media or email accounts without permission; forcing you to share passwords

Dating violence is common:

One in three teens in the U.S. has experienced some form of abuse by a dating partner

Dating abuse affects around **1.5 million teens** annually

There is **NO** excuse for abuse, and no one deserves to be abused. For support, information and resources, talk to a loveisrespect peer advocate, 24/7/365.



Call 1-866-331-9474



Chat at loveisrespect.org



Text loveis to 22522

TIPS FOR RAISING AWARENESS DURING RESPECT WEEK: SOCIAL MEDIA 101

Using social media is a great way to raise awareness. Take some time away from your daily posts and share something that will get your friends talking about healthy relationships. Your voice matters!

Use these hashtags when you tweet, post to Facebook or share photos on Instagram. We want to hear about how you and your friends are making your voices heard this February:

#RespectWeek2016

Use this hashtag to promote Respect Week (Feb. 8-12)

#orange4love

Use this hashtag for Wear Orange Day (Feb. 9)

#teenDVmonth

This is the official hashtag for Teen Dating Violence Awareness Month, keep up with all conversations that may use #TDVAM

Not sure what to post?

Don't worry, we've got some ideas! Use the sample messages below.

1 in 3 teens experiences dating abuse. That's 1 too many! Check out @loveisrespect for info & help #teenDVmonth

Love is...setting and respecting healthy boundaries #RespectWeek2016 #teenDVmonth

I wear #orange4love to take a stand against abuse and promote healthy relationships! #RespectWeek2016

You can also repost from @loveisrespect on Twitter or @loveisrespectofficial on Instagram!

TIPS FOR RAISING AWARENESS DURING RESPECT WEEK: ENCOURAGING OTHERS TO JOIN THE CAUSE

Know Your Message

The best way to encourage others to get involved is to fully understand the message you are promoting. Rehearse your message, and write a cheat sheet if you're going to be talking face-to-face with someone. Don't forget to leave your audience with ways to find out more information.

For example, your message might be:

"One in three teens in the U.S. experiences dating violence, and I think that's one too many. I believe that everyone deserves a healthy, safe and respectful relationship. February is Teen Dating Violence Awareness Month, and I hope you'll join me in raising awareness about abuse and promoting healthy relationships. If you'd like more information about dating violence and abuse, visit loveisrespect.org."

Emphasize Your Credibility

Highlight that you are joining the efforts of loveisrespect's National Youth Advisory Board to promote healthy relationships and end dating abuse. You can also reference your involvement with any related clubs or organizations.

Know Your Audience

It's a good idea to tailor your message to the audience you are approaching. You are going to talk to your friends differently than the manager of a local business or a corporate representative. Be appropriate and treat your audience with respect.

Involve your school

Find a teacher, counselor, or administrator who will support your ideas/actions.

Reach out to your school's clubs, sororities or fraternities.

Contact your connections

Talk to people you know with connections to more influential audiences (i.e. local representatives, church leaders, business owners, law enforcement officers etc.).

Partner with Nonprofit Organizations

Communicate with local organizations dedicated to domestic and teen dating violence. Include organizations that deal with related issues, such as substance abuse.

TIPS FOR RAISING AWARENESS DURING RESPECT WEEK: MEDIA OUTREACH AND POLICY

Student Publications and Campus Radio Stations

Your school's newspaper and student radio station can be powerful tools for reaching your peers.

Contact the student editor, station program director or teacher in charge and let them know what Respect Week is and why it's important to students.

Offer to write an op-ed or be interviewed about why dating violence is an important issue.

School Policy

If your school doesn't already have a policy in place to address teen dating violence, talk to the administration or school board about adopting one.

For additional resources, visit *breakthecycle.org*.

Engage City, State or Other Local Representatives

First, do some research. Which laws and policies are already in place in your state? Check out your State Law Report Card at *loveisrespect.org/resources/teen-dating-violence-laws/* for more information.

Set up a meeting to discuss the issue with your local or state representative. Tell them why it's important to recognize dating violence as a key issue and to close any gaps in state or local laws.

Get your city, state and/or locality to adopt a proclamation recognizing Teen DV Month and Respect Week. Use the template available at *loveisrespect.org/resources/teendvmonth/* and share with the appropriate elected official or office.

Host a letter writing campaign, phone bank press conference or rally targeted at your state representatives to encourage them to take action on the gaps that are identified in your state's report card.

WEAR ORANGE DAY: FEBRUARY 9, 2016

The #Orange4Love Challenge:

Step 1: On Feb. 9, get as many people as you can to wear something orange to promote respect and healthy relationships. You can wear orange shirts, nail polish, hats, scarves, face paint, ribbons, hair ties/bows, jewelry, shoes, rubber bands in their braces or anything else you can think of!

Step 2: Post pictures on social media of you and your friends wearing orange and tag them **#orange4love** and **#RespectWeek2016**. Share why you're wearing orange, like in these sample messages:

I wear #orange4love because I believe everyone deserves a healthy relationship! #RespectWeek2016

I wear #orange4love because 1 in 3 teens experiences dating abuse & that's 1 too many #RespectWeek2016



Promote Wear Orange Day:

Tell everyone! Spread the word to people at school, work, in the community, at your place of worship and on social media.

Feeling crafty? Create and hand out buttons that say "Wear Orange 4 Love."

Hang posters, banners, or flyers in common areas, bathrooms or on bulletin boards.* You can use the flyer on the next page or make your own!

Hold an assembly featuring a local organization that provides resources and services related to teen dating violence. Use Wear Orange Day to raise funds for the organization.*

Work with your school to provide incentives for students to wear orange, like random prizes given out in the halls to people wearing orange.

**Please be sure to get permission from school officials or other authorities to post flyers, make announcements or spread the word.*

Join our Wear Orange Day Facebook event (<http://bit.ly/WearOrange2016>) to post pictures and connect with other participants from around the country!

WEAR ORANGE DAY

FEBRUARY 9, 2016

1 in 3 teens has experienced some form of abuse by a dating partner.

**Wear orange and show your
support for healthy relationships!**

Share your pics with #orange4love and #RespectWeek2016.

Have questions about your relationship?

call 1.866.331.9474 | chat at loveisrespect.org | text loveis to 22522



love is respect org

I WEAR ORANGE BECAUSE...

#orange4love

#RespectWeek2016

#teenDVmonth

NATIONAL RESPECT ANNOUNCEMENT

The loveisrespect National Youth Advisory Board invites you to make an impact by participating in the National Respect Announcement on Feb. 12, 2016.

The National Respect Announcement reaches thousands of youth each year. The goal of the announcement is to remind people that love has many definitions, but abuse is not one of them. Everyone deserves a respectful and healthy relationship!

There are a few ways to make your voice heard.

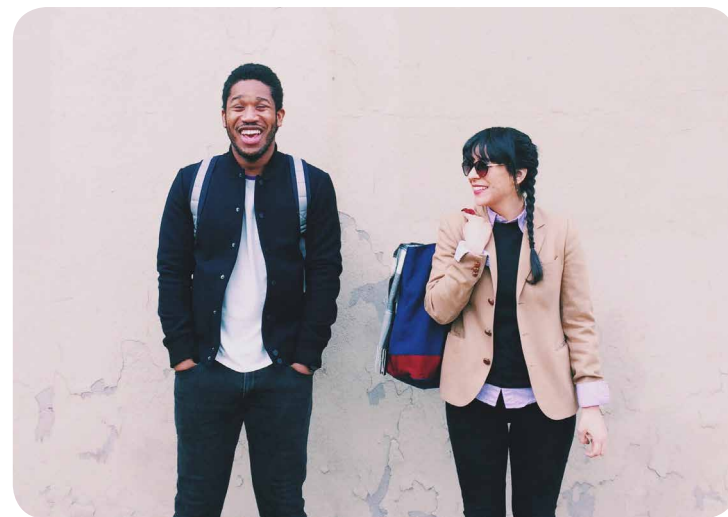
Join the Thunderclap: Sign up through Twitter or Facebook to join our Thunderclap at thndr.me/UHMMWQs, which will automatically post an announcement to your social media channels on Feb. 12. The more people who sign up, the greater the reach, so encourage friends and family to join as well!

In Person: Get permission from your school's administration to read the announcement during the morning public announcements on Feb. 12. Read the announcement before each class period or at your youth group or club meetings.

Visually: create and post a flyer around campus, dorm bulletin boards, health offices or any other place that people will see it. Remember to get permission and follow any guidelines before posting.

National Respect Announcement

With Valentine's Day around the corner, we'd like to remind you that everyone deserves a safe and healthy relationship. Remember, love has many definitions, but abuse isn't one of them. If you or someone you know has a question about a relationship, healthy or unhealthy, visit loveisrespect.org or text "loveis" to 22522.



RESPECT WEEK ACTIVITY IDEAS



Organize a “Trading Places” Dance

What is a “Trading Places” Dance?

This dance aims to promote gender inclusiveness by asking young people to “trade places” and go against stereotypical gender roles.

Convince your peers to swap expected roles with their dance partners. (For example, have the person who is not stereotypically the one to ask their partner to the dance ask their partner this time.)

If you and your partner already rebel against gender roles, that’s awesome! Keep it up and encourage others to try as well.

Make sure to be inclusive of all relationships and gender identities as you plan your promotion.

What Do I Do?

Get permission to host the dance and use the gym, cafeteria or other large space.

Find supportive school staff to work with. Get teachers and administrators on board so lots of students can attend.

Pick a date and a time.

Get a team together to discuss decorations, food and other event necessities.

How Do I Promote the Dance?

Word of mouth: This event should be fun and should make people want to attend. The more everyone talks about it, the better!

Social media: Share on Twitter and create an event on Facebook. Be sure to share photos afterward!

Make announcements at school and put up posters or flyers with teacher or administrator permission.

MORE ACTIVITY IDEAS

Host an Information Table

Setting up a table with information and resources is an effective way to reach out to many different communities – from teens to parents and other adults. Here are some basic tips that will help make your tabling activities a success!

What Do I Do?

Choose a date, time and place when people will be present – nothing is less fun than a table that no one approaches!

Make a checklist of all the materials (including the quantity of each) you'll be bringing with you to the tabling event. Print out any materials you plan on including. Visit loveisrespect.org/resources/download-materials/ for palm cards, posters and other great handouts!

Print out speech bubbles (available on the next page) and write the words “Love is...” on them. Have visitors to your table complete the sentence. You can use these speech bubbles later to create an awareness display.

Wherever you decide to host an information table, make sure you get the proper permission, especially if you are in a school setting.

What Should I Say?

Memorize some information to share with people stopping by your table, such as:

One in three teens experiences some form of abuse in their relationships.

Abuse can be as visible as bruises or as subtle as name calling and controlling what a partner wears.

Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.

Teens who have questions about their relationships can visit loveisrespect.org or text loveis to 22522 to get help from trained peer advocates.

Want to Do More?

Reach out to your local domestic violence service provider to come assist you at your info table.



#RespectWeek2016
#teenDVmonth

MORE ACTIVITY IDEAS

Create an Awareness Display

Create awareness about teen dating violence and healthy relationships with a unique display. Your display can be anything of significance to your school: a painted rock, a poster, a TV announcement or a classroom door. Make it fun and creative!

What Do I Do?

Find the right spot. Pick a visible location of importance to your school. Make sure it's large enough to hold your display. Don't forget to get permission to use the location you select!

Mark your calendar. Choose a date and time close to the beginning of February, if possible, and use your display to raise awareness about dating violence and healthy relationships.

Be prepared. Arrange to purchase or collect the materials needed to create and set up your display.



What Should My Display Say?

Make your message creative, something that will put a positive spin on raising awareness and catch your peers' attention. For example:

"Wear Orange for Love on February 9...because LOVE is RESPECT!"

"Healthy relationships make Valentine's Day special!"

If you held a tabling, you can use the "Love is..." statements from your peers to make an amazing display that goes beyond your one-time tabling event.

How Do I Promote My Display?

Tell everyone! People in your classes, your teachers, administration, your fellow club members and your Twitter, Instagram and Facebook friends. Ask everyone to spread the word!

Make announcements to the entire school, certain classes, groups or others. (Be sure to get permission if needed!)

MORE ACTIVITY IDEAS

Use Creative Expression to Promote Healthy Relationships

Advocate for a cause you feel passionate about by designing creative new ways to communicate your message. Here are some ideas for using the arts to promote healthy relationships:

Host an art show or contest. This can include painting, installation art, sculptures, posters, stickers or photography.

An example of installation art could be using orange and white balloons to represent the statistic that one in three young people will experience dating abuse.

Get others involved by hosting a poetry slam, play/musical, talent show, open mic night, essay contest, flash mob, interpretative dance, PSA contest, app creation, website design or blog discussions.

Host an #Orange4Love T-Shirt Contest

Sometimes orange can be hard to find in your wardrobe. So help your classmates get prepared for Wear Orange Day by hosting a t-shirt contest! Challenge your classmates to make original designs. You can even make it a competition! Whether it's between grades, clubs, or other groups, make it fun!

Hang Up Posters

Print out copies of the poster on the next page and hang them up in your school or community center to help educate others about setting healthy boundaries. (Be sure to get permission if necessary!)



Pep Rally for Love

Get your school excited about healthy relationships by hosting a pep rally. Include different events and competitions at your pep rally and unite your school behind the common theme of Respect Week.

Invite different clubs or groups to be involved, like the marching band, other activist groups in your school, etc. so that you can truly unite your peers.

You can even announce your Wear Orange Day t-shirt contest winner at your pep rally!

Remember to get permission and help from teachers or the administration.

LOVE IS... SETTING BOUNDARIES

Setting and respecting boundaries helps each person feel safe in a relationship.

Boundaries can be:



Emotional

Respecting each other's feelings, needs and goals
Spending time together and apart, without jealousy



Physical

Getting physically intimate only when both partners are comfortable
Not pressuring or forcing sexual activity or affection



Digital

Finding a comfortable level of texting and social media interaction
Respecting digital privacy, not pressuring to sext or share passwords

Need help?

chat at loveisrespect.org

text loveis to 225222

call 1.866.331.9474



love is respect [org](https://loveisrespect.org)



RESPECT WEEK COLLEGE CAMPUS ACTIVITIES

This section includes ideas for promoting Respect Week on your college campus. Aim to reach as many people as possible and help make a difference!

These Hands Don't Hurt

Set up a large mural where passing students can sign a pledge committing to nonviolence in their relationships. Let them sign the pledge by printing their hand with paint on the mural or tracing their hand in chalk on the sidewalk. Have a table nearby with handouts the students can take with them after they sign the pledge. For handout materials, visit www.loveisrespect.org/resources/download-materials/.

T-Shirt Sale for Wear Orange Day

Sometimes orange can be hard to find in your wardrobe. To prepare for this, run a t-shirt sale in advance (you can use orange t-shirts or white t-shirts with orange designs). Promote it by donating the proceeds to a local domestic violence nonprofit agency. Another option is holding a t-shirt tie-dyeing event. Get people together to make their orange shirts and get the conversation started about healthy relationships!

Kisses for Consent Booth

The goal is to get your peers to ask for consent for a kiss and when they do, they receive a Hershey kiss. This is a fun way to promote consent! You can set it up like a kissing booth, but when they come over, they realize the true message. You'd be surprised how much attention this will get on a college campus.

Chalking

Get permission from your college (if necessary) to chalk up (write a message with chalk on the ground) a regularly frequented walkway on your campus. Your message could be something as simple as "February is Teen Dating Violence Awareness Month." You could also rally the artists on campus to make a beautiful chalk mural.



MORE COLLEGE CAMPUS ACTIVITIES

Get the Sports Teams Involved

Partner with the intramural/club sports teams. Ask them to wear orange during their games for Respect Week! This can include orange ribbons, sweat bands, socks or other items.

Decorate R.A. Bulletin Boards

Resident Assistants in campus Residence Halls are always looking for interesting and informative topics to post on their bulletin boards. Team up with housing on your campus to inspire R.A.'s to shine a spotlight on Respect Week and Teen Dating Violence Awareness Month!

Host a Campus-Wide “Love is...” Photo Contest

Invite all of the campus organizations to partake in a photo contest on Instagram or Facebook where they can express what love is to them. You and your peers can write your messages on small white boards, paper talk bubbles or posters. Remember to include #RespectWeek2016 when posting to social media!





For more information, visit loveisrespect.org.

loveisrespect is a partnership of the National Domestic Violence Hotline and Break the Cycle

Repurposing is allowed and encouraged.



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