

# NATIONAL **YOUTH** ADVISORY BOARD RESPECT WEEK 2013 GUIDE



Make a difference this  
Teen Dating Violence Awareness Month!!



love is respect org



# IT'S TIME TO **TALK** ABOUT DATING ABUSE

## About Loveisrespect

Loveisrespect is the ultimate source of support for young people to prevent and end dating abuse, inspiring them to create a culture of healthy relationships.

Do you have questions about your relationship or a friend's? Want to make a difference? Visit [loveisrespect.org](http://loveisrespect.org) to find interactive quizzes, guides like this one, a vast library of content and more. Want to talk to someone? Peer advocates are available to assist you 24/7 by online chat at [loveisrespect.org](http://loveisrespect.org), by phone (866.331.9474) or by texting "Loveis" to 77054.

## About the LIR National Youth Advisory Board

Our National Youth Advisory Board (NYAB) consists of 24 hardworking and dedicated individuals, ranging in age from 14 to 24. Middle school, high school and college students, as well as young people not in school, work together to represent youth of all ages, backgrounds and communities. The NYAB is possible thanks to the generous contribution of mark, A Division of Avon Products. The NYAB is busy showing teens and young adults that they DO have a voice and CAN take action, as they spread the message that "love has many definitions, but abuse is never one of them."

## About the Respect Week Guide

The Loveisrespect National Youth Advisory Board created Respect Week as a special way for young people to raise awareness during February's annual Teen Dating Violence Awareness and Prevention Month. The activities included in this guide are easy to implement by students and youth leaders in schools, sports programs and community/youth groups across the country!

## Let Us Know What You're Doing!

Make sure to register your events on our calendar at [teendvmonth.org](http://teendvmonth.org). During your events, take photos and videos of your activities and share them with loveisrespect on Twitter (@loveisrespect) or Facebook (/loveisrespectpage). Your photos might appear in a future blog or online!

# THE THIRD ANNUAL NATIONAL ANNOUNCEMENT FEBRUARY 14



## What Do I Do?

Help reach ONE MILLION teens this Valentine's Day by registering for the 3rd Annual National Announcement to Promote Healthy Relationships! Visit [teendvmonth.org/announcement](http://teendvmonth.org/announcement) to sign up and then read the Announcement on Valentine's Day (Thursday February 14, 2013) during your school's morning announcement. Or, you can choose to read the Announcement before each of your classes or youth group meetings!

## Announcement Text

*This Valentine's Day, we'd like to make sure everyone knows: we all deserve safe and healthy relationships. If you or someone you know has questions about their relationship - you can visit [loveisrespect.org](http://loveisrespect.org) or text "Loveis" to 77054.*

*Remember, love has many definitions, but abuse isn't one of them.*

## Don't Forget...

You need to ask for permission from your school's administration or your teacher before signing up and reading the Announcement. Your school may have participated in past years, so they'll be glad to see you take the lead! Just make sure to show the Announcement to the appropriate people for approval.

### Connect NOW!



[www.loveisrespect.org](http://www.loveisrespect.org)



"loveis" to 77054 | 1-866-331-9474

Discuss your options anonymously.  
Peer advocates are available 24/7.

# WEAR ORANGE 4 RESPECT FEBRUARY 11



## What Do I Do?

Get Respect Week started at your school on February 11th. Get as many people as you can to wear something orange in honor of Teen Dating Violence Awareness Month and promote respect and healthy relationships! People 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.

## How Do I Promote “Wear Orange” Day?

1. Tell EVERYONE!! People at school, at work, in the community, at your place of worship, your neighbors and your Twitter, Instagram and Facebook friends. Ask everyone to spread the word!
2. Join our Facebook event at <http://tinyurl.com/wearorange>.
3. Make announcements to the entire school, certain classes, groups or others.
4. Put posters, banners or flyers in common areas, bulletin boards, bathrooms and other places. You can use the flyer on the next page or make your own!

*Don't forget - Please be sure to get the appropriate permission to post flyers, make announcements or spread the word. Try talking to a teacher or professor or getting permission from the principal.*

## What Else Should I Do On “Wear Orange” Day?

Take pictures and post about it online! Share with the world that you are standing up for healthy relationships!

- Post on Twitter or Instagram with the hashtags #TDVAM and #RespectWeek.
- Share your ORANGE 4 RESPECT photos on the Facebook event or at [facebook.com/loveisrespectpage](https://www.facebook.com/loveisrespectpage)!

## And Remember...

Don't just wear orange - talk about it! By having a large number of people raising awareness like this and talking about healthy relationships, we send a message that teen dating abuse is not okay! Not sure what to say? Try this -

*“I'm wearing orange today to promote respect and healthy relationships!”*  
or *“I'm wearing orange to help promote [loveisrespect.org](http://loveisrespect.org) and healthy relationships.”*

If anyone asks for more info, just direct them to [loveisrespect.org](http://loveisrespect.org).

If it's someone who might need help, they can reach our Peer Advocates at the services listed to the right. It's confidential and available 24/7.

**Connect NOW!**

Live Chat @ [www.loveisrespect.org](http://www.loveisrespect.org)

| 1-866-331-9474

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# THIS FEBRUARY 11

**START TALKING ABOUT  
HEALTHY RELATIONSHIPS!**

**WEAR ORANGE 4 RESPECT**



Put on your favorite orange-colored clothes and accessories and help **StAND UP** for the **1 in 3 teens** who will experience dating abuse.



love is respect [org](http://www.loveisrespect.org)  
youth advisory board



Get the details on Facebook @ [tinyurl.com/wearorange](https://www.tinyurl.com/wearorange)  
Who will you **WEAR ORANGE** for? @loveisrespect #RespectWeek

# HOST AN INFORMATION TABLE THIS FEBRUARY



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

## What Do I Do?

- Download the 2013 Teen DV Month Kit at [teendvmonth.org/resources](http://teendvmonth.org/resources). The kit includes handouts and artwork you can reprint at home or school to distribute to your friends and peers!
- Choose a date and time 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 a tabling event. Don't forget to print out any handouts or resources included in the toolkit!

## What Handouts Should I Use?

- About Dating Violence (visit [loveisrespect.org/download-materials](http://loveisrespect.org/download-materials) to print additional handouts on the issue)
- A special Teen Pledge that students can sign
- Healthy Relationship Quiz
- 8.5 x 11 or 11 x 17 poster promoting Teen Dating Violence Prevention Month
- Loveisrespect "Palm" Cards (Print them using Avery Template business cards. Follow the directions in the kit.)

## What Should I Say?

Memorize some of these facts and information to share with people stopping by your table:

- One in three teens experiences some form of abuse in their relationships.
- Abuse can be as visible as bruises and physical violence or as subtle as name calling and controlling who someone talks to online.
- 25% of teens report being harassed or cyberbullied online.
- Teens who have questions about their relationships can visit [loveisrespect.org](http://loveisrespect.org) or text "Loveis" to 77054 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.
- Use the "Love Is" activity in the Teen DV Month toolkit to help your friends and peers define healthy relationships!

A white graphic with a drop shadow, featuring the text "Connect NOW!" in orange. Below it are icons for live chat, a website URL, and contact information for text and phone support.

**Connect NOW!**

Live Chat @  
[www.loveisrespect.org](http://www.loveisrespect.org)

Text: "loveis" to 77054 | Phone: 1-866-331-9474

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# HOST A **CANDLELIGHT VIGIL** THIS FEBRUARY



A candlelight vigil is a powerful event that represents strength and hope, giving your community an opportunity to participate and shine light on dating violence prevention. With each candle, we stand together to stand for respect in our relationships and create a safe environment for those who need help.

## What Do I Do?

- Pick a “central,” recognizable location: i.e. the high school football field, a town square. Make sure it’s large enough to fit your targeted audience. Don’t forget to get permission to use the location you selected for your vigil!
- If outside, have an indoor option in case of bad weather, such as a school auditorium.
- Purchase or have candles donated.
- Ask local bands or acapella groups to perform an appropriate song at the vigil.
- Get the word out about three to four days before your vigil!

## How Do I Get the Word Out?

- Reach out to nearby schools and groups in the community. Ask them to be partners in “sponsoring” the vigil and have their members attend and support the event.
- Post flyers in local community centers, coffee shops and grocery stores. Include the names of any partner groups.
- Contact local media with details of the event.
- Create a Facebook event for the vigil...ask your friends to “re-post” the link in their tweets and Facebook statuses.

## What Do I Do at My Candlelight Vigil?

- **Make it powerful:** Create symbolism with the lighting of the candles. For example, have each candle represent X number of victims who have died from dating/domestic violence in your state.
- **Pick an MC:** Have one person be the master of ceremony to help the vigil run smoothly. This could be you, a well-respected member of the community or a previous victim of dating or domestic violence.
- **Make it personal:** Talk about how dating violence affects all races, all incomes and all backgrounds. These are our daughters, sisters and loved ones.
- **Use the Stats:** Include a few powerful statistics that demonstrate the prevalence of dating violence in the US.
- **Conclusion:** Wrap things up by calling people to action. Encourage everyone to help put an end to dating violence!

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## Loveisrespect Contact Information

To reach the Loveisrespect National Youth Advisory Board or our Education and Public Campaigns team in our Los Angeles office  
310.286.3383 | [nyabinfo@loveisrespect.org](mailto:nyabinfo@loveisrespect.org)

To learn more about loveisrespect visit  
[loveisrespect.org](http://loveisrespect.org) | [breakthecycle.org](http://breakthecycle.org)  
[facebook.com/loveisrespectpage](https://facebook.com/loveisrespectpage) | twitter: [@loveisrespect](https://twitter.com/loveisrespect)