

love is digital

School Announcements

Dear School Administrators,

Please consider having a student read these messages with your morning announcements to encourage healthy dating.

Day 1

Everyone deserves to have a safe and healthy relationship. A healthy relationship has trust, open communication and respect. If you want to check in on the health of your relationship, visit loveisrespect.org or text “love” to 22522.

Day 2

Did you know 1 in 3 teens experiences dating abuse? Dating abuse can be physical or emotional, and anyone can be a victim of dating abuse. To learn more about the signs of an unhealthy relationship, check out loveisrespect.org.

Day 3

In a healthy relationship, you and your partner should have equal say and should never be afraid to express how you feel. To learn about how to build healthy communication in a relationship, check out loveisrespect.org.

Day 4

Every relationship has disagreements sometimes – it’s how you choose to deal with them that matters. Arguments with your girlfriend or boyfriend should never turn scary. If you’re looking to get out of an unhealthy relationship, the peer advocates at [loveisrespect](http://loveisrespect.org) can help. Just text “love” to 22522 to learn about your options.



love is respect org

Day 5

Unhealthy or abusive relationships are when one person tries to have power and control over the other. This can mean that they physically hurt their partner – maybe by shoving, grabbing or breaking their stuff. Or they might try to emotionally hurt their partner – by threatening to spread rumors or by calling them names. If you need help in your relationship, advocates at [loveisrespect](https://loveisrespect.org) are ready 24/7 at loveisrespect.org.

Day 6

You deserve to have a healthy relationship, even online. Consider talking to your significant other about what your digital boundaries are. Is it ok if your partner tags you in pictures? Are you comfortable with them “checking you in” on Facebook? Talk about what’s important to you, and find out what your partner feels comfortable with too. Learn more at loveisrespect.org

Day 7

No means no. You should never feel pressured to go further than you’re comfortable with in a relationship. You always have the right to say no and be heard. Visit loveisrespect.org to learn about sexual assault and healthy dating.

Day 8

Abuse doesn’t always leave a mark. If a partner or former partner has called you names, put you down, prevented you from spending time with friends or has used technology to hurt or keep tabs on you, you’re not alone. The young advocates at loveisrespect.org can offer support and help.

