



#### 2019 TEEN DATING VIOLENCE AWARENESS MONTH TOOLKIT

INCLUDING THE RESPECT WEEK GUIDE

# THANK YOU FOR BEING A PART OF TEEN DATING VIOLENCE AWARENESS MONTH

Teen Dating Violence Awareness Month (TDVAM) is a month-long campaign dedicated to raising awareness about dating abuse. *loveisrespect* created this guide to inspire students and young adults around the country to actively and creatively promote awareness about dating abuse and healthy relationships.

The 2019 TDVAM campaign theme is "Huddle Up for Healthy Relationships." This campaign aims to empower young people to build healthy relationships from the ground up. We invite you to join the huddle and raise awareness about healthy relationships with us! This toolkit provides awareness activities and suggests ways to start the conversation about healthy relationships in your friend circles, schools and communities. Everyone has a part in ending dating abuse.

#### MARK YOUR CALENDARS

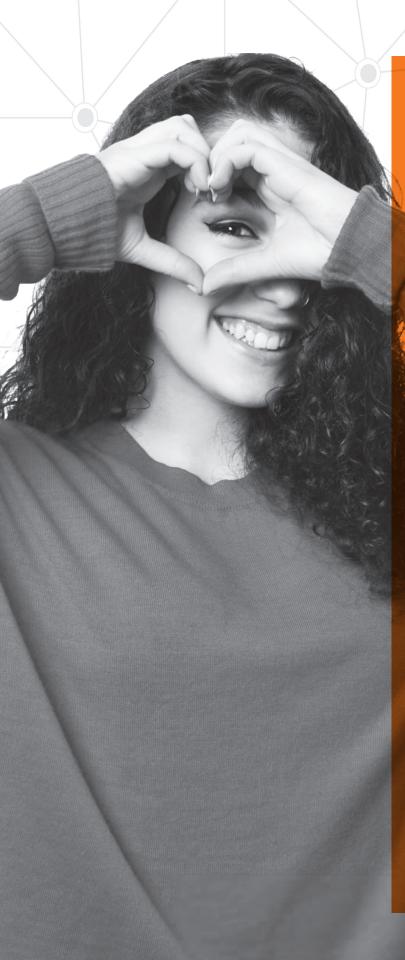
JANUARY 31: TDVAM KICKOFF WEBINAR - State of Dating Abuse: Huddle Up for Healthy Relationships

FEBRUARY 11-15: RESPECT WEEK

MONDAY, FEBRUARY 11: Respect Announcement TUESDAY, FEBRUARY 12: Wear Orange Day

#### ABOUT LOVEISRESPECT

*loveisrespect's* mission is to engage, educate, and empower young people to end abusive relationships. Find us at www.loveisrespect.org.



#### **CONTENTS**

#### **HEALTHY RELATIONSHIPS**

- 4 Healthy Relationships
- 5 / Consent
- 6 Trust
- 7 Boundaries
- 9 Relationship Spectrum

#### DATING ABUSE

- 10 Types Of Abuse
- 12 Safety Planning

#### FOR PARENTS

**15 For Parents** 

#### RESPECT WEEK GUIDE

- 16 Respect Week Guide
- 17 Raising Awareness
- 18 Social Media
- 19 Hashtags
- 20 Tips For Raising Awareness
- 21 Activities To Raise Awareness
- 22 Respect Announcement
- 23 5 Days of Activities For Respect Week
- 24 Wear Orange Day
- 25 7 Ways To Promote Wear Orange Day

#### MATERIALS

- 27 Banners
- 28 Social Media Blog Post
- 29 Rip Cards
- 31 Chat Bubbles
- 33 Pledge Flyer
- 35 Logo

#### HEALTHY RELATIONSHIPS

#### WHAT IS A HEALTHY RELATIONSHIP?

A healthy relationship requires honest communication, trust, safety, and respect. This applies to all relationships, regardless of each person's sexual orientation. While different people may define relationships in different ways, there are a few key ingredients that must be present in all relationships for the relationship to have a healthy foundation.

#### LOOK FOR SOMEONE WHO

- Treats you with respect.
- Doesn't make fun of things you like or want to do.
- Never puts you down.
- Doesn't get angry if you spend time with your friends or family.
- Listens to your ideas and is able to compromise with you.
- Isn't excessively negative.
- Shares some of your interests and supports you in pursuing what you love.
- Isn't afraid to share their thoughts and feelings.
- Is comfortable around your friends and family.
- Is proud of your accomplishments and successes.

- Respects your boundaries and does not abuse technology.
- Doesn't require you to "check in" or need to know where you are all the time.
- Is caring and honest.
- Doesn't pressure you to do things that you don't want to do.
- Doesn't constantly accuse you of cheating or being unfaithful.
- Encourages you to do well in school or at work.
- Doesn't threaten you or make you feel scared.
- Understands the importance of healthy relationships.



#### CONSENT

#### WHAT DOES CONSENT MEAN?

People typically talk about consent in the context of some kind of sexual or physical activity with a partner. In a healthy relationship, all partners are able to openly talk about and agree on what kind of activity they want to engage in. Whether it's holding hands, kissing, touching, or anything else, it's really important for everyone in the relationship to feel comfortable with what's happening.

#### WHAT DOES CONSENT LOOKS LIKE?

- Communicate every step of the way. For example, during a date, ask if it's okay to hold your partner's hand. Don't just assume that they are comfortable with it.
- Respecting that when they don't say "no," it doesn't mean "yes." Consent is a clear and enthusiastic
  "yes!" If someone seems unsure, stays silent, doesn't respond, or says "maybe..." then they are not
  saying "yes". Remember: The absence of a "no" does not equal "yes."
- It's not okay to assume that once someone consents to an activity, it means they are consenting to it anytime in the future as well.
- A person can decide to stop an activity at any time, even if they agreed to it earlier.
- Above all, everyone has a right to their own body and to feel comfortable with how they use it.

## HERE ARE SOME RED FLAGS THAT INDICATE YOUR PARTNER DOESN'T RESPECT CONSENT

- They pressure or guilt you into doing things you may not want to do.
- They make you feel like you "owe" them

   because you're dating, or they gave
   you a gift, etc.
- They react negatively (with sadness, anger or resentment) if you say "no" to something, or don't immediately consent.
- They ignore your wishes and don't pay attention to nonverbal cues that could show you're not consenting (ex: pulling/pushing away).



#### TRUST

#### WHAT DOES TRUST MEAN?

Trusting someone means that you think they are reliable, you have confidence in them and you feel safe with them physically and emotionally. Trust is something you build.

## HERE ARE SOME QUESTIONS TO CONSIDER WHEN DECIDING IF TRUST IS PRESENT IN YOUR RELATIONSHIP

- Do you and your partner believe each other at face value?
- Do you and your partner respect each other's space and privacy boundaries?
- Do you and your partner feel comfortable spending time apart without worrying the other is being dishonest or cheating?



#### BOUNDARIES

#### SETTING BOUNDARIES IN A RELATIONSHIP

Whether you're casually dating or have been going out for a while, setting boundaries is an important part of any relationship. To have the healthiest relationship, partners should know each other's wants, goals, fears and limits. Talking about boundaries is a great way to make sure that each person's needs are being met and you feel safe in the relationship. Here are some things to think about when setting boundaries in your relationship:

#### **EMOTIONAL BOUNDARIES**

**THE L WORD:** Saying "I love you" can happen for different people at different times in a relationship. If your partner says it and you don't feel that way yet, don't feel bad — you may not be ready yet. Let your partner know how it made you feel when they said it and tell them your own goals for the relationship.

**TIME APART:** As great as it is to want to spend a lot of time with your partner, remember that it's important to have some time away from each other, too. Both you and your partner should be free to hang out with friends (of any gender) or family without having to get permission. It's also healthy to spend time by yourself doing things that you enjoy or that help you relax. You should be able to tell your partner when you need to do things on your own instead of feeling trapped into spending all of your time together.

#### PHYSICAL BOUNDARIES

**TAKE YOUR TIME:** Getting physical with your partner doesn't have to happen all at once if you're not ready. In a healthy relationship, both partners know how far each other wants to go and they communicate with each other if something changes.

partner favors. Just because your partner takes you out to dinner, buys you a gift or says "I love you" doesn't mean you owe them anything in return. It isn't okay for your partner to claim that you don't care about them because you won't "go all the way." Even if you've done it before, you are never required to do it just because your partner is pressuring you. Remember, no means no, and its essential that your partner respect this completely.



#### DIGITAL BOUNDARIES

It can be hard to know where the line between healthy and unhealthy is once a relationship goes online. What are the rules for Facebook, Instagram, Twitter, YouTube, Snapchat? What should your digital relationship look like? Before you talk to your partner about your online relationship, check in with yourself to see what makes you feel comfortable.

**PASSWORDS ARE PRIVATE:** If you and your partner trust each other, neither person will want or need to look through the other person's phone or social media. Even if you have nothing to hide, personal privacy and boundaries are still valuable.

**PHOTOS AND SEXTING:** Similar to your physical boundaries, it's important to have digital boundaries about what you're comfortable sending via text message. Once you've hit send on a photo or text, you lose control over who sees it. If your partner sexts you and demands that you sext back, you should be able to tell them you aren't comfortable doing that, and they shouldn't get angry or threaten you.



#### THE RELATIONSHIP SPECTRUM

#### HEALTHY RELATIONSHIPS ARE BASED ON EQUALITY AND RESPECT.

RESPECT

TRUST

You make decisions together and can openly discuss whatever you're dealing with, like **HEALTHY COMMUNICATION** relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

#### UNHEALTHY RELATIONSHIPS ARE BASED ON ATTEMPTS TO CONTROL THE OTHER PERSON.

**BREAKS IN COMMUNICATION** 

**PRESSURE** 

DISHONESTY

STRUGGLES FOR CONTROL

INCONSIDERATE BEHAVIOR

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

#### ABUSIVE RELATIONSHIPS ARE BASED ON AN IMBALANCE OF POWER AND CONTROL.

**ACCUSATIONS** 

**BLAME SHIFTING** 

**ISOLATION PRESSURE** 

MANIPULATION

One person is making all of the decisions about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle. Check out the loveisrespect's Relationship Spectrum to see where your relationship falls. Can you identify healthy, unhealthy or abusive behaviors in your relationship or maybe in a friend's relationship? Remember, you have a hand in ending dating abuse. The more you talk, the more you know!

#### DATING ABUSE

#### DID YOU KNOW DATING ABUSE IS COMMON?

Dating abuse can happen to anyone, regardless of age, financial status, race, gender, sexual orientation or background, and if we want to raise awareness about it and help prevent it, we need to go back to basics! Dating abuse is rooted in power and control. Dating abuse is a pattern of behaviors one person uses to gain and maintain power and control over their partner. Many people assume abuse means that physical violence is happening, but that's not always the case. Abuse comes in many forms—it's not just physical. Young people who abuse their partners do so because they feel they need to exercise power and control over the other person—and that's never OK.

Every day, *loveisrespect* receives hundreds of calls, chats and texts from young people across the country who are

experiencing abuse in their relationship. We know that in a single year, nearly 1.5 million high school students nationwide experience physical abuse from a dating

When college-aged students were asked to consider if they have ever been in an abusive relationship, 29% of women and 17% of men reported that they had. College students are not equipped to deal with dating abuse – 57% say it is difficult to identify and 58% say they don't know how to help someone who's experiencing it.

One in three (36%) dating college students has given a dating partner their computer, online access, email or social network passwords and these students are more likely to experience digital dating abuse.

## WHAT DOES DATING ABUSE LOOK LIKE?

- Hitting

- Kicking
- Shoving
- Biting
- Force-feeding
- Assaulting

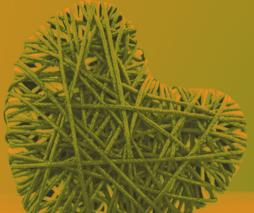
- Putting you down
- Embarrassing you in public, threatening you in any way
- Telling you what to do, telling you what to wear

#### Taking your paychecks Not paying bills

- Preventing you
- from working Controlling
- where and how you work

- 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

- Pressuring or forcing you to do anything sexual without your consent like forcing you to have sex or perform sexual acts that you are not comfortable with
- Restricting access to birth control
- Forcing you to watch pornography or participate in pornographic videos,



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

#### SAFETY PLANNING

If you're experiencing abuse or are in an unhealthy relationship, creating a safety plan can be very helpful. Whether you decide to end the relationship or stay, it's a good idea to empower yourself with the knowledge of how to act and protect yourself in different scenarios.

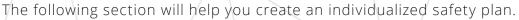
#### WHAT IS A SAFETY PLAN?

A safety plan is a practical guide that includes ways to remain safe while in a relationship, while trying to end a relationship, and even after you have ended the relationship. The safety plan that you develop will include information specific to your life and your situation. Thinking through this plan ahead of time can help you brainstorm ways to be safe in escalated moments, help you navigate emotions and identify self-care strategies, and help you identify who you can reach out to for support.

#### WHY DO I NEED A SAFETY PLAN?

If you are in an unhealthy or abusive relationship, it can be difficult to think of next steps. Whether you decide to leave the relationship or stay is up to you; you're the best person to decide what is right and safest for you at this time. Regardless of the decision, you do have the right to start thinking through ways to stay safe and start planning out actionable steps to protect yourself, be that physically or emotionally.

#### HOW DO I MAKE A SAFETY PLAN?





#### STAYING SAFE AT SCHOOL

The safest w	ay for me to get	to and fro	m school is	
If I need to I	eave school in a	n emergen	cy, I can get	home safely
by:				
I can make s	ure that a friend	d can walk v	with me bet	ween classes.
I will ask:		and/o	r	
I will eat lun	ch and spend fro	ee periods	in an area v	where there
are school s	taff or faculty ne	earby. Thes	e are some	areas on
campus whe	ere I feel safe:		_, and	
	STAYING	SAFE A	THOME	
I can tell this	s family member	about wha	t is going o	n in my
relationship:				
There may b	e times when no	one else i	s home. Du	ring those time
I can have p	eople stay with	me. I will as	k:	
The safest w	yay for me to lea	ve my hous	e in an em	ergency is:
If I have to le	eave in an emer	gency, I sho	uld try to g	o to a place tha
is public, saf	e and unknown	by my abus	sive partne	r. I could go
here:	aı	nd/or here:		
I will use a c	ode word so I ca	an alert my	family, frie	nds, and
neighbors to	call for help wi	thout my al	ousive part	ner knowing
about it My	code word is:			

I could talk to the following people at school if I need to rearrange my schedule in order to avoid my abusive partner, or if I need help staying safe at school:

- O School Counselor
- O Coach
- O Teachers
- O Principal/Vice principal
- O School security
- O Other

If I live with my abusive partner, I will have a bag ready with these important items in case I need to leave quickly (check all that apply):

- O Cell phone & charger
- O Laptop/tablet
- O Spare money
- O Keys
- O Driver's license or student ID
- O Copy of restraining order
- O Birth certificate, social security card, immigration papers and other important documents
- O Change of clothes
- O Medications
- O Special photos or other valuable items
- O If I have children anything they may need (Important papers, formula, diapers)

#### STAYING SAFE EMOTIONALLY If I feel down, depressed or scared, I can call/text the My abusive partner often tries to make me feel bad about myfollowing friends or family self by saying or doing this:\_\_\_\_\_ members: Name: Phone #: When they do this, I will think of these reasons why I know my abuser is wrong: Name: Phone #: Name: I will do things I enjoy, like:\_\_\_\_\_ Phone #: and\_\_\_\_ During an emergency, I can I will join clubs or organizations that interest me, call/text the following friends, family members or residential like:\_\_\_\_or\_\_ life staff at any time of day or night: GETTING HELP IN YOUR COMMUNITY For emergencies: 911 Name: **CAMPUS POLICE STATION:** Phone #: Phone #:\_\_\_\_\_ Name: Location: Phone #: **CAMPUS HEALTH CENTER:** Name: Phone #:\_\_\_\_\_ Phone #: Location:\_\_\_\_\_ **CAMPUS WOMEN'S OR LGBTQIA CENTER:** Name: Phone #: Phone #: Location:\_\_\_\_\_

LOCAL FREE LEGAL ASSISTANCE:

Location:

Phone #:

#### THESE ARE THINGS I CAN DO TO HELP KEEP MYSELF SAFE EVERYDAY

- O I will carry my cell phone and important telephone numbers with me at all times.
- O I will keep in touch with someone I trust telling them where I am or what I am doing.
- O I will stay out of isolated places and try to never walk around alone.
- O If possible, I will alert dorm or campus security about what is happening in my relationship so that my abuser is not allowed in my building.
- O I will avoid places where my abuser or their friends and family are likely to be. I will keep the doors and windows locked where I live, especially if I'm alone.
- O I will identify with safe people that I can talk to and know will believe me.
- O I will avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- O I will call 911 if I feel my safety is at risk.

#### THESE ARE THINGS I CAN DO TO HELP KEEP MYSELF SAFE IN MY SOCIAL LIFE

- O I will ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help.
- O If possible, I will go to different malls, bars, banks, parties, grocery stores, movie theaters, dining halls, etc. than the ones my abusive partner goes to or knows about.
- O I will avoid going out alone, especially at night.
- O If I plan on drinking, I will be sure to have a sober driver who is not my abusive partner.
- O I will spend time with people who make me feel safe, supported and good about myself.

#### THESE ARE THINGS I CAN DO TO STAY SAFE ONLINE AND WITH MY CELL PHONE

- O I will not say or do anything online that I wouldn't in person.
- O I will set all my online profiles to be as private as they can be.
- O I will save and keep track of any abusive, threatening or harassing comments, posts, or texts. I will never give my password to anyone.
- O If the abuse and harassment does not stop, I will change my usernames, email addresses, and/or cell phone number.
- O I will not answer calls from unknown, blocked or private numbers.
- O I can see if my phone company can block my abuser's phone number from calling my phone.

"This resource was created in partnership with the Love is Advocacy team. The Love is Advocacy team was a technical assistance team of ten young people from rural communities all the across the country. If you would like to find out more about the team or check out the additional resources they created please visit: www.loveisrespect/loveisadvocacy.

#### PARENT TIP SHEET

#### HOW DO I HELP MY CHILD?

Knowing or even suspecting that your child is in an unhealthy relationship can be both frustrating and frightening. But as a parent, you're critical in helping your child develop healthy relationships and you can provide life-saving support if they are in an abusive relationship. Remember dating abuse can occur in any relationship regardless of the gender identities involved. As a parent, your instinct is to help your child in whatever way you can. Here are some tips to keep in mind when trying to help your child who is experiencing dating abuse:

to open up about abuse, and many teens fear that their parents will overreact, blame them, or be angry. Try to be supportive and non-accusatory. Ask your child how they want to be supported and how you can help.

#### **ACCEPT WHAT YOUR CHILD IS TELLING YOU:**

Showing skepticism or disbelief can make your child feel unsupported and isolated. Believe them when they share their experience.

**SHOW CONCERN:** Try saying something like, "You don't deserve to be treated like this, and I want you to know this is not 'normal' relationship behavior. I am concerned for your safety."

#### TALK ABOUT THE BEHAVIORS, NOT THE

**PERSON:** Instead of saying, "Your partner is controlling and I don't like them," you can say, "I don't like that your partner texts you to see

where you are so often. How do you feel when you get those back to back messages asking where you are?"

**AVOID ULTIMATUMS:** Resist the urge to say, "If you don't break up with them now, you are grounded." This cuts them off from support, and they may be less likely to trust that you're a safe person to talk to in the future.

**BE PREPARED:** Educate yourself on dating abuse and ask your child to learn about abuse dynamics with you. Read articles together and then ask for their thoughts.

the decision about next steps will need to come from them, but you can still play a role in helping them identify safe options. Help them find additional support, like a counselor or a loveisrespect advocate.





#### RAISING AWARENESS

#### SPREAD THE MESSAGE

Start by clarifying your message. Your pieces of content should be focused on Teen Dating Violence Awareness Month.

#### USE SOCIAL MEDIA

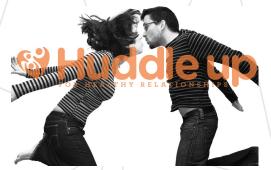
Social media is a good resource because it's free and easy to use. Draw attention to spread awareness during TDVAM. Keep your posts short. Use to-the-point videos that illustrate the focus of TDVAM and the ways you're attempting to spread awareness.

#### CREATE SHAREABLE CONTENT

When trying to spread awareness, start with something simple: a short video or a photo with a quotation. Awareness for TDVAM is important, you want everyone to know what the cause is about. **CREATE AND SHARE YOUR PHOTO OR VIDEO AND TELL YOUR FOLLOWERS:** "What a healthy relationship looks like to me".

#### ASK FOR PARTICIPATION

One great way to encourage people to repost and share your content is to ask them to engage with it. Post a photo with a question under it and use these hashtags: #loveisrespect #TeenDVMonth #orange4love #HuddleUp for #HealthyRelationships











#### SOCIAL MEDIA

Social media is a great tool when it comes to raising awareness about dating abuse. Do your part and let your posts roar on Facebook, Twitter, Instagram, Snapchat and YouTube this February. Talk, post, share, tag and blog about TDVAM!

#### TIPS & TRICKS

#### **SNAPCHAT**

Send a snap to your friends and show them how to use the materials in the Respect Week Guide.

#### **SOCIAL MEDIA RESOURCES**

Head over to *loveisrespect.org* and download Teen DV Month images for your social media accounts.

#### **INSTAGRAM HASHTAGS**

Don't forget to add the hashtags to your Instagram posts!
Here are a few you can use:
#loveisrespect #TeenDVMonth
#orange4love #HuddleUp for
#HealthyRelationships

#### DON'T KNOW WHAT TO SAY? NO WORRIES—WE GOT YOU COVERED!

Use these posts if you need some inspiration to get started during 2019 Teen DV Month. You can also repost from @loveisrespect on Twitter or @loveisrespectofficial on Instagram!

- Everyone can do their part in ending dating abuse! Get the facts at loveisrespect.org #HuddleUp for #HealthyRelationships #TeenDVMonth.
- #HuddleUp for #HealthyRelationships during #TeenDVMonth to show the world what healthy relationships look like.
- Let's #HuddleUp for #HealthyRelationships and talk about teen dating violence during Feburary. It's #TeenDVMonth.
- My voice is a tool for spreading awareness about healthy relationships and teen dating abuse! #TeenDVMonth #HuddleUp for #HealthyRelationships
- 1 in 3 adolescents experience dating abuse. Check out loveisrespect.org for information, help & resources. #TeenDVMonth #RespectWeek2019
- I wear #orange4love to take a stand against dating abuse and to promote #HealthyRelationships. #TeenDVMonth
- Call 1-866-331-9474 or chat on *loveisrespect.org* for support! #TeenDVMonth #RespectWeek2019



#### HASHTAGS

Use these hashtags to share, tag and blog about Teen DV Month!

#HuddleUp for #HealthyRelationships or #TeenDVMonth

Use these hashtags to share what love and respect mean to you!

#loveisrespect #HuddleUp for #HealthyRelationships

Use this hashtag to promote Respect Week (Feb. 11-15) #RespectWeek2019

## DON'T FORGET TO ADD THE HASHTAGS TO YOUR SOCIAL MEDIA POSTS! HERE ARE A FEW MORE YOU CAN USE:

#loveisrespect #TeenDVMonth #HuddleUp for #HealthyRelationships #orange4love #respect #love #datingwithrespect #datingviolence #datingabuse #abuse #violence #relationshipgoals #inlove #iloveyou #dating #loveis #selfie #me #healthyrelationships101 #unhealthy #friends



#### TIPS FOR RAISING AWARENESS

#### KNOW YOUR MESSAGE

You know that practice makes perfect, so when you know your message inside and out, people will be more likely to listen. If you want to encourage others to talk about dating abuse, rehearse as much as you can—especially if you are talking face-to-face. Rehearsing in front of the mirror and having a cheat sheet are great ways to feel confident about yourself and what you are trying to share. No need to get nervous. You've got this!

#### HERE'S AN EXAMPLE OF WHAT YOU CAN SAY

"One in three teens in our country experiences dating abuse—dating abuse is never okay! I'd love for you to join me in raising awareness about dating abuse and promoting healthy relationships during February, Teen Dating Violence Awareness Month. I believe that everyone deserves a healthy, safe and respectful relationship!

#### EMPHASIZE YOUR CREDIBILITY

Telling others that you are joining *loveisrespect's* efforts to promote healthy relationships is a great way to highlight who you are and what you are trying to do to help end dating abuse! Talking about your involvement to clubs and organizations is also a great idea to spread awareness about dating abuse.



#### KNOW YOUR AUDIENCE

Tailoring your message to the audience you're trying to reach is a great way to create a connection! You wouldn't talk to a teacher the same way you'd talk to your friends, so make sure you address them appropriately—and respectfully!

#### GET YOUR SCHOOL INVOLVED

Talk about Teen DV Month to your school administrator, teachers, coaches, and counselors. Let them know you are passionate about raising awareness about dating violence and that you'd like to enlist their help in educating others or having events. Contacting your school's clubs, sororities or fraternities is also a great way to get other people involved.

#### LEVERAGE YOUR CONNECTIONS

Friends of friends are a great way to get connected to more influential audiences that can potentially help you in spreading awareness about dating abuse. Think local representatives, church leaders, business owners, law enforcement officers and even your friends' parents!

## PARTNER WITH LOCAL NONPROFIT ORGANIZATIONS

Local nonprofit organizations dedicated to domestic and teen dating abuse are a way to get involved this February. Look for organizations that deal with related issues, such as substance abuse programs or shelters. See what they need or how you can be of help. Remember, lending a hand to others is a great way to help yourself.

#### ACTIVITIES TO RAISE AWARENESS

Use creative expression to promote healthy relationships and raise awareness about teen dating abuse the whole month long! Here are some ideas for using the arts to promote healthy relationships:

#### HANG UP POSTERS

Print out copies of the posters and hang them up in your school or community center to help educate others about setting healthy boundaries. Make sure to get permission if necessary!

#### ORANGE YARN

Give people orange yarn to wrap around their wrists and help spread the message about healthy relationships!

#### HEALTHY RELATIONSHIPS DAY

Talk to your health teacher about dedicating a class to healthy relationships during Respect Week. Check out *loveisrespect's* Educators Toolkits (http://www.loveisrespect.org/educators-toolkits/) for ideas about group discussions and activities.

#### CREATE AN AWARENESS DISPLAY

Create awareness about dating abuse and healthy relationships with a unique display. Your display can be anything of significance to your school: a poster, a tv announcement or a classroom door.

#### HUDDLE UP MURAL

Set up a large mural where passing students can sign a pledge committing to nonviolence in their relationships. Let them sign the pledge by tracing their hand or drawing a heart with an orange marker.

#### HOST AN ART SHOW OR CONTEST

This can include painting, installation art, sculptures, posters, stickers or photography.

### HOST AN ORANGE-THEMED FASHION SHOW

If you are into fashion and want to give back, this is a great way to bring attention to dating abuse.



#### RESPECT ANNOUNCEMENT

*loveisrespect* invites you to do your part by participating in the Respect Announcement on Feb. 11, 2019. Use the following statement on social media or on your PA system at school to let everyone know about Respect Week (Febuary 11-15). Every year, the Respect Announcement reaches thousands of young people. This announcement is a way to remind people that while love has many definitions, abuse is not one of them. Everyone has the right to create meaningful and healthy relationships that are based on love, trust and respect.

- Participate in loveisrespect's Healthy
  Relationship Polls! Questions will be up
  Febuary 4 and Febuary 18. Look for the
  answers to the polls on Fridays.
- Watch advocates talk about relationship issues during Facebook Lives on Febuary 11 and Febuary 25.
  - Go to www.facebook.com/loveisrespect

     Join our webinar on January 31. For more information go to www.loveisrespect.org



#### 5 DAYS OF ACTIVITIES FOR RESPECT WEEK

#### MONDAY

DEVELOP ACTIVITIES AROUND

CREATIVE EXPRESSION IN

YOUR SCHOOL OR COMMUNITY

- Take a pad of Post-Its and write encouraging or positive messages about love and healthy relationships. Place a single Post-It in strategic places like lockers or bathroom mirrors. You can even hand them out to people passing by—just make sure not to litter!
- · Create an awareness display.
- Paint a Huddle Up For Healthy Relationships mural.
- Inspire others to showcase their artistic talents.

#### **TUESDAY**

GET CREATIVE AND WEAR ORANGE FOR A CAUSE!

- Take pics and share on social media using #orange4love and #RespectWeek2019.
- Challenge other teams, classes or organizations in your school or congregation.
- Host an orange-themed healthy pot luck and use the Respect Week Guide to talk about dating abuse with attendees.

#### WEDNESDAY

#### DEVELOP ACTIVITIES AROUND WELLNESS

- Organize wellness walks in your school, work and community.
- · Organize painting, journaling or play games.
- · Host a wellness trivia activity.
- Don't forget about Valentine's Day! This is a great way to show your love and appreciation for family and friends. This year Valentine's Day falls on Thursday, Feb. 14.

#### THURSDAY

MAKE SURE TO POST ABOUT THEMES RELATED TO DATING ABUSE ON SOCIAL MEDIA TO SPREAD AWARENESS!

- Create your own or re-share loveisrespect's posts, blogs and pictures about healthy and unhealthy relationships! Use hashtags when appropriate.
- #ThrowbackThursday or #tbt
- #ThankfulThursday
- #ThursdayThoughts

**Example:** #ThursdayThoughts are a great way to tell the world about teen dating abuse.

#### FRIDAY

POST VIDEOS OF YOURSELF USING THE HASHTAGS #HUDDLEUP FOR #HEALTHYRELATIONSHIPS,
AND #TEENDVMONTH.

- Share your pics via social media or create short videos.
- Add filters to your photos/videos to show your support of Teen DVAM.



#### WEAR ORANGE DAY

February 12, 2019

Wear Orange Day is a great way to create awareness about dating abuse. This is your chance to get creative and spread messages about healthy relationships vs unhealthy relationships durint the month of love and Teen DVAM!

#### STEP 1

Pick an accessory to promote 'Wear Orange Day'. Items can include: orange shirts, nail polish, hats, face paint, ribbons, sunglasses, shoes, etc.

#### STEP 2

On February 12, get as many people as you can to wear something orange to promote unity in ending dating abuse.

#### STEP 3

Post your pictures of you and your friends on social media wearing orange and tag them with #orange4love and #RespectWeek2019.

#### 7 WAYS TO 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.
- Host a challenge and invite your school's teams and different classes to get involved (e.g., freshman versus seniors).
- Hang posters, banners or flyers in common areas, bathrooms or on bulletin boards. Just make sure to get permission from school officials or other authorities to post flyers, make announcements or spread the word about dating abuse!
- Use paper and crafts to create your own message with Wear Orange Day messaging and hand them out to friends and family.
- Work with your school to provide incentives for students to wear orange, like random prizes given out in the halls to people wearing orange.
- Hand out orange flowers, candy, or gifts to your friends and family to spread awareness for Teen DVAM. #orange4love





#### BANNERS



## Huddle Up For Healthy Relationships



## Huddle Up Para Relaciones Sanas







**Huddle Up For Healthy Relationships** 



**Huddle Up Para Relaciones Sanas** 

#### SOCIAL MEDIA BLOG POSTS



#### TEEN DV MONTH

2019





















#### **FEBRUARY11**

ISIT LOVEISRESPECT.ORG FOR MORE INFO





#### RIP CARDS

dn əlppn H 🗞

dUəlbbuH 🗞

RELACIÓN SANA

RELACIÓN SANA

RELACION SANA

dnaimhile a

DESERVES

EVERYBODY

HEALTHY RELATIONSHIP

dÜəlbbuH 🗞

RELACIÓN SANA

dUalbbuH 🗞

DESERVES

EVERYBODY

dNəippnH 🔊

TODOS MERECEMOS TENER UNA

RELACION SANA

HEALTHY RELATIONSHIP

dNalbbuH 🗞

EVERYBODY DESERVES

HEALTHY RELATIONSHIP

HEALTHY RELATIONSHIP EVERYBODY DESERVES

dnaimhile a

HEALTHY RELATIONSHIP DESERVES EVERYBO

dnalppnH &

#### RIP CARDS







2

YOU DESERVE TO BE LOVED AND RESPECTED

# HuddleUp



MATERIALS

31

#### CHAT BUBBLES



dealthy relationships

BURBUJAS DE CHAT



delbelde Paragons Sanas Suòida Janaa



#### PLEDGE FLYER

## I WEAR ORANGE BECAUSE



#### LOGO

The Huddle Up logo is comprised of two elements, the logo symbol and logo type. The logo symbol is a powerful image that encapsulates culture connection between communication and contribution. Images can be found by going to www.loveisrespect.org/teendvam

GENERAL LOGO



LIGHT VERSION







BLACK VERSION



DARK GREY VERSION



GREY VERSION









#### LOGO

El logo de Huddle Up se compone de dos elementos, el símbolo del logo y la fuente de el logo. El símbolo del logo es una imagen poderosa que encapsula la conexión cultural entre comunicación y contribución. Las imágenes se pueden encontrar en www.loveisrespect.org/teendvam.

LOGO GENERAL



VERSION LIGERA



**VERSION OSCURO** 



VERSION NEGRA



VERSION GRIS OSCURO



VERSION GRIS



VERSION NARANJA







## FOR HEALTHY RELATIONSHIPS

This project described was supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. The opinions, findings, conclusions and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services.