

February is National Teen Dating



Violence Awareness Month



Love Is..... Setting Boundaries

Everyone deserves to be treated well and with Respect.

What should a healthy relationship look like?

- ◆ Being kind, supportive and respectful
- ◆ Making mutual decisions
- ◆ Giving personal space and developing trust
- ◆ Having fun together
- ◆ Supporting personal interests, choices and friendships.

What does an unhealthy dating relationship look like?

- ◆ Checks your cell phone, social media, or email without permission
- ◆ Constantly puts you down
- ◆ Extremely jealous, possessive, or insecure
- ◆ Explosive temper
- ◆ Isolates you from family or friends
- ◆ Makes false accusations
- ◆ Mood swings
- ◆ Physically hurts you in any way
- ◆ Tells you what to do
- ◆ Repeatedly pressures you to have sex



Be Proactive! Seeking help IS strength

If you or a friend is in an UNHEALTHY relationship, reach out to a trusted adult or is the contacts listed below:

www.loveisrespect.org

-text "loveis" to 22522

National Teen Dating Violence Hotline

1-866-331-9497

Military One Source

www.militaryonesource.mil

-1-800-342-9647

Reference: National Dating Abuse Helpline, loveisrespect.org
Help Guide, helpguide.org

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TAKE THE DATING PLEDGE

Take the pledge and promise to have healthy, safe relationships free from violence and fear.

1-866-331-9474 or text "loveis" to 22522

I, (fill in name), promise myself, future and current partners to maintain relationships that are based on respect, equality, trust and honest communication. I will value my partner's boundaries online and behind closed doors. I will never engage in any type of abuse - physical, emotional, sexual, financial or digital. If one of my friends experiences abuse, I pledge to help them by saying something, modeling healthy communication and connecting them to resources. I pledge to remember, demonstrate and promote the fact that love is respect.

