

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

Karen S. Harrison, ACSW, CSW, BCD
Family Advocacy Intervention Specialist

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.

