



February is National Teen Dating Violence Awareness month. This month take time to learn about what teen dating violence is, signs to look for, and the impact it has on youth, their friends, family and community. Learning the importance of healthy relationships can help establish healthy boundaries for future relationships and prevent traffickers from normalizing harmful behavior. Find out what you can do to help bring awareness to your school, peers, and community. Choose at least one (or more!) task from each section. Let's learn, take action, and mobilize others this month - together!



## LEARN

- Read this blog on "[What is Teen Dating Violence?](#)"
- Learn the [warning signs](#) of an unhealthy relationship and [what to look for](#).
- Understand what [healthy relationships](#) are, [how to set boundaries](#), and more.
- Find out [why people stay](#) in abusive relationships.
- Watch this [video](#) on Teen Dating Violence.
- Read blogs about [setting boundaries](#) and [where teen dating violence is prevalent](#).
- Your idea \_\_\_\_\_



## TAKE ACTION

- Share [statistics](#) and [facts](#) about Teen Dating Violence on social media and share this year's theme "[Talk About It](#)"
- Review the hastags [#teendatingviolence](#) [#teendatingviolenceawareness](#) [#TDVAM2022](#) [#TDVAM](#) [#LovelsRespect](#)
- Wear Orange Day on Feb. 8th to bring awareness to Teen Dating Violence
- Create a [personal safety plan](#) for when you are at home, online, or school.
- Program [hotline numbers](#) in your phone and share with others.
- Your idea \_\_\_\_\_



## MOBILIZE

- Share the [A21 Safe Relationships Guide](#) with friends and family to learn more about healthy and unhealthy relationships, how it intersects with human trafficking, and safeguards you can take.
- Participate in the [That's Not Cool Ambassador Program](#) by completing monthly challenges that help raise awareness about digital dating abuse.
- Encourage teachers and leaders to include healthy relationships resources such as [Dating Matters®](#) or [Building Healthy Teen Relationships](#) in their activities.
- Review [handouts](#) you can share with friends.
- [Support friends and family](#) in your life who may be experiencing or have experienced dating abuse.
- Post and share this [Teen Dating Violence Prevention Infographic](#) to bring awareness.
- Your idea \_\_\_\_\_

What was your impact?