

LOVE SHOULDN'T HURT

Teen Dating Violence Awareness & Prevention Month Campaign Toolkit

COUNTDOWN TO #HEALTHYLOVE

Human Options is empowering **YOU** to show up and stand against Teen Dating Violence.

Show your commitment to this cause by participating in our **#HEALTHYLOVE** campaign!

FEBRUARY IS 



TEEN DATING VIOLENCE
AWARENESS & PREVENTION MONTH

#HealthyLove
the new normal

www.humanoptions.org/LSH2024

HUMAN  **OPTIONS**

PREVENT. PROTECT. EMPOWER. TRANSFORM.

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INSIDE THIS TOOLKIT:

- **USING THE TDVAPM TOOLKIT-** Quick overview how to use this toolkit.
- **How to Help a Friend:** Quick tips to recognize the signs of someone who is in an unhealthy or abusive relationship.
- **STATS:** These shocking statistics can be shared during morning announcements, on the school website, in your newspaper, or as everyday conversation starters. Post them on your social media to raise awareness and start talking about TDV.
- **Scan Against TDV:** Use and share these QR codes they will link you to different websites, videos and resources. Encourage others to scan and have fun!
- **PREVENTION EDUCATION Programs :** Request a free presentation about TDV for teens, teachers, community providers, or parents from a Human Options Prevention Educator! Join our Teen Ambassador cohort!

FEB 7th

JOINS US!

Wear orange (the official color for TDVAPM) on **Tuesday, February 6th National Wear Orange Day** to stand with us against Teen Dating Violence! Post a picture to your social media accounts using our hashtags.

YOU CAN ALSO SPREAD THE WORD AND MAKE A DIFFERENCE:

[REGISTER FOR OUR 9th ANNUAL LOVE SHOULDN'T HURT: TEEN](#)

[CONFERENCE](#) on: **Saturday, February 10th from 9am-3pm.**

This free event is for teens and caring adults. We will have breakout workshops with information about Teen Dating Violence a Keynote Speaker and an Expert in the field, a resource fair and more!



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IF YOU NEED HELP NOW, CALL: 877.854.3594 | 24 hours | 7 days

HOW DO I USE THIS TOOLKIT?

You can use the Human Options Teen Dating Violence

Awareness & Prevention Month (TDVAPM) Campaign Toolkit to:

1. **Recognize** the signs of teen dating domestic violence.
2. Taking the **SELF QUIZ** to learn more about you or your friends relationship.
3. Learn how to **Respond** to someone who is in an unhealthy or abusive relationship and needs help.
4. **Choose** one or more tools to educate and involve your loved ones and community. Learn the Stats & Facts...share and post on social media!
5. **Request** our button and wear your heart on your sleeve all month!
6. **Register** and **Attend** our Teen Conference!
7. **Get help** through Human Options' 24 hour hotline and/or **resources** through our Prevention Education team.
8. **Share** this toolkit with others by [clicking here!](#)

You can choose to observe TDVAPM all month, focus on a single week, day, or like and follow us on our Instagram, Facebook LinkedIn and X pages! .

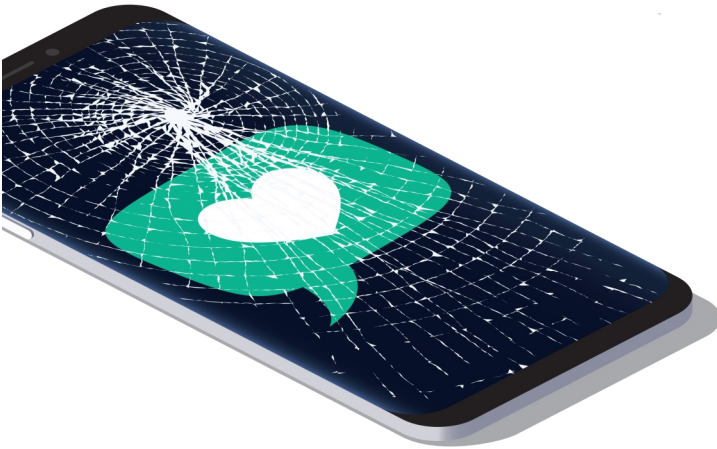
Email us at preventioneducation@humanoptions.org



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HOW TO HELP A FRIEND



How to Identify Abuse

Your friend's partner:

- Calls your friend names or puts them down in front of others
- Is extremely jealous & constantly checks in demanding to know where they are
- Gets violent in front of others when they're mad

Your friend:

- Often cancels plans at the last minute, for reasons that sound untrue
- Frequently apologizes for their partner and is always worried about upsetting them
- Is giving up things that used to be important to them, becoming more and more isolated
- Weight, appearance or grades have changed dramatically
- Has injuries they can't explain/explanations don't add up



How to Respond

Steps:

- Reach out to your friend
- Tell them you're concerned for their safety
- Remind them that it is not their fault and they don't deserve it
- Be supportive and listen patiently
- Share resources and tell a trusted adult or professional
- Safety Plan with them!

Safety Plan:

- Confide in someone you trust
- Try not to be alone with your abusive partner
- Document threatening text messages, voicemails, social media posts
- Do not break up with your partner in an isolated place
- Work with your support system to plan how you will end the relationship



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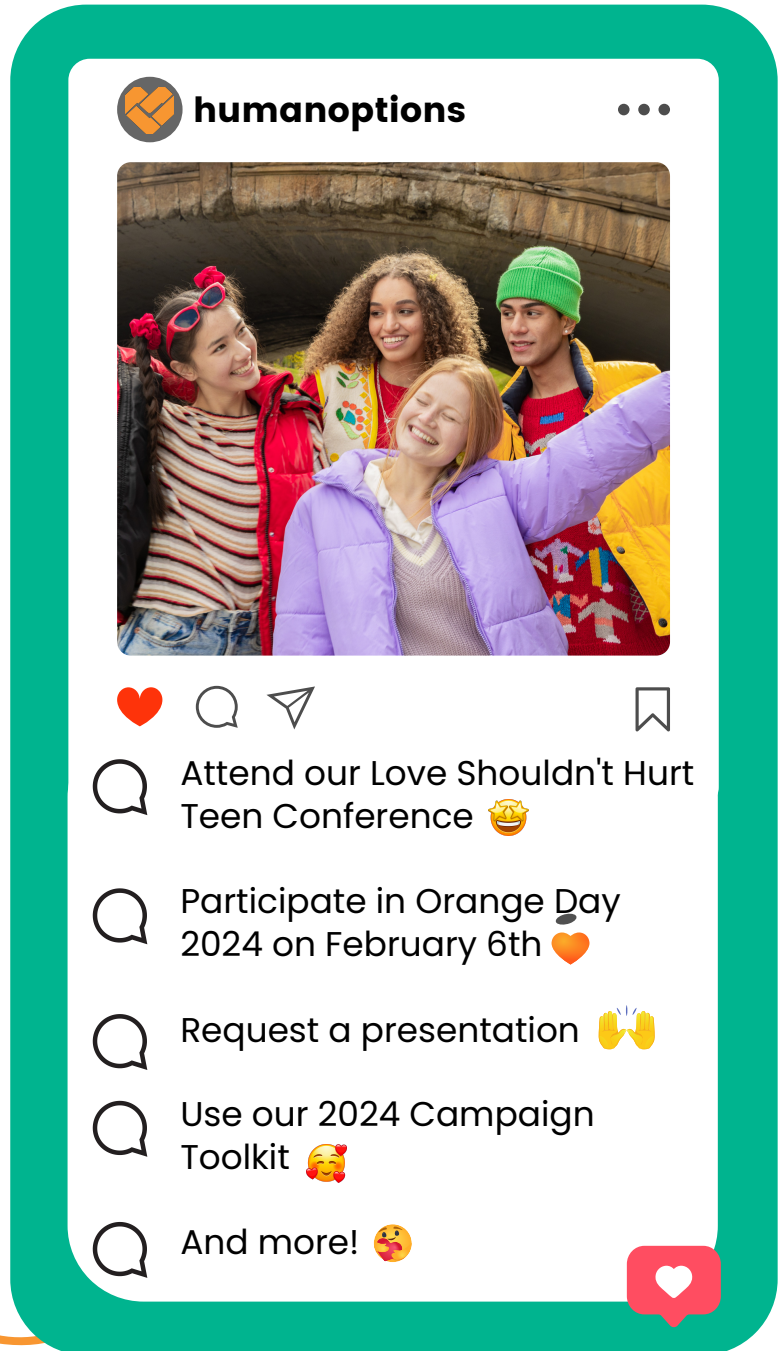
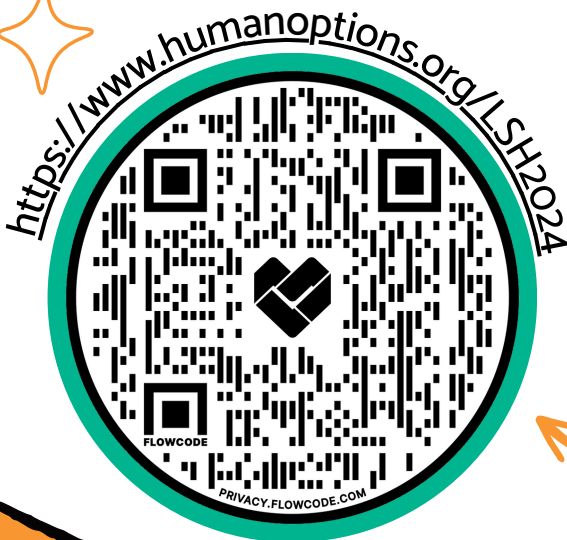
Teen Dating Violence Awareness & Prevention Month

#HEALTHYLOVE, THE NEW NORMAL

**ORANGE YOU READY
FOR #HEALTHYLOVE?**



This February, join us in
our pledge to support
#HealthyLove for
Teen Dating Violence
Awareness and
Prevention Month



For more information
Scan QR Code or Email:
preventioneducation@humanoptions.org

LOVE SHOULDN'T HURT

TEEN DATING VIOLENCE CONFERENCE

CONSENT MATTERS

Saturday, February 10th, 2024

9:00 AM - 3:00 PM*

*Registration and breakfast starts at 9:00 a.m.

Early College High School, 2990 Mesa Verde Dr E, Costa Mesa, CA 92626

PRESENTED BY MINNIE STREET & NEWPORT-MESA FAMILY RESOURCE CENTER

PLEASE REGISTER BEFORE February 6, 2024

Click or scan the QR code to register



February is Teen Dating Violence Awareness and Prevention Month

For teens and adults rising against teen dating violence and promoting healthy relationships

Questions?
Please call at:

Newport-Mesa FRC
(949) 764-8100

Minnie Street FRC
(714) 972-5775

FREE Event

Free breakfast and snacks available!

WORKSHOPS for teens (6th-12th gr.) & parents/caregivers

RESOURCE FAIR

Family activities!

Limited childcare available*
*Children MUST be potty trained



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Programs and services at the Newport Mesa & Minnie Street Family Resource Centers are funded in part through Families and Communities Together (FaCT). FaCT receives funding from federal, state, and county agencies including U.S. Department of Health and Human Services-Promoting Safe and Stable Families, the County of Orange as well as volunteer, in-kind support and private donations. FaCT is a program administered by the County of Orange Social Services Agency, in partnership with the FaCT FAS partner, Charitable Ventures.

Use these statistics to make posters and graphics! Share with your loved ones, social media, and in your city, organization or company!

**FACTS
&
STATS**

- ◆ About **1 in 12** U.S. high school students experienced physical and Sexual dating violence ([CDC, 2019](#))
- ◆ Unhealthy, abusive, or violent relationships can have short-and long-term negative effects, including severe consequences, on a developing teen. Youth who are victims of teen dating violence are more likely to: ([CDC, 2019](#))
 - experience depression and anxiety symptoms
 - engage in unhealthy behaviors, like using tobacco, drugs, and alcohol
 - exhibit antisocial behaviors, like lying, theft, bullying, or hitting
 - think about suicide
- ◆ In one nationally representative study of young people ages **14 to 21**, **51%** of females and **43%** of males reported being victims of at least one type of dating violence, while **50%** of females and **35%** of males reported **enacting** at least one type. ([Ybarra, M. L., et al., Archives of Sexual Behavior, Vol. 45, 2016](#))
- ◆ Psychological TDV has been estimated to be the most common form of dating violence among adolescents, with a lifetime prevalence ranging from **17%** to **88%**.⁵ ([AAP, 2023](#))
- ◆ Research has shown that TDV is a significant public health problem, with prevalence rates of **20%** for physical and **9%** for sexual TDV.⁴ ([AAP, 2023](#))
- ◆ A review on the correlates of dating violence perpetration in young individuals (**16–24 years old**) reported that aggression in dating relationships was positively associated with psychopathology, including negative affect, general distress, impulsivity, hostility, and anti-social personality features.⁹ ([AAP, 2023](#))
- ◆ Females (**47.1%**) than males (**35.3%**) reported being the victims of psychological dating violence. (The *Growing Up With Media* study (Ybarra et al., 2016) ([CDC, youth Risk Behavior Survey, YRBS 2019](#)))
- ◆ Adolescents who have stronger self-regulation skills tend to exhibit fewer teen dating violence perpetration behaviors (Livingston et al., 2016; Cohen et al., 2018), compared with those who have trouble self-regulating. ([OJJDP Lit Review 2022](#)).
- ◆ 2019 YRBS found that LGBTQ students and students unsure of their sexual identity had higher prevalence rates of both physical and sexual dating violence victimization than heterosexual students. ([OJJDP Lit Review 2022](#)).
- ◆ **65%** of all youths reported moderate psychological abuse victimization (e.g., accusations of flirting, threats to end the relationship, or jealous behavior) (STRiV survey) (Taylor and Mumford, 2016) ([OJJDP Lit Review 2022](#))

- ◆ **66%** of surveyed students reported having dated someone in the last year. Of the **66%**, **8.2%** reported being physically hurt on purpose by their dating partner. ([CDC, youth Risk Behavior Survey, YRBS 2019](#))
- ◆ Female students were more likely to report having experienced physical dating violence victimization than male students (**9.3%** versus **7.0%**, respectively). This difference was statistically significant. ([CDC, youth Risk Behavior Survey, YRBS 2019](#))
- ◆ With regard to sexual orientation, **7.2%** of heterosexual students; **13.1%** of gay, lesbian, and bisexual students; and **16.9%** of questioning students reported experiencing physical dating violence. These differences were statistically significant. ([CDC, youth Risk Behavior Survey, YRBS 2019](#))
- ◆ **40.9%** of youths reported being the victims of psychological dating violence, and that this was the most common form of dating violence experienced by youths in the study. (The *Growing Up With Media* study (Ybarra et al., 2016) ([CDC, youth Risk Behavior Survey, YRBS 2019](#))
- ◆ LGBTQ youths experience both physical and sexual teen dating violence at higher rates than heterosexual youths. (Olsen, Vivolo–Kantor, and Kahn, 2020) ([OJJDP Lit Review 2022](#)).
- ◆ **48%** of teens who were victims of stalking or harassment—defined it as having a partner who had ever spied on or followed them, damaged something that belonged to them, or gone through their online accounts (Rothman et al., 2021) ([OJJDP Lit Review 2022](#)).
- ◆ A study of cyber dating abuse found that boys were more likely than girls to perpetrate sexual abuse (e.g., pressuring their partners to sext and pressuring their partner to have sex or do other sexual things), while girls were more likely than boys to report that they monitored their partners' whereabouts and activities. (Reed et al., 2021) ([OJJDP Lit Review 2022](#)).
- ◆ More than **1/4** of adolescent intimate-partner homicides were motivated by jealousy, the end of a relationship, a fixation on a desired relationship, or a pregnancy-related scenario (Adhia et al., 2019; Knopf, 2019) ([OJJDP Lit Review 2022](#)).
- ◆ Most of the abusers age **11-18yrs** old of adolescent intimate-partner homicide were at least **18 years old**, and firearms were the most commonly used weapon. ([OJJDP Lit Review 2022](#)).
- ◆ Males who are unsure of their sexual identity experience the highest rates of teen dating violence, compared with LGBTQ males and heterosexual males (Olsen, Vivolo–Kantor, and Kahn, 2020) ([OJJDP Lit Review 2022](#)).



Love Shouldn't Hurt:

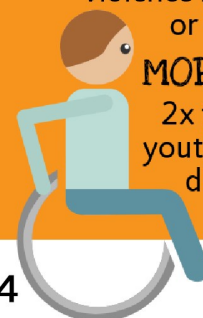
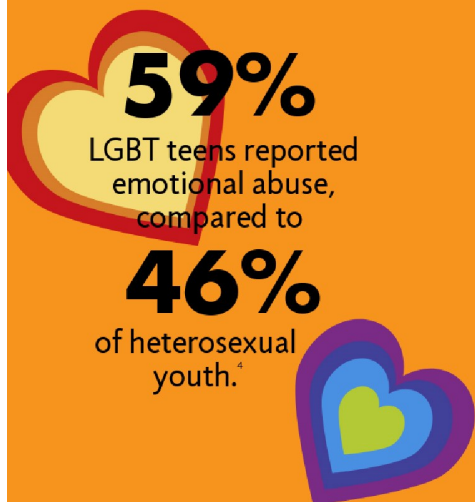
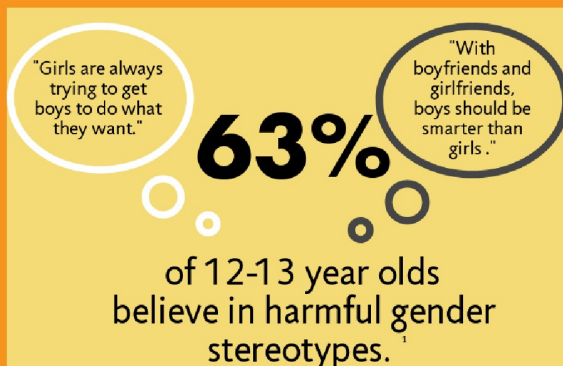
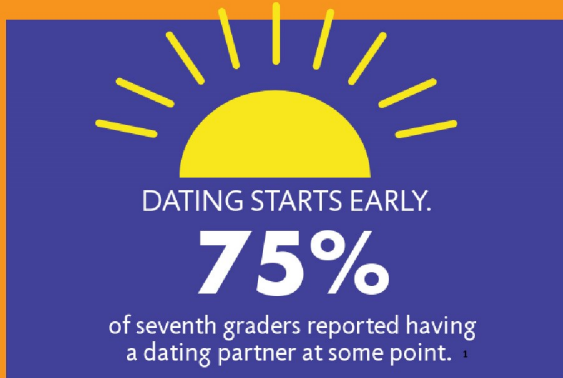
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Facts

on

Teen

Dating



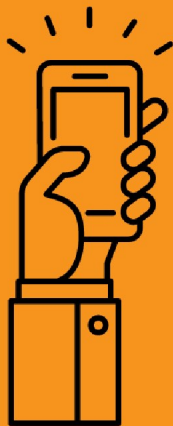
We can help, call our 24 hour hotline today! **877.844.3594**

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Let's Tech about Digital Abuse

1 in 4

dating teens is harassed through digital means by their dating partner.



DIGITAL ABUSE INCLUDES:

- Cyberbullying and spreading rumors online
- Pressuring you to send a sexual photo of yourself and/or threatening to send an intimate photo of you to other people
- Making you feel afraid when you don't respond to calls/texts
- Using your social media accounts or looking through your phone without your knowledge



Controls who you talk to online



Constantly texts you and gets angry if you don't respond in a given time frame



Red Flags



Uses any kind of technology to monitor you



Sends you negative, insulting, or threatening messages



For more red flags, contact us!

SPEAK UP

In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.

Healthy Relationships

RESPECT EACH OTHER



Your partner's wishes & feelings have value, and so do yours. Let your partner know you are making an effort to keep their ideas in mind.

BE SUPPORTIVE



Offer reassurance & encouragement to each other. Let your partner know when you need their support. Build each other up, don't put each other down.

GIVE EACH OTHER SPACE



Just because you're in a relationship doesn't mean you have to share everything and constantly be together. It's okay to have healthy space from your partner.

References

1. Robert Wood Johnson Foundation. (2012). New Study Finds Teen Dating Violence Behaviors and Risk Factors Common Among 7th-Grade Students. <http://bit.ly/1oJ07Nr>.
2. Liz Claiborne Inc and The Family Fund. "Teen Dating Abuse 2009 Key Topline Findings." http://nomore.org/wp-content/uploads/2014/12/teen_dating_abuse_2009_key_topline_findings-1.pdf
3. NYC Alliance Against Sexual Assault. (2003). *Teen dating violence*. <http://bit.ly/1cJx22h>; 4SafeHorizon. (n.d.). <http://bit.ly/1HbBd0P>
4. Promoting Healthy Relationships for Adolescents: Board Policy Considerations. Governance Brief. CSBA and California Partnership to End Domestic Violence. August 2014.
5. Crime Against People with Disabilities, 2007 Michael R. Rand and Erika Harrell, Ph.D. BJS Statisticians. <https://bjs.gov/content/pub/pdf/capd07.pdf>
6. Leiderman, Sally, Cari Almo. "Interpersonal Violence and Teen Pregnancy: Prevalence and Implications for Practice and Policy," Healthy Teen Network (2001).
7. Liz Claiborne Inc., conducted by Teenage Research Unlimited. February 2005
8. Janine M. Zweig, Meredith Dank, Pamela Lachman, Jennifer Yahner. Technology, Teen Dating Violence and Abuse, and Bullying. Urban Institute. September 06, 2013
9. <http://www.loveisrespect.org/healthy-relationships/>

**We can help,
call us today!**

1-877-854-3594
24 Hour Hotline

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Self Quiz

RED
FLAGS

ARE YOU IN AN UNHEALTHY OR ABUSIVE RELATIONSHIP?

If you answered "yes" to any of these and/or you are concerned about your answers, please consider connecting with a trusted ally or CALL AN ADVOCATE AT 877-854-3594

DOES YOUR PARTNER...

- Want to spend every minute together?
- Quiz you about everything you do when you are apart?
- Go through your phone or demand your social media passwords?
- Get upset if you don't call/text back right away?
- Keep you from seeing friends or family?
- Make fun of you or put you down?
- Break things when they get mad?
- Threaten to "do something bad" if you leave them?
- Accuse you of wanting to be with someone else?
- Call you names when they're angry?
- Use alcohol or drugs as the excuse for being mean?
- Have an uncontrollable temper?
- Force you to do things that you don't feel comfortable doing?
- Criticize or give you "advice" on your choice of friends, clothing, etc.?



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SCAN AGAINST TDV

QR Code Activity

Use and share these QR codes and scan them to be linked to various resources, podcasts, and videos. Just scan, or share on your social media for others to learn and join!

QR Reader Directions

1. Open the camera app on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. The phone will automatically scan the code.
4. Click the link that appear on your phones screen.

**SCAN and
SHARE on
SOCIAL MEDIA!**



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CODE LINKS

Articles

Josie Pohla Story, BuzzFeed

https://www.buzzfeed.com/ginarushton/this-teen-is-the-reason-why-her-peers-are-being-taught?utm_term=.ftObyRMyJ#.woRy75P7m

“48 Hours” Live to Tell: Sophia’s Secret, CBS News

<https://www.cbsnews.com/news/48-hours-live-to-tell-sophias-secret-teen-dating-violence/>

Men as Victims of Emotional Abuse..., Youth Ki Awaaz

<https://www.youthkiawaaz.com/2015/08/abusiverelationship-male-victim/>

Videos

Green Day Song and Lyrics

<https://www.youtube.com/watch?v=y3R7qASk6dg>

Consent Video & Website

<http://www.teachconsent.org/#ask>

Websites

That’s Not Cool Quiz

<http://www.coolnotcoolquiz.org/>

Radio Rookie Podcast

<http://www.wnyc.org/story/why-do-i-stay/>



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Josie Pohla Story, BuzzFeed



"48 Hours" Live to Tell:
Sophia's Secret CBS News

SCAN AGAINST TEEN DATING VIOLENCE

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Men as Victims of Emotional
Abuse... Youth Ki Awaaz Article



Green Day Song & Lyrics

SCAN AGAINST TEEN DATING VIOLENCE

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Consent Video & Website



That's Not Cool Quiz

SCAN AGAINST TEEN DATING VIOLENCE

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Radio Rookie Podcast



Radio Rookie Podcast

SCAN AGAINST TEEN DATING VIOLENCE

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Prevention Education

Prevention Education at Human Options aims to engage the community in our mission to reduce and prevent relationship violence. In order to change the societal attitudes and beliefs that perpetuate the cycle of relationship violence, we place a priority on prevention programs and awareness campaigns designed to bring light to an issue that thrives in silence. Our community educators use storytelling, lecture, and interactive tools to engage participants of all ages in our mission. Partnering with Orange County schools, law enforcement, community groups and organizations, we educate more than 10,000 people a year.

Our prevention campaigns are intended to ignite social change through education and awareness. This is an opportunity to engage those that do not do this work year round to support and advocate for victims and survivors. Toolkits are created and filled with information, hands-on activities, and interactive social media opportunities that allow people to spread awareness on relationship violence and discuss the components of healthy relationships. Below are two awareness campaigns Human Options leads each year:

October is Domestic Violence Awareness Month (DVAM)

Our DVAM campaign is specifically designed to engage and bring awareness through education and action. Each year the DVAM campaigns are designed for the community to learn, share, and empower others to join in this work. The goal is to #SHINETHELIGHT for victims and survivors through partnership, education, and awareness.

February is Teen Dating Violence Awareness & Prevention Month (TDVAPM)

Our TDVAPM campaign is designed to educate teens, parents, and the community on the red flags of dating abuse and highlight characteristics of a healthy relationship. Each year, the campaign builds up to the Annual Love Shouldn't Hurt Teen and Parent Conference hosted each year. Conferences focus on building healthy relationships, preventing teen dating abuse, and promoting healthy communication between parents and teens. #HEALTHYLOVE

Prevention Campaigns



For more information, contact: preventioneducations@humanotions.org



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LOVE SHOULDN'T HURT WORKSHOPS



Workshops cover:

- Healthy relationships
- Cycle of Violence
- Red Flags/ Warning Signs
- Dating abuse prevention
- Why people abuse
- Helping friends
- Communication
- Safety planning

- 60-90 minute sessions
- Virtual or In-Person
- Earn community service hours
- For middle school and high school youth

Cost is FREE!

For more information or to
request a
presentation contact:

preventioneducation@humanoptions.org



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SAFE DATES



Topics include:

- Healthy relationships
- Cycle of Violence
- Red Flags
- Dating abuse prevention
- Why people abuse
- Helping friends
- Communication
- Consent

- Research-based education & prevention curriculum
- 6-week interactive group
- 90 minute sessions
- For middle school and high school youth

EARN COMMUNITY
SERVICE HOURS!

Cost is **FREE**

To learn more contact:
preventioneducation@humanoptions.org



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"EVERYONE SHOULD LEARN ABOUT THE THINGS TALKED ABOUT IN THIS PROGRAM SO THEY CAN RECOGNIZE DANGER BEFORE GETTING INVOLVED OR KNOW WHERE TO GET HELP."

NATALIE, FORMER AMBASSADOR

HUMAN  OPTIONS

AMBASSADOR PROGRAM



Become an Ambassador against **Teen Dating Violence** with our 6-8 week program!

Learn how to:

- Identify signs of an abusive relationship
- Support a peer and share resources
- Talk about boundaries and consent

AND MORE!



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For more information on how to sign up:
preventioneducation@humanoptions.org