

## National Teen Dating Violence Awareness & Prevention Month Toolkit

Broward County Public Schools (BCPS) recognizes and participates in the observance of the National Teen Dating Violence (TDV) Prevention and Awareness Month in February.

National Teen Dating Violence Awareness & Prevention Month ([TDV Month](#)) is a national effort to raise awareness and promote the prevention of teen dating violence during the month of February. For younger students, the focus is on the promotion of healthy relationships. Observances such as this create public awareness and educate community members about the prevalence of abuse, encourages people to take action to end abuse, and alerts survivors to the options and resources available.

### Included in this toolkit:

- Why Get Involved?
- Ready, Set Go: "How To" Celebrate This Observance
- Suggested Activities: February, Week 1, Week 2, Week 3, Week 4, Year-Round
- Helplines and Resource List
- Attachments
  - Access Prevention Programs CAB Conference instructions
  - Classroom Lessons for Elementary, Middle High, Guides, and Activities: Healthy-Relationships Lessons High, How To Start A Conversation Guide, Love Is Not Abuse Curriculum 6-12, Respect Week Guide 2015, Talk A Thon Guide, I Heart You Card, Pledges
  - Fact Sheets: Dating Basics, Healthy Relationships, Understanding Teen Dating Violence, What Is Dating, Teen Dating Violence Facts US
  - Informational Brochures: How to Help a Friend in an Abusive Relationship, Healthy Unhealthy Warning Signs of Abuse
  - SBBC Dating Violence Policy 5010, Policy 5010 Flow Chart

## **Why Get Involved?**

Unfortunately, dating violence is more common than many people realize and starts at much younger ages than we expect. We need your help in spreading awareness about dating abuse and in letting our students know they deserve safe and healthy relationships. This toolkit from Broward County Public Schools' (BCPS) Diversity, Prevention & Intervention Department (DPI) has tools for both younger students (emphasizing healthy and unhealthy RELATIONSHIPS as opposed to just DATING) as well as teenagers.

**Research shows if a teenager experiences dating abuse, they are first hit around the age of 12**

**Over 60% of Broward County middle school students state they are dating**

**1 in 3 adolescents who have been in a dating relationship has experienced verbal or physical abuse from a dating partner**

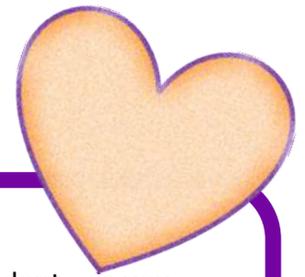
**Nearly 80% of girls who have been physically abused continue to date their abusive partner**

**Over 7% of Broward County high school students have been physically forced to have sexual intercourse when they did not want to**

**48% of those in a "serious" relationship say that it's "good" or "okay" for a dating partner to behave in a jealous or controlling manner**

**Access more Broward County Public Schools specific violence data at [BrowardPrevention.org](http://BrowardPrevention.org)**

# READY?



## How Do I Handle Disclosures and Reporting?

As a trusted adult, you may receive a disclosure of an unhealthy relationship from a student - so you want to be prepared. Broward County Public Schools has specific processes for disclosure based on SBBC Dating Violence Policy 5010. Please review the Policy 5010 Flow Chart on how to report teen dating abuse. Continue to follow all threat assessment protocols and obligations as a mandated reporter. For further clarification, please review the attached documents and utilize the list of local and national resources included in this Toolkit.

# SET?

## “How To” Celebrate TDV Awareness and Prevention Month?

There are innumerable ways your school can celebrate TDV Month in age appropriate and inclusive ways. Ideally TDV Month will be incorporated into your school’s year-round violence prevention efforts. You can choose to celebrate all month, focus on a single week like Respect Week, or build up to one large TDV event. Key elements are included in this toolkit, and success is insured by planning in advance.

Here are the planning steps for success:

- Step 1:** Get a group of students and faculty together to plan the month’s/week’s/day’s activities.
- Step 2:** Decide on what specific things/concepts you want to highlight (e.g. warning signs, healthy relationships, statistics, etc.) as you review the Toolkit.
- Step 3:** Decide how many activities and lessons you can realistically achieve at your school.
- Step 4:** Brainstorm activities using ideas from this Toolkit and as your starting point.
- Step 5:** Assign a leader to each activity and have fun!

## How Do I Use This Toolkit?

Utilize the BCPS TDV Month Toolkit’s lessons and activities to raise awareness and promote healthy relationships, while providing skills for intervention with unhealthy violent ones.

Each week you can incorporate:

- **Activities** listed on the next page “Throughout February,” for classroom, club or schoolwide events
- **Curriculum** to utilize in the classroom, and
- **Announcements** to use over the intercom, on the school website, in newspapers blurbs, or in the creation of PSAs

The location of each resource listed is designated by the following:

- (A)** – the resource is located in the Toolkit’s Attachments
  - (C)** – the resource is located in the ‘Prevention Programs’ CAB Conference, access instructions are in (A)
  - (W)** – the resource is located on the [BrowardPrevention.org](http://BrowardPrevention.org) website
  - (DPI)** – contact the Diversity, Prevention & Intervention Dept. to access this resource 754-321-1655
- (Any other locations will be placed within parenthesis following the curriculum/activity/etc.)**

**GO!**



## Activities for Use throughout February

### **Pease select from the following activities for use during TDV month:**

- The week of February 14<sup>th</sup>, Valentines Week, is National Respect Week: the 'Respect Week Guide' has activities for each day (A)
- The Second Tuesday in February, 2/10/15, is Wear Orange 4 Love Day: get school staff/students to wear orange, the official color of TDV Month (purple is the official color of Domestic Violence Awareness Month in October.) Wear orange shirts, nail polish, ribbons, jewelry, shoes etc. Tell people why you are wearing orange and post pictures and updates on Twitter using #Orange4Love #RespectWeek2015, facebook.com/loveisrespectpage (<http://www.loveisrespect.org/teenDVmonth>)
- National Respect Day, Valentine's Day or the school day before if it falls on a weekend, 2/13/15: Read announcement and spread the message farther by sending it to social media networks using #RespectWeek2015 or by posting the National Respect Announcement flyer included in the Respect Week Guide (A) around campus. <http://www.loveisrespect.org/teenDVmonth>
- 'I Heart You Cards' (A): create and distribute to celebrate a healthy Valentine's Day
- Pledges (A): coordinate students signing The Dating Bill of Rights Pledge, a corresponding video, 'Love is Respect DV Bill of Rights,' is available as well (C)
- Organize a Stomp Out Dating Violence dance at your school
- Create a 'Hands Are Not For Hurting' Mural where students trace their hand with a sharpie and initial inside their hand with their graduation year to show support for healthy relationships, can be done with 'Hands Are Not For Hitting' and 'Words Are Not for Hurting' books and lessons (DPI)
- Bulletin boards, balloons, or posters are created and set up in the school with information about what a healthy relationship is and where victims of teen dating violence can go for help (A, DPI)
- Have your Peer Counseling Program students run classroom presentations about healthy relationships for the other students (DPI)
- Road to Healthy Relationships Hallway: use a green carpet, yellow brick road, etc. with road signs symbolizing the characteristics of a healthy relationship, at the road's end can be a banner with the [loveisrespect.org](http://loveisrespect.org) website/phone#. Alternatively the hall can be decorated to show the road to an abusive relationship, including warning and detour signs.
- Speak Out Art, Poetry, PSA, and/or Essay Contest: a great opportunity for students to creatively share concerns, stories, and/or personal safety tips using graphic art, song lyrics, essays, poetry, etc.
- Chalk About It: students chalk positive messages along sidewalks to raise awareness
- Chain of Support: Educate students on what they can do if a friend is in an abusive relationship and encourage them to sign their name on a chain link pledging support and advocating for those in abusive relationships. Hang chain as a symbol to victims that the school is supportive and safe.
- The Guides in Attachments have even more supplemental lessons and activities suggestions (A)

# Curriculum

## Legend of Resource Location

- (A) – in the Toolkit’s Attachments
- (C) – in the ‘Prevention Programs’ CAB Conference, access instructions are in (A)
- (W) – on the [BrowardPrevention.org](http://BrowardPrevention.org) website
- (DPI) – contact the DPI to access 754-321-1655

### Primary

- Read and utilize the ‘*Hands Are Not for Hitting*’ and ‘*Words Are Not for Hurting*’ books and corresponding lessons (DPI) to teach how people in healthy relationships treat each other. As a supplemental activity, create a Hands Are Not for Hurting Mural where students trace their hand with a sharpie and initial inside their hand as a commitment to respectful relationships.
- [Reality Lane’s “Respect”](#) video (K-5) teaches students that all healthy relationships contain respect as a main ingredient. What is respect? Respect is showing consideration, understanding, and regard for people, places, and things. Use this video along with the suggested Classroom Activities to help you and your students learn more (W).

### Secondary

- Healthy-Relationships Lessons High (A)
- Love Is Not Abuse Curriculum 6-12 (A), corresponding videos such as ‘Love is Respect DV Bill of Rights,’ are available as well (C)
- Respect Week Guide 2015 (A)
- Get Real About Violence K-12: A research-based, age-appropriate prevention curriculum that helps teachers build a culture of non-violence. The program targets a wide range of violent behavior, whether it’s bullying or teasing in younger children or threats and assaults in the later years (C).
- Safe Dates (grades 6-12): a highly engaging and interactive 10 lesson proven curriculum which helps teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive dating relationships (C)
- [Reality Avenue Relationships: What is REAL Love?](#): a video to help students learn how to recognize the signs and symptoms of healthy versus unhealthy relationships (W)

### Both Primary and Secondary

- The week of February 14<sup>th</sup>, Valentines Week, is National Respect Week: National Respect Week has corresponding ‘Respect Week Guide’ activities for each day (A)
- Break the Cycle’s Have a Heart Campaign: use these materials paired with any events you have regarding Valentine’s Day and the sending of notes, flowers, etc. with the ‘I Heart You Card’ (A)
- It’s Time to Talk Day, The First Tuesday of February, 2/3/15: “It’s Time To Talk Day is an annual awareness day that aims to generate conversations about healthy relationships and prevent teen dating violence and abuse. Join the nationwide campaign by visiting, [ItsTimeToTalkDay.org](http://www.itstimetotalkday.org), take the pledge, utilize the ‘Talk A Thon Guide,’ and pass out the ‘How To Start A Conversation Guide’ (A) to parents. (<http://www.itstimetotalkday.org>)
- [Planting Seeds of Prevention Book](#): serves as a teaching tool and a one stop shop for all your prevention needs (W, C).



# 1 WEEK

## Announcements

- “February is Teen Dating Violence Awareness and Prevention Month. Love is not abuse. Unfortunately dating violence is more common than many people think and it starts at much younger ages than we expect. One in three teens in the U.S. will experience physical, sexual or emotional abuse by someone they are in a relationship with and research shows they are first hit around the age of 12. We need your help to spread awareness about dating abuse and let everyone know we all deserve safe and healthy relationships. This month we can all work together to help break the cycle. Remember, love has many definitions, but abuse isn't one of them!” (<http://www.teendvmonth.org>)
- It’s Time to Talk Day, The First Tuesday of February, 2/3/15: “Not talking about it doesn't make it go away. February is Teen Dating Violence Awareness and Prevention Month and today is Time to Talk Day. Join the conversation!”
- Continue spreading the word during TDV Month by using [dating abuse statistics](#) (A) as well as sharing information on any upcoming observance plans for the month.



# 2 WEEK

## Announcements

- The week of February 14th as National Respect Week Sample announcement:  
“It’s Week 2 of Teen Dating Violence Awareness and Prevention Month! Would you like to heart someone this Valentine’s Day? Join us this Valentine’s Day week to celebrate Respect Week where we work to prevent and Break the Cycle of dating abuse.”
- “Share your heart with the people you love and care about, and tell them that this Valentine’s Day - You pledge to keep your relationships respectful, loving and safe! These Valentine’s Day cards can be obtained in (fill in - the front office, etc.). Happy healthy, respectful and safe Valentine’s Day!”
- National Respect Day, Valentine’s Day or the school day before if it falls on a weekend day, 2/13/15: “This Valentine’s Day, we’d like to remind you that everyone deserves a safe and healthy relationship. If you or someone you know has a question about a relationship, healthy or unhealthy, visit [loveisrespect.org](http://loveisrespect.org) or text "loveis" to 22522. Remember, love has many definitions, but abuse isn't one of them!”  
For age appropriate High School students, the announcement can be expanded to include the statement below: “How else can you demonstrate a healthy respectful relationship? Talk to your partner about their physical boundaries. When it comes to intimacy, sex, and methods of protection, everyone has different backgrounds, desires, and comfort levels, and it’s important to know that what’s okay with you might not be okay with your partner. If you love yourself and you love your partner, show it by taking a healthy step toward getting tested for sexually transmitted diseases. Getting tested together makes a powerful statement about your trust and love for one another!”
- Continue spreading the word during TDV Month by using [dating abuse statistics](#) (A) as well as sharing information on any upcoming observance plans for the month.



3  
WEEK

## Announcements

- Teens care about their friends and their relationships – during adolescence peer relationships are more important than at any other time in our lives. Start by asking young people what they value in a friend or partner, what makes relationships work, and what do they think others need to know to keep their relationships strong. Teens are the experts so ask them to take the lead and your campaign will be more relevant and more effective. “Social movements often begin with conversations – conversations among everyday people about the change they want to see in their own lives, their communities, and the world. Our movement to end violence also needs to begin here. Let’s continue creating healthy trusting relationships by talking today with others about the respect we all want and deserve!”
- Continue spreading the word during TDV Month by using [dating abuse statistics](#) (A) as well as sharing information on any upcoming observance plans for the month.



4  
WEEK

## Announcements

- This week’s announcements can include statistics, red flags, and recourses.
- You can create a morning announcement skit or PSA with the below scenario using an imaginary football coach:  
Coach: Hi! I’m head coach of the Hawks Football Team. Being aggressive and dominating on the field is how the Hawks win games. Our players have to be tough and hit hard!  
(Sound clip of big hit in football)  
Coach: But being aggressive and dominating in a relationship is NOT OK!  
Youth 1: Teenagers are twice as likely as other age groups to become victims of violent crimes.  
Youth 2: One in three teenagers will experience violence in a dating relationship.  
Coach: Dating violence is not OK and can include using hurtful words, controlling another person, using physical violence, and unwanted sexual contact. If you or someone you know is a victim of dating violence, please seek help. Talk to an adult you trust or call one of the many agencies in your community. You are not alone, and there is help. To get help or for more information, call the National Teen Dating Abuse Helpline at 866-331-9474.
- Continue spreading the word during TDV Month by using [dating abuse statistics](#) (A) as well as sharing information on any upcoming observance plans for the month.

# Year-Round

There are numerous observances and curriculums that can be used to reinforce the non-violence message of February's Dating Violence Prevention Month. We recommend accessing the proven programs the Diversity, Prevention & Intervention Department has purchased for grades K-12. They are Get Real About Violence, Too Good for Drugs and Violence, and Safe Dates (C).

Some related violence prevention observances your school can celebrate are:

- January is National Stalking Awareness Month
- April is Sexual Assault Awareness Month
- [National Bullying Prevention Month](#) is October
- [National Domestic Violence Awareness Month](#), October
- [No Name Calling Week](#) is January 19-23, 2015
- [Above the Influence March](#) is on Friday, March 13, 2015
- [National Youth Violence Prevention Week Campaign](#) is March 23-27, 2015
- [ABC's of Bullying Prevention](#) curriculum book (in attachments)
- [Broward School's Anti-Bullying Week](#) is the second week in November
- [Choose Peace Stop Violence Week](#) is in September



## Helplines and Resource List

### Dating Abuse Helplines and Local Resources

- Broward's First Call For Help: dial 211, a 24-hour comprehensive helpline, providing all people with crisis, health and human services support connecting them to resources in our community
- [National Dating Abuse Helpline](#): offers comprehensive resource on the issue at [loveisrespect](#) with 24/7 chat, phone and text service - call 1-866-331-9474 or text "loveis" to 22522
- [National Sexual Assault Hotline](#): 1-800-656-HOPE
- [Women In Distress of Broward](#): call 954-332-3459 or the 24- hour Crisis Line at 954-761-1133

### Dating Abuse Resources and Public Awareness Campaigns

- [A Thin Line](#): MTV campaign addressing "digital abuse"
- [Break the Cycle](#): preventive dating/domestic violence education/outreach to teens/young adults
- [Break the Silence: Stop the Violence](#): TV show where parents talk with teens about developing healthy, respectful relationships before they start dating
- [Boss of Me](#): teen ambassadors provide information and advice to teens on preventing dating abuse
- [Coaching Boys to Men](#): the [Futures Without Violence](#)'s effort to engage males of all ages in preventing domestic violence
- [Dating Matters: Understanding Teen Dating Violence Prevention](#): free 60-minute, interactive training is designed to help adults working with teens understand the risk factors and warning signs of TDV
- [Know More. Say More](#): is the [Futures Without Violence](#)'s effort to address the intersection of domestic violence and reproductive health
- [Love is Respect](#): includes information on healthy relationships, collection of resources, quizzes, as well as links to support services and the [Teen dating bill of rights](#)
- [My Strength/Mi Fuerza](#): bilingual campaign to raise awareness of sexual violence among youth, highlights the vital role young men can play in fostering healthy relationships by [Men Can Stop Rape](#)
- [National Resource Center on Domestic Violence](#): hosts many initiatives including the [VAWnet Resource Center](#) and the [Women of Color Network](#)
- [Our Revolution](#): a guide for youth activists interested in facilitating a conversation among students about building a movement for respect, equity, and justice for all human beings, [FREE materials](#)
- [The RESPECT! Campaign](#): a [Futures Without Violence](#) effort to promote healthy relationships through positive role modeling and education.
- [That's Not Cool](#): interactive materials promoting youth conversations about what is a healthy relationship and what is not