



Toolkit





Why Get Involved?

Unfortunately, dating violence is more common than many realize and alarmingly starts at much younger ages than we might expect. Dating abuse affects approximately 1.5 million teens annually, but

this learned behavior is preventable! It's for this reason Broward County Public Schools (BCPS) along with the Diversity, Prevention &

Intervention Department (DPI), recognizes and participates in National Teen Dating Violence Prevention and Awareness Month (TDV Month) every February.

Our students deserve safe and healthy relationships and the best way to accomplish this, is to teach social and emotional (SEL) skills while increasing awareness.

We need your help to accomplish these critical tasks!

Demonstrate your school's commitment to ending teen dating violence and support the survivors among us by utilizing this toolkit. With it, younger students can learn healthy and unhealthy relationship behaviors and older students can learn how to recognize the warning signs of dating abuse as well as how to help a friend.

Now is the time to educate our communities and our youth about the seriousness of teen dating violence. Let's teach them how to prevent and intervene with dating violence and secure a lifetime of safe and healthy relationships.

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

Approximately 60% of Broward's middle schoolers who are dating state they have already been abused

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

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

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

Acknowledgement

Thank you to [Love is Respect](#), Liz Clairborne, Inc., [Advocates for Youth](#), [One Love](#), and all the other advocates for safe and healthy relationships whose resources contributed to the creation of this toolkit. Go to the Helplines and Resource List page to access more of their tools.

How Do I Handle Disclosures and Reporting?

As a trusted adult, be prepared to receive student disclosures of unhealthy relationships. SBBC Dating Violence Policy 5010 outlines specific processes for disclosure and every school has a trained Investigative Designee to receive and investigate any dating abuse referrals. As a mandated reporter, continue to follow all reporting obligations as well as threat assessment protocols. Assistance can also be accessed by utilizing the list of local and national resources included in this toolkit on the Helplines and Resource List page.



READY

“How To” Celebrate TDV Awareness and Prevention Month?

There are innumerable ways your school can celebrate TDV Month in age appropriate and inclusive ways as you incorporate it into your school’s year-round violence prevention efforts. Choose to celebrate all month, focus on a single week such as Respect Week with the [Respect Week & Wear Orange Day Guide](#), or teach violence prevention lessons culminating in a large TDV event. Plan in advance to insure your success with these steps:

Step 1: Get a group of students and faculty together to plan the month/week activities.

Step 2: Decide what specific things/concepts you want to highlight (e.g. warning signs, healthy relationships, respect, etc.) as you review the toolkit. Use surveys or your school’s data to help in the decision-making process.

Step 3: Decide how many activities and lessons you can realistically accomplish.

Step 4: Brainstorm activities using ideas from this toolkit as your starting point.

Step 5: Assign a leader to each activity and have fun!



SET

How Do I Use This Toolkit?

Utilize this toolkit’s lessons and activities to raise awareness and promote healthy relationships, while providing skills on how to intervene with unhealthy violent ones. Each week, incorporate the following toolkit items into your school:

- **Activities**
- **Curriculum**
- **Announcements or public service announcements (PSAs)**

The toolkit also contains:

- **A Helplines and Resource List**
- **Attachments**



GO!

Activities for Use throughout February



Select from this list of activities to encourage your students to celebrate healthy respectful relationships (contributions from loveisrespect.org):

Chalk About It: Students chalk positive messages along sidewalks to raise awareness about the importance of healthy respectful relationships. At the same time 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.

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 the completed chain as a symbol to victims that the school is supportive and safe.

Mural: 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. It can also be paired with the 'Hands Are Not for Hitting' and 'Words Are Not for Hurting' books and [lessons](#).

Orange-Out or Purple-Out: Have all students and faculty wear the same color to signify unity and solidarity in the fight against abusive relationships. The official color for domestic violence is purple and the official color for dating abuse is orange. Pick the color your school feels would work best.

Peer Counseling: Have your Peer Counseling students run classroom presentations about healthy relationships and relationship rights. Contact DPI for materials.

Relationship Bill of Rights Pledge: Print the Relationship Bill of Rights and encourage students to sign it. Signings can be done during lunch and could work in conjunction with an information booth. We encourage you to personalize the bill of rights and when students sign the bill, they can add their own personal "right" to the list. Use the corresponding video, 'Love is Respect DV Bill of Rights,' to help create interest. Materials are available in [SharePoint](#) and at loveisrespect.org and [Healthy Relationship High School Educators Toolkit](#).

Relationship Spectrum: On a chalkboard/dry erase board, make 3 columns labeled Healthy, Unhealthy and Abusive. Print and cut out the relationship spectrum behaviors in the [Healthy Relationship High School Educators Toolkit](#) and hand them out to students. Have students determine which behaviors are healthy, unhealthy or abusive by taping them in the appropriate columns.

Respect Week: The week of February 14th, Valentines Week, is National Respect Week. The '[Respect Week & Wear Orange Day Guide](#)' has activities for each day.

- **Wear Orange 4 Love Day:** The 2nd Tuesday in February is Wear Orange 4 Love Day since orange is the official color of TDV Month (purple is for Domestic Violence Awareness Month in October). Get staff/students to wear orange shirts, nail polish, ribbons, jewelry, shoes etc. Post pictures and updates using #Orange4Love #RespectWeek.
- **National Respect Day:** Valentine's Day (or the school day before if on a weekend) is National Respect Day.
 - Read an announcement and spread the message by sending it to social media networks using #RespectWeek.
 - Create and distribute 'I Heart You Cards' to celebrate a healthy Valentine's Day.

Road to Healthy Relationships Hallway: This can be done using a green carpet, a yellow brick road or another type of pathway. Include road signs to symbolize necessary characteristics of a healthy relationship. The end of the road could lead to a banner with the [loveisrespect website](http://loveisrespect.org) and phone number. An alternative is to decorate a hallway to show the road to an abusive relationship, including [warning signs](#) and detour signs.

Speak Out Art, Poetry, PSA, and/or Essay Contest: Create a great opportunity for students to creatively share concerns, stories, and/or personal safety tips using graphic art, song lyrics, essays, poetry, etc.

Stomp Out Dating Violence Dance: Organize a dance at your school.

Teen Safety Cards: Print and cut the palm cards found in [Healthy Relationship High School Educators Toolkit](#) or loveisrespect.org. Encourage students to take as many of the cards as necessary to give to family and friends. It may be helpful to keep a supply of these cards in the counseling office and front office for students to pick up at their convenience.

Wall of Love: Print copies of the “Love is…” speech bubble template found in [Healthy Relationship High School Educators Toolkit](#). Use different colors of paper for visual interest. Have students cut out the speech bubbles and write down what love means to them. Tape the bubbles on a board or in a designated space in a hallway. Students can get creative with how their speech bubbles are displayed!

Wear Your Heart on Your Sleeve: Have students wear an orange paper heart on their sleeve to bring attention to the prevalence of teen dating abuse. Students can also post these hearts all over the school. A printout is available in the [Healthy Relationship Middle School Educators Toolkit](#).

More Year-Round Activities & Events

There are numerous observances and curriculums that can be used to reinforce and celebrate your school’s non-violence messaging in conjunction with February’s Dating Violence Prevention Month and [Respect Week & Wear Orange Day](#). Go to [DPI’s SharePoint](#) to access a wide array of curriculum and choose from some of the related [violence prevention observances](#) below:

- [Above the Influence March](#), check the website for each year’s date.
- [Anti-Bullying Week](#), Broward Schools celebrates the second week in November.
- [Bullying Prevention Month](#), the national observance is October.
- [Character Education Curriculum and Videos](#), September through April.
- [Choose Peace Stop Violence Week](#), September.
- [Domestic Violence Awareness Month](#), October.
- [No Name Calling Week](#), January.
- Stalking Awareness Month, January.
- Sexual Assault Awareness Month, April.
- [Youth Violence Prevention Week Campaign](#), March.



Curriculum



Every person of every age can celebrate kind and respectful relationships! We recommend utilizing research-based, proven programs such as Get Real About Violence, Too Good for Drugs and Violence, and Safe Dates. These programs range from 6-10 lessons and that amount of time is not always feasible, therefore, below are lesson suggestions specifically designed to complement TDV Month. Additional curricula are in [DPI's SharePoint](#) and [website](#). For more information, contact DPI 754-321-1655.

Primary

Grades K-2: [Friendships](#), [Advocates for Youth, Rights. Respect. Responsibility.](#) (3Rs)

Grades 3-5: [Figuring Out Friendships](#), [Advocates for Youth, Rights. Respect. Responsibility.](#) (3Rs)

Expansion Lessons

- *'Hands Are Not for Hitting'* and *'Words Are Not for Hurting'* books: Read these books to your class and use their [corresponding lessons](#) to teach students how people in healthy relationships treat each other. As a supplemental activity, create a Hands Are Not for Hurting Mural where students trace their hands and initial inside them as a commitment to respectful relationships.
- [Reality Lane's "Respect"](#) video and lesson: For grades K-5, this video with lesson teaches students that all healthy relationships contain respect as a main ingredient. What is respect? It's showing consideration, understanding, and regard for people, places, and things.
- [Get Real About Violence](#): For grades K-12, this research-based, prevention curriculum helps build a culture of non-violence. The program targets a wide range of violent behavior, whether bullying, teasing, and rumor spreading among younger children or threats and assaults in the later years.
- [DPI's SharePoint Dating Violence Curriculum Page](#): Explore an extensive list of resources and choose the dating violence prevention curriculum and videos yourself!

Secondary

Grades 6-8: Healthy [Relationship Middle School Educators Toolkit](#), [Loveisrespect.org](#); and/or the Couplets #ThatsNotLove videos with Discussion Guide and lessons at [One Love](#) or in [SharePoint](#).

Grades 9-12: Healthy [Relationship High School Educators Toolkit](#), [Loveisrespect.org](#); and/or the Behind the Post #ThatsNotLove videos with Discussion Guide and lessons at [One Love](#) or in [SharePoint](#).

Expansion Lessons

- [Get Real About Violence](#): For grades K-12, this research-based, prevention curriculum helps build a culture of non-violence. The program targets a wide range of violent behavior, whether bullying, teasing, and rumor spreading among younger children or threats and assaults in the later years.
- Dating Matters: For grades 6-7, this universal primary prevention curriculum teaches youth healthy relationship skills to reduce interpersonal violence. The curriculum consists of 6-7 lessons and is based on the Safe Dates proven program. Contact DPI to access it 754-321-1655.
- [Safe Dates](#): For grades 8-12, this highly engaging and interactive 10 lesson proven curriculum helps teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive dating relationships.
- [Reality Avenue Relationships: What is REAL Love?:](#) For grades 6-12, this video with lessons help students learn how to recognize the signs and symptoms of healthy versus unhealthy relationships.
- [DPI's SharePoint Dating Violence Curriculum Page](#): Explore an extensive list of resources and choose the dating violence prevention curriculum and videos yourself!



Announcements

1

Week

- Make sure to tell the students what to expect this week and for the month of February as part of YOUR school's TDV Month.
- "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. 1 in 3 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: "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 and help create healthy relationships for everyone!"
- "You have Relationship Rights - whether you're in a relationship or just thinking about dating, remember your rights:
 1. You have the right to privacy, both online and off.
 2. You have the right to feel safe and respected.
 3. You have the right to decide who you want to date or not date.
 4. You have the right to choose when/if you have sex and who you have sex with.
 5. You have the right to say no at any time (to sex, to drugs/alcohol, to a relationship), even if you've said yes before.
 6. You have the right to hang out with your friends and family and do the things that you enjoy, without your partner getting jealous or controlling.
 7. You have the right to leave a relationship that isn't right or healthy for you.
 8. You have the right to live free from violence and abuse.
 - o Which of these rights is most important to you?"
 - PSA Options: Go to the [PSA Folder in DPI's SharePoint](#).



Announcements

2

Week

- The week of February 14th is National Respect Week – find activities in the [Respect Week & Wear Orange Day Guide](#). Here are sample announcements:
 - “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.”
- National Respect Day, Valentine’s Day or the school day before if it falls on a weekend:
 - “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 or text “loveis” to 22522. Remember, love has many definitions, but abuse isn't one of them!”
 - “Share your heart with the people you love and care about – whether the relationship is a friendship or romantic. 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.). Have a happy healthy, respectful and safe Valentine’s Day!”
 - “What better way to say Happy Valentine’s Day than by helping all of your friends learn about healthy relationships? Everyone has the right to healthy and safe relationships free of abuse and everyone has a hand in ending dating violence. If you or someone you know has a question about a relationship, healthy or unhealthy, visit loveisrespect.org or text “loveis” to 22522. Remember, _____ (school mascot here) unite when it comes to ending dating violence.”
- Continue spreading the word during TDV Month by using [dating abuse statistics](#) as well as sharing information on any upcoming observance plans for the month.
 - PSA Options: Go to the [PSA Folder in DPI's SharePoint](#).



Announcements

3

Week

- “With Valentine’s Day behind us, we’d like to remind you that everyone deserves a safe and healthy relationship. Remember, love has many definitions, but abuse isn’t one of them. If you or someone you know has a question about a relationship, healthy or unhealthy, visit loveisrespect.org or text “loveis” to 22522.”
- “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!”
- “Phrases like ‘I’m sorry’ or ‘I love you’ can take on an entirely different meaning in an abusive relationship. Watch this video and let it start a conversation with the people you care about. When ‘I love you’ or ‘I’m sorry’ is used as a way to manipulate the things you do, say or think it’s unhealthy. In healthy relationships these phrases aren’t used with ulterior motives. If you find you’re in a relationship with someone who uses these phrases as a way to control and manipulate you, know that #thatsnotlove.” Pair this with one of the two #ThatsNotLove - Asterisk I’m Sorry videos in [DPI’s SharePoint](#) or at [One Love](#).
- Continue spreading the word during TDV Month by using [dating abuse statistics](#) as well as sharing information on any upcoming observance plans for the month.
- PSA Options:
 - Go to the [PSA Folder in DPI’s SharePoint](#).
 - Film interviews of your students and their views regarding relationships. Teens care about their friends and their relationships. During adolescence peer relationships are more important than at any other time in their 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.



4

Week

- End the month on a positive note with a schoolwide activity. “On the last day of school this Friday in February, we are celebrating our commitment to healthy relationships by sharing love and positive messages with those people we appreciate most in our lives! Take some post-its and help to cover the doors, desks, and lockers with positive messages to those around you. This is an opportunity to make someone’s day by leaving them positive affirmations. Thank those people you are in relationships with – whether they are teachers, friends or dating partners – for the healthy, respectful, and kind ways they treat you and the great way they make you feel.”
- This week’s announcements can include statistics, red flags, and how to help a friend.
- 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 must 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 like 211 Broward – you just dial 211. 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.
 - PSA Options: Go to the PSA Folder in DPI’s SharePoint.



Helplines and Resource List



School Resources

- Dating Violence Investigative Designee, Administrators.
- Guidance, School Social Workers, Family Counseling Program.
- SIU/Broward County Police Department 754-321-0911.
- School Resource Locator (SRL), <http://agency.browardprevention.org>.

Broward County Resources

- Broward's First Call for Help: A 24-hour comprehensive helpline providing all people with crisis, health and human services support by connecting them to resources in our community. Just dial 211.
- [Women In Distress of Broward](#): Services include confidential shelter, counseling, support groups and a 24-hour crisis line. Call 954-332-3459 or the 24-hour Crisis Line at 954-761-1133.

Florida Resources

- Florida Coalition Against Domestic Violence Hotline: Dial 1-800-500-1119.
- Florida Department of Health Sexual Violence Prevention Program: Dial 850-245-4455.

National Resources

- [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 Center for Victims of Crime Hotline: Dial 800-FYI-CALL.
- [National Sexual Assault Hotline](#): Dial 1-800-656-HOPE.
- National Youth Crisis Hotline: Dial 800-422-HOPE.
- National Domestic Violence Hotline: Dial 800-799-SAFE (7233).

Dating Abuse Resources and Public Awareness Campaigns

- [Advocates for Youth's Rights, Respect, Responsibility \(3 Rs\)](#): A free K-12 sexuality education curriculum.
- [A Thin Line](#): An MTV campaign addressing "digital abuse" of all kinds.
- [Break the Cycle](#): Provides preventive dating/domestic violence education and outreach to teens and 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: From Futures Without Violence](#): This curriculum is for coaches to engage athletes who are males in preventing domestic violence.
- [Dating Matters: Understanding Teen Dating Violence Prevention](#): Free 60-minute, interactive training designed to help adults understand the risk factors and warning signs of TDV.
- [DPI's Dating Violence SharePoint](#): Explore the tools and resources available to BCPS employees.
- [Know More. Say More: Futures Without Violence](#): Address the intersection of domestic violence and reproductive health.

- [Love is Respect](#): Comprehensive resource site including hotlines, lessons, information on healthy relationships, a collection of quizzes, as well as links to support services and the [Teen dating bill of rights](#).
- [My Strength/Mi Fuerza](#): Bilingual campaign to raise awareness about 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](#).
- [One Love, #ThatsNotLove](#): One Love works to ensure everyone has the healthy, happy relationships they deserve. The #ThatsNotLove campaign is a series of short and shareable videos with lessons that works to shine a spotlight on unhealthy or emotionally abusive relationship behaviors—or the gray area between love and control.
- [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.
- [Planting Seeds of Prevention Book](#): Contains multiple lessons on dating violence as well as the strands of prevention - Diversity, Health & Wellness, Instructional Strategies, Substance Abuse Prevention, and Violence Prevention.
- [The RESPECT! Campaign](#): A [Futures Without Violence](#) effort to promote healthy relationships through positive role modeling and education.
- [That's Not Cool](#): Provides interactive materials and videos promoting youth conversations about what is a healthy relationship and what is not.

