

TDVAM 2023 Theme – Be Real In Relationships

This year’s theme is focused on encouraging young people (and everyone!) to have honest conversations with the important people in our lives, and not feel like we have to change ourselves to “fit in” – whether that’s in our families, social circles, or relationships. No one should feel like they need to “put on a show” in their relationships, or feel like they need to live up to unrealistic standards. Instead, we should all be able to be our true selves in relationships, because a healthy relationship is one built on equality, trust, communication, and most of all, respect.

Through **79** awareness events, community presentations, in-school prevention curriculum sessions, peer-to-peer tabling events, and professionals’ trainings, the department reached **1,209** youth, students, professionals, and community members this TDVAM.

Some special initiatives included:

Virtual Workshop Series for Parents: The primary prevention team collaborated with multiple community agencies to provide free educational workshops featuring topics like healthy relationships, communication, boundaries, and mental health. The goal of the series was to provide parents and supportive adults with the tools to connect with youth and understand issues that impact them. Through this training series, attendees gained applicable information and tools so that they can act as trusted adults for the youth in their life, which can be a significant protective factor in the prevention of dating violence and of youth getting help if they need it.

In post-assessments for presentations facilitated by OIC of South Florida, 2-1-1 Broward, WID’s Prevention Specialist, and Be SMART, 100% of attendees who submitted responses stated “Strongly Agree” or “Agree” when asked the following:


- “My awareness of issues that can affect youth has increased as a result of this training.”
- “I feel more capable and confident to understand and support youth in my life and/or community because of this presentation.”
- “I can apply what I learned in this training to my connections with youth.”


In addition, Planned Parenthood of South, East, and North Florida shared their presentation evaluations with our primary prevention team in which 100% of attendees who submitted responses committed to engaging in future conversations about sexual health and healthy development with [their] teen(s) to ensure they make positive decisions for their future.


2023 TEEN DATING VIOLENCE AWARENESS MONTH PRESENTED BY
Memorial Healthcare System **WOMEN DISTRESS**


TDVAM Virtual Training Series


Join us for our Teen Dating Violence Awareness Month multi-session virtual training series for parents and community adults who interact with youth to gain the knowledge and tools necessary to maintain a supportive connection with the youth in their lives!

Register here:  **OIC of South Florida**
Feb. 9th | 5:00 - 6:30 PM
This training will be facilitated by the Teen Pregnancy Prevention Team at OIC of South Florida, raising awareness to promote healthy and thriving futures for youth.

Register here:  **2-1-1**
Feb. 16th | 5:00 - 6:30 PM
2-1-1 Broward will be highlighting the impact of mental health on relationships and how to access resources in our community. There will be a discussion, activity and Q&A portion!

Register here:  **Planned Parenthood**
Feb. 21st | 5:00 - 6:30 PM
This presentation facilitated by PPSENFLE educators will aim to enhance your knowledge, promote healthy adolescent sexual development, and reduce adolescent risk-taking through discussion and education.

Register here:  **Creating and Maintaining Healthy Relationships**
Feb. 23rd | 5:00 - 7:00 PM
This presentation will address foundational characteristics of healthy relationships, self-reflection questions, communications tips, and more on maintaining healthy relationships. Tools provided can be taught to youth as a way to bond and educate on creating and maintaining a healthy relationship with themselves and others.

Register here:  **Be SMART**
Feb. 28th | 5:00 - 6:15 PM
This presentation will be facilitated in collaboration with the Be SMART framework to help parents & adults normalize conversations about gun safety and take responsible actions that can prevent child gun deaths and injuries.

Questions? Reach out to jdominguez@womenindistress.org

2023 TEEN DATING VIOLENCE AWARENESS MONTH PRESENTED BY
Memorial Healthcare System **WOMEN IN DISTRESS**

FREE EVENT FOR EVERYONE!

DRIVE-THRU FOOD DISTRIBUTION + RESOURCE FAIR

**February 18
10 AM to 12 PM***

*Food distribution on a first come, first served basis

**Roosevelt Gardens Park
2841 NW 11th Street, Fort
Lauderdale, FL 33311**

Food generously provided by:

Drive-Thru Food Distribution & Resource Fair (with Broward Aware and Harvest Drive Inc):

The Education & Prevention department regularly attends the Broward AWARE Committee, which is a community collaborative group that works to organize awareness events and activities for various family and child-focused initiatives, including Teen Dating Violence Awareness Month in February. WID traditionally takes the lead on TDVAM activities for the committee, and as part of that role, we organized a drive-thru food distribution and resource fair. Harvest Drive provided us with 100 bags of food, and we coordinated with Broward Parks to host the event at Roosevelt Gardens Park. In total, 7 organizations - WID, Guardian ad Litem, Children's Services Council, KID, Inc., Nancy J. Cotterman Center, Hispanic Unity, and DCF - were in attendance to provide valuable resource information to community members, as well as 2 additional organizations - OIC of South Florida and the Early Learning Coalition - who provided resource packets for distribution in lieu of being able to be physically present at the event. All bags of food were distributed, and each car got to spend about a minute with each community resource present.



TDVAM Poster Contest:

The Education & Prevention team aimed to expand the reach of teen dating violence awareness initiatives through developing an opportunity for all Broward high school students to enroll in a poster contest. Submissions included creative, colorful, and engaging hand-made posters that highlighted healthy relationships and teen dating violence awareness. The winner (pictured here) received a plaque honoring their creative efforts and participation in spreading prevention education.



WOMEN IN DISTRESS PRESENTS

TEEN DATING VIOLENCE AWARENESS MONTH POSTER CONTEST

OPEN TO ALL BROWARD COUNTY HIGH SCHOOL STUDENTS! THE WINNING CLASS OF THE CONTEST WILL WIN A PRIZE! ENTER NOW!

CONTEST RULES

1. THE POSTER CAN ONLY HAVE HAND DRAWN ARTWORK.
2. IT MUST INCLUDE AT LEAST THREE TEEN DATING VIOLENCE STATS OR DEFINITIONS. WE WILL PROVIDE A STATS SHEET TO YOUR TEACHER
3. ARTWORK MUST BE SCHOOL APPROPRIATE
4. THE POSTER MUST BE LARGER THAN 8 X 11 INCHES BUT SMALLER THAN 27 X 40 INCHES
5. THE BACK OF THE POSTER MUST INCLUDE SCHOOL NAME, CLASS PERIOD, TEACHERS NAME, AND TEACHERS EMAIL OR SUBMIT A PHOTO VIRTUALLY WITH THE SAME INFORMATION

TO TURN IN YOUR POSTER OR ASK QUESTIONS, PLEASE CONTACT BRITNEY PIERRE VIA EMAIL BPIERRE@WOMENINDISTRESS.ORG

NO LATE SUBMISSIONS WILL BE CONSIDERED!

WID TEEN DATING VIOLENCE AWARENESS MONTH 2023

DUE NO LATER THAN FEBRUARY 22ND 2023!!

SCAN THIS TO REGISTER YOUR CLASS

WOMEN IN DISTRESS OF BROWARD COUNTY, INC.

Peer-to-Peer Tabling Event:

As an extension to our in-school prevention programming for high school students through the B.O.L.D. (Building Opportunities To Love with Dignity) Program, the Education & Prevention department offers the opportunity to get involved in our Protect Your Heart (Peer-to-Peer) Program to students who excel in prevention education engagement and show commitment to increasing awareness of teen dating violence and healthy relationships in their schools. This month, the students at West Broward High School worked in collaboration with our Teen



Dating Violence Specialist and our Education Specialist to host a tabling event during lunch periods with a variety of interactive learning games such as a Consent Game Show, Red Flag - Green Flag, a Toxic Toss bean bag game, and an Illustration-Communication activity. Through this program, the peer counseling students at West Broward High school were able to apply their leadership skills and knowledge gained through our department's prevention programming to inspire approximately 300 of their fellow schoolmates to take the first step towards violence prevention through education.



Wear Orange Day:

The Education and Prevention Team invited everyone to Wear Orange on February 7th, 2023 to spread awareness of Teen Dating Violence and promote healthy relationships!



In addition to the special initiatives conducted for Teen Dating Violence Awareness Month, the Education & Prevention team continued to make an impact throughout our community during the month of February through the following:

Health Occupations Students of America (HOSA)

- Two students from Coral Springs Charter School who received our in-school prevention programming used the knowledge, awareness, and empowerment gained by the B.O.L.D. Program to make Teen Dating Violence the focus of their Health Occupations Students of America (HOSA) competition project. Through on-going collaboration and support provided by our Teen Dating Violence Specialist and our Education Specialists, the students were able to secure second place in the competition and qualified to make it to the next level of competition.

Prevention in Action:

- The B.O.L.D. program was facilitated to the Peer Counseling classes at Coral Springs Charter School. As part of the program, students are provided a post-assessment during the last session of the program to determine the impact of knowledge gained. A free-response question included in the post-assessment asked “Have your relationships changed as a result of this class?” A student responded “Yes, I myself was the abuser in a relationship. I was unaware as to the effect of what I was doing, and have since ended the relationship for my partners own good and my own good.” This brave student response shows how much accountability and growth can happen through prevention programming.

Finally, the Education & Prevention team established a greater media presence through our Teen Dating Violence Awareness Month Instagram campaign, creating a Tik Tok, interviewing for a radio episode, and launching another podcast episode:

Lead Education & Prevention Specialist, Joan Dominguez, was interviewed for TDVAM on “Supa Cindy's Community Matters” Show on 99 Jamz Radio Station:

- https://listen.stitcher.com/yvap/?af_dp=stitcher://episode/211601627&af_web_dp=https://www.stitcher.com/episode/211601627&deep_link_value=stitcher://episode/211601627

A new episode of WID’s “An Ounce of Prevention” podcast launched:

- *Episode 5 | Survivors Speak Series, Vol. 2: Aly's Story of Teen Dating Violence.* In this episode, we hear from a TDV survivor who shares her story and how she uses her experience to help others and prevent violence.
- <https://www.buzzsprout.com/1724649/12250266>

An Ounce of Prevention

Episode 5 || Survivors Speak Series, Vol. 2: Aly's Story of Teen Dating Violence

FEBRUARY 15, 2023 | WOMEN IN DISTRESS OF BROWARD COUNTY, INC. | EPISODE 5

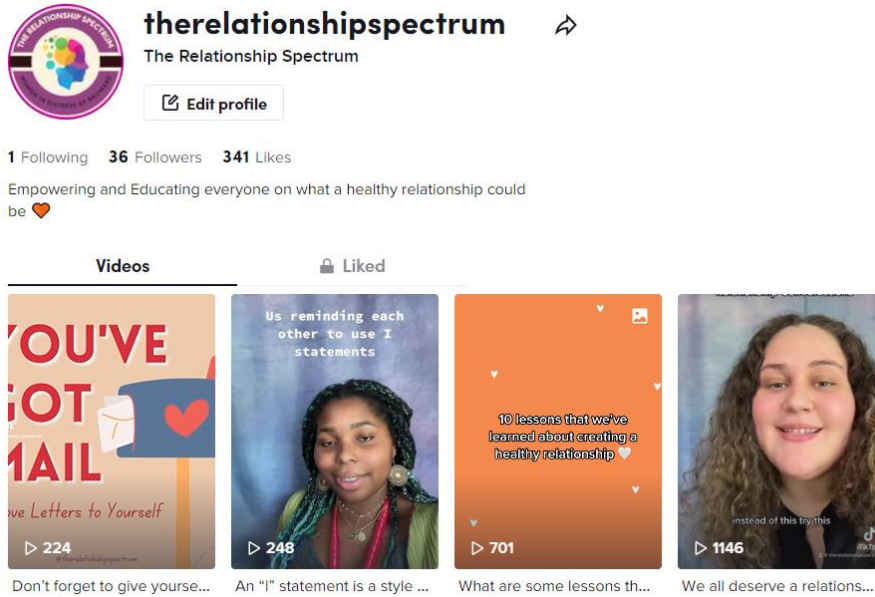


LISTEN ON

SHARE EPISODE

TikTok:

- @TheRelationshipSpectrum
- https://www.tiktok.com/@therelationshipspectrum?is_from_webapp=1&sender_device=pc



therelationshipspectrum
The Relationship Spectrum

1 Following 36 Followers 341 Likes

Empowering and Educating everyone on what a healthy relationship could be ❤️

Videos Liked

YOU'VE GOT MAIL Give Letters to Yourself 224
Don't forget to give yourself...

Us reminding each other to use I statements 248
An "I" statement is a style ...

10 lessons that we've learned about creating a healthy relationship 701
What are some lessons th...

instead of this by this We all deserve a relations... 1146

Social Media Posts:



#berealtvam

★ FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

Follow along with @wid_teen as we give out tips on how to **BE REAL** with yourself and the people around you.

We want to encourage you to be open and have honest conversations with the important people in your life. No one should feel like they need to "put on a show" in their relationships. We should all be allowed to be our true selves, especially in front of the people we love.

TEEN DATING VIOLENCE AWARENESS MONTH PRESENTED BY
Memorial Healthcare System WOMEN IN DISTRESS



4:44 Memorial Healthcare System WOMEN IN DISTRESS

1:22

FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

BE REAL
WID 2023
#BEREALTDVAM

Navigation icons: back, home, refresh

How to Be Real as a Friend

Give compassion	Take the time to understand other's perspectives	Create space for friends to be their true selves
Build and maintain trust		Provide support and validation
Hold each other accountable	Practice active listening	Encourage equality & healthy compromise

#berealtvam

HOW TO BE REAL WITH YOURSELF

Memorial Healthcare System WOMEN IN DISTRESS



Embrace your individuality

Honor your Boundaries

Check-in with your mind and body

Ask for Help

Remember you are ENOUGH

Know when to unplug

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Stories from People Who Have Experienced Teen Dating Violence

@wid_teen

"Never in my wildest dreams did I ever think I would be the girl to end up in an abusive relationship, especially because I did not grow up in an abusive home. Which is the stigma that accompanies abuse; we are expected to come from a broken home or be abused as a child. But I am here to tell you abuse can happen to anyone, at anytime, anywhere in the world. Abuse is neither prejudiced nor racist. I am a survivor of Teen Dating Violence." - April Lee Hernandez

@wid_teen

"He said he loved me within the first two weeks, which kind of scared me but eventually I started falling just as much for him. It didn't start with the red flags of an abusive relationship. However, over the course of the first few months, he became verbally abusive. For example, he would call [me] names and pick fights about [my] whereabouts." - Emily-Anne Buck (16 years old)

@wid_teen

"It was basically telling me he loved me more than anyone else was ever going to love me. He would make up lies of things my friends would say so I would like get mad at them and destroy our friendships." He abused [me] mentally, physically and sexually" - Erika Port (14 years old)

@wid_teen

5 REMINDERS

to connect with your authentic self



1 BE TRUE TO YOURSELF

"The truest version of myself is the most beautiful version of me"



2 YOU ARE ENOUGH

"Everything I am looking for, I can find within me"



3 BE GRATEFUL FOR YOURSELF

"I am proud that I get to be me"



4 LOVE COMES FROM WITHIN

"I choose to love myself just as I am"



5 PRIORITIZE YOURSELF

"I honor the commitments I make to myself"



Be Real with Communication

Be clear and specific about your feelings, boundaries, and expectations

say this:

"When I'm feeling overwhelmed, I need a little bit of space"

vs.

instead of this:

"Leave me alone"

Be Real with Communication

Express your emotions and needs without blame or judgement

say this:

"I feel upset when we do not get to talk as much as I would like"

vs.

instead of this:

"You're always ignoring me"

Be Real with Communication

Practice using "I-Statements" as a healthy tool during conversations

say this:

"Quality time is important to me because I like to spend time with the people I care about"

vs.

instead of this:

"You do not hang out with me enough"

Be Real with Communication

Avoid using absolute statements like "never" or "always"

say this:

"I feel uncomfortable when the boundaries that we have talked about aren't respected"

vs.

instead of this:

"You never listen to me"