

WOMEN 
DISTRESS

Teen Dating Violence Awareness Month

2024 TOOLKIT

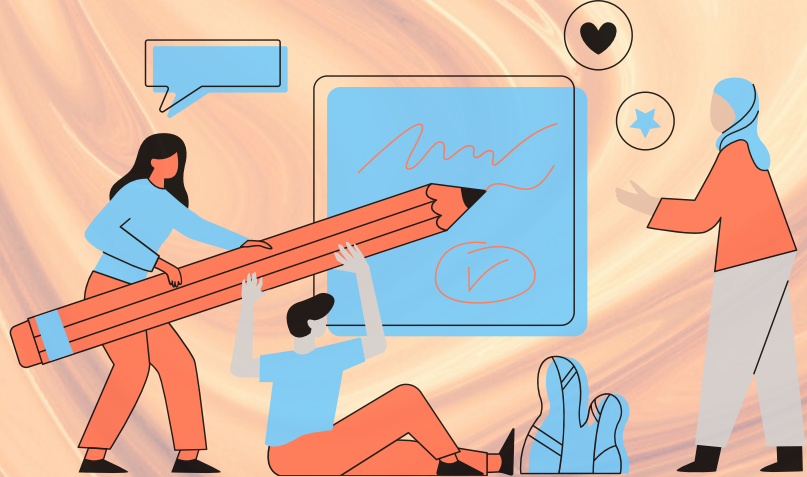
Includes Guidance On:

- ☒ Resources
- ☒ Healthy & Unhealthy Behaviors
- ☒ Practical Relationship Tools
- ☒ Ways to Get Involved

Created by:

The Education & Prevention Team
at Women In Distress

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Beyond the Awareness Month

RELATIONSHIP GOALS

About Women In Distress

Women In Distress is the only nationally accredited, state-certified, full service domestic violence center serving Broward County, Florida. Our mission is to **stop domestic violence abuse for everyone through intervention, education and advocacy**. We strive to accomplish this mission through a 24-hour crisis line, emergency shelter program, individual counseling, support groups and professional trainings, which are aimed at educating the community on domestic violence. Our confidential services are offered, free of charge, to victims of domestic violence no matter their race, sex, age, religion, mental or physical disability, sexual orientation, gender identity, veteran or military status, immigration status or language spoken. **Women In Distress believes that each survivor of domestic violence has the right to a safe, secure home and the capability to self-determine their violence-free future.**

About our TDVAM 2024 Theme

Relationships are all about connections. The way that we connect with ourselves, and with others, can shape the types of relationships we have in our lives. Our chosen theme for Teen Dating Violence Awareness Month in February this year is **“Relationship Goals”**. With this theme, we hope to empower individuals to reflect on their own definitions, expectations, and behaviors to intentionally build healthy behaviors and connections to reach their unique relationship goals.

About this Toolkit

This teen dating violence toolkit was created with the goal of empowering youth and adults along with community partners and members (like public libraries, social service organizations, schools, offices, parents, etc.) by providing varied avenues on how they can get involved in TDVAM and how they can mindfully create safe spaces for healthy connections. This toolkit includes information that can be adapted and applied in your own community space, with the hopes of encouraging everyone's participation in ongoing awareness and education.

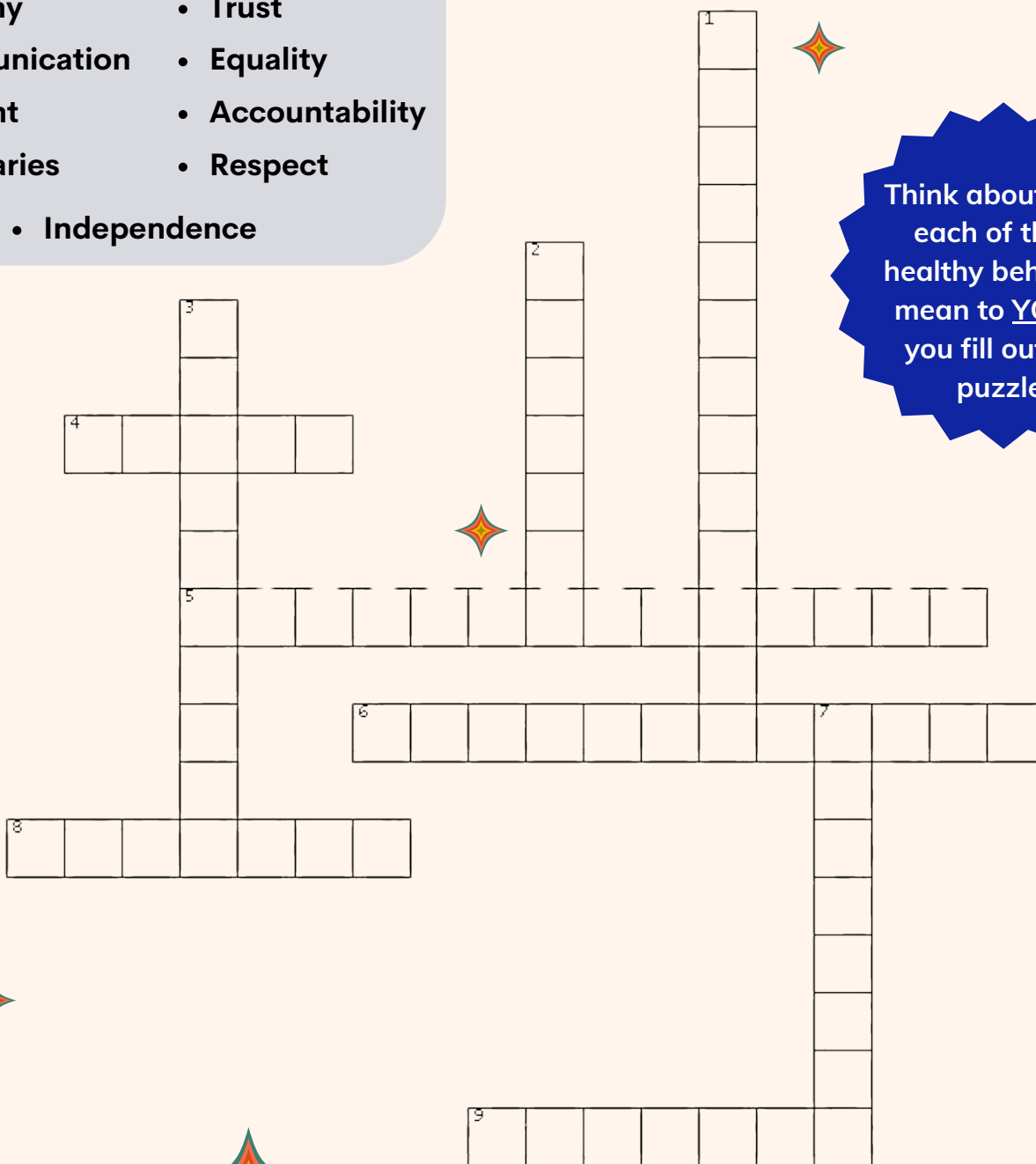
Healthy Relationships

**ALLOW SPACE FOR US TO FEEL
COMFORTABLE & SAFE**

PUZZLE WORD BANK:

- Empathy
- Communication
- Consent
- Boundaries
- Trust
- Equality
- Accountability
- Respect
- Independence

Think about what each of these healthy behaviors mean to YOU as you fill out this puzzle!



ACROSS:

4. A sense of confidence, safety, comfort, and reliability in ourselves and someone else.
5. Owning up to your actions and words.
6. Having space and freedom in your relationships to be yourself.
8. Getting/giving permission for something to happen.
9. The ability to place yourself in someone else's perspective to understand what they are going through and feeling.

DOWN:

1. You can talk about anything - the good and the bad - without feeling scared of the person's reaction.
2. Valuing one another, their opinions, qualities, and who they are as a person.
3. Setting a limit based on what you are comfortable with.
7. Both people put in balanced effort and value each other as having the same importance.

UNHEALTHY BEHAVIORS

**CROSS BOUNDARIES & CAN FEEL
UNCOMFORTABLE**

When unhealthy behaviors happen constantly, they may become a pattern that makes one person feel scared, controlled, and unsafe - leading to abuse.

X O F G A I U L W T S S F C V
R U D F G S E D H P H X P O Z
E K Z W J O G R U G F X H N U
A G Z I K L E B A T Y H Q T G
N Z V E R A U S F A T Q D R Q
H O Y I T T L D W A I B R O D
F I I S E I U Z Q F S J A L N
S Y A S G O O T P E N E W L Z
P X N H S N O I C R E O C I S
G A T N I E R P D C T N B N H
S U W B Y J S N U E N R O G M
O O I U C B I B R Y I V I W S
F Q F L E A I N O P R F K A I
E D J I T P O S S E S S I V E
M A N I P U L A T I O N Y V L

MANIPULATION

GUILT

ISOLATION

THREATS

COERCION

OBSESSION

INTENSITY

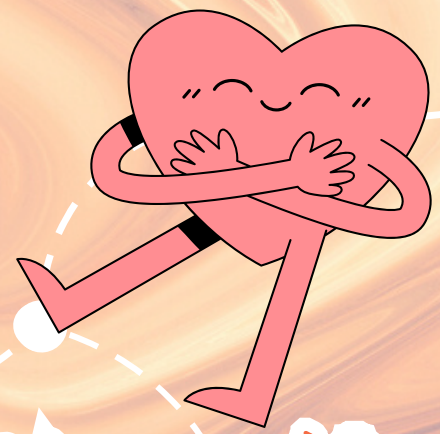
POSSESSIVE

CONTROLLING

GASLIGHT

Think about the trusted person you would reach out to for support if you notice these warning signs happening in your friendships and relationships.

CREATE YOUR UNIQUE JOURNEY TOWARD HEALTHY RELATIONSHIP GOALS



Step 1: Connect with Yourself

- Before we have a healthy relationship with other people, we need to have a healthy relationship with ourselves first.
- Self-Care: Reflect on things that make you feel safe, cared for, happy, and comfortable with yourself and take the time to connect with your self-identity and independence.
 - Love Is Respect: Self-Care Checklist
- Ask yourself questions like: “What is important to me?”, “What hobbies do I feel happy doing?”, “What things do I like to do during self-care time?”, “How do I show myself love?”
- Think about your boundaries - how do you acknowledge, respect, maintain, and express your own individual expectations, wants, needs, and comfort levels?
- Not everyone defines safety, comfort, and love in the same way - and that’s okay! Reflect on the definitions and expectations you have about yourself and about others - are they fair, realistic and empathetic?
- Understanding yourself can help shape the interactions you have with others. You can form deeper and healthier connections with others if you take the time to understand the various things that make you, you.

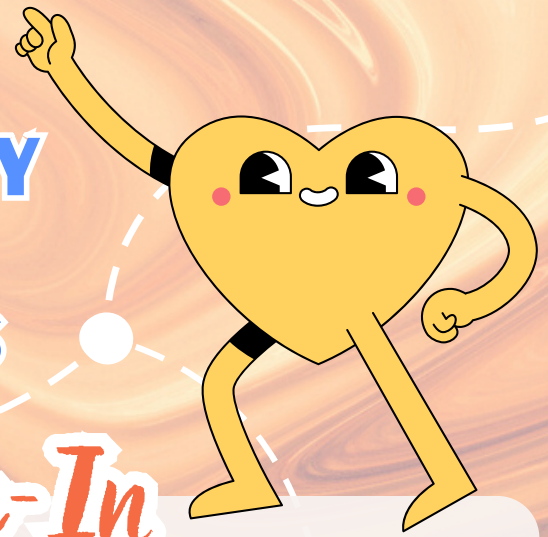
CREATE YOUR UNIQUE JOURNEY TOWARD HEALTHY RELATIONSHIP GOALS



Step 2: Reflect on Handling Emotions

- We all experience emotions like anger, frustration, jealousy, rejection, and disappointment - how we handle those emotions can mean the difference between a healthy or unhealthy relationship.
- Reflect: Connect with what is going on in your internal world. What kinds of emotions you are feeling? Where are these emotions are coming from? What are your needs in this moment?
 - *Journaling, going for walk, & talking it out with therapist or a trusted person can help navigate those feelings in a healthy way!*
- Recognize: Allow yourself to feel those emotions so you can process them in a healthy way. Be mindful of not projecting your feelings onto others to make them feel bad or guilty.
 - *We are responsible for our own emotions and respecting boundaries!*
- Communicate: Use “I-Statements” to explain what you are thinking and feeling.
 - *Example: I feel disappointed that we haven’t seen each other in a while, and I would like to make an effort to hang out soon.*
- Listen: Remember that a partnership/friendship is a two-way street! ·You both deserve the opportunity to express how you feel in a safe and healthy environment.

CREATE YOUR UNIQUE JOURNEY TOWARD HEALTHY RELATIONSHIP GOALS



Step 3: Check-In

- Our relationship with ourselves and with others, just like our wants, interests, and other parts of us, change over time. This is a life-long and ongoing process.
- Part of your unique journey in your relationships is taking time to check-in with yourself and with others to reflect on where you are at, and how you want to keep moving forward in a healthy, safe way.
- Re-connect with your definitions, expectations, and needs of healthy relationship - are they still the same?
 - *If not, how do the changes impact you and your relationship goals with others?*
- Assess: How are you showing up for yourself and practicing healthy behaviors? How are others showing up for your friendship or partnership?
- In our connections with loved ones, there are moments when tough conversations are necessary. These check-ins, although sometimes uncomfortable, provide opportunities for growth, understanding, and stronger connections.
 - *By approaching with care and intention, we can foster trust, resolve conflicts, and create an environment of openness*

GET INVOLVED

Abuse can happen to anyone - and everyone can do something about it.

Here are a few ideas to become actively involved in spreading awareness, education, and hopes of prevention; think about how you can apply them in your own life and community!

For Everyone:

- **Book club** - choose a book highlighting TDV, abuse, or empowerment for your February book choice and discuss with your fellow members
 - *Recommended Read - The Girl Who Fell by S.M. Parker*
 - *For more book recommendations, check out:*
www.domesticshelters.org/resources/books/teens
- Host **watch party** nights to and discuss the types of relationships you notice in movies or shows!
 - *Inside Out*
 - *Schitt's Creek*
 - *Gossip Girl*
 - *The Notebook*
 - *Luca*
 - *This is Us*
 - *Parks & Recreation*
 - *Ginny & Georgia*
- **Volunteer** at your local Domestic Violence Center
 - *Volunteers play an important role in helping to keep families safe as they rebuild their violence-free lives. Check out the volunteering opportunities at Women In Distress here:*
<https://widbroward.org/get-involved/>
- Encourage friends, family members, and co-workers to **wear Orange to increase awareness** - remember **Wear Orange Day is Feb. 6th!**
- Have an **arts and crafts night** with your friends - using a canvas and paint, think about what a healthy relationship looks like and feels like, and express it through art!

GET INVOLVED

For Schools:

- Encourage students to create posters about Teen Dating Violence awareness to be displayed in school.
- Invite a Domestic Violence professional in your area as a guest speaker for your afterschool clubs, classes, or PTSA meetings.
- Use morning announcements to share statistics, facts, or quick awareness pieces about domestic violence and healthy relationships.

For Community Agencies:

- Create an environment of safety for survivors and of accountability for abusers - Share accessible resources like flyers or Get Help cards in your office.
- Fundraise or host a donation drive for your local Domestic Violence center.
- Attend a Teen Dating Violence Awareness training or workshop in your area or virtually.
 - *Reach out to jdominguez@womenindistress.org for workshop information, & stay tuned for future events hosted by our Education & Prevention team!*

Keep us updated!

Share your pictures, stories, and awareness updates with us:

[@TheRelationshipSpectrum](#)



RESOURCES



Access to resources can be life-changing for survivors of abuse. The following pages contain agencies, websites, and handouts that can assist survivors on their journey to reclaim their power.

LOCAL - BROWARD COUNTY

Women In Distress

<http://www.widbroward.org>

Crisis Line: (954) 761-1133

Dial: 7-1-1

(1-800-955-8771) for Florida Relay

Telecommunications Services

2-1-1 Broward

<https://211-broward.org/>

Call: 211

Text: 898211

SunServe

www.sunserve.org

Call: (954) 764-5150

NEIGHBORING DV CENTERS

Palm Beach County

Aid to Victims of Domestic Abuse (AVDA)

www.avdaonline.org/

Hotline (call or text): 1-800-355-8547

Miami-Dade County

Miami-Dade Advocates for Victims

www.safespacefoundation.org/

Hotline: 305-758-2546

TDD: 305-751-3752

STATEWIDE

Florida Department of Children & Families

www.myflfamilies.com/service-programs/domestic-violence/

Abuse Hotline: 1-800-962-287

Florida Domestic Violence Hotline

Call or Text: 1-800-500-1119

TTY Hotline: 1-800-621-4202 / 711
for Florida Relay

RESOURCES

NATIONAL RESOURCES

National Coalition Against Domestic Violence

(NCADV)

www.ncadv.org

National Domestic Violence Hotline

www.thehotline.org

Call: 1-800-799-SAFE (7233)

Text: "START" to 88788

National Sexual Assault Hotline

www.rainn.org/resources

Call: 1-800-656-HOPE (4673)

Always remember
to access
resources from a
SAFE
location and
device!

National Sexual Violence Resource Center

www.nsvrc.org

Love is Respect

www.loveisrespect.org

Call: 1-866-331-9474

Text: "LOVEIS" to 22522

Futures Without Violence

www.futureswithoutviolence.org

One Love

www.joinonelove.org



Abuse is not only physical. Abuse is about power and control.

What Is Teen Dating Abuse?

Teen dating abuse is... A pattern of violent behavior that one person uses to gain power and control of their current or ex-dating partner. Anyone can be in an abusive relationship regardless of their sexual preference, gender, race, religion, ethnicity, or class.



Florida Domestic Violence Hotline
Call or Chat 1-800-500-1119
1-800-621-4202 (TDD)
Florida Relay 711

Sponsored by Women in Distress, Inc.
and the State of Florida Department of
Children and Families.

FLDVC
Women in Distress of Broward County
CASA of Pinellas County
The Spring of Tampa Bay
FLORIDA DOMESTIC VIOLENCE COLLABORATIVE

National Domestic Violence Hotline
1-800-799-SAFE (7233)
1-800-787-3224 (TTY)

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Retrieved from: Love Is Respect.

HOW TO HELP

WHAT CAN YOU DO TO HELP A FRIEND WHO IS GOING THROUGH AN ABUSIVE RELATIONSHIP OR NEEDS SUPPORT?

Listening to their experience with empathy and without judgement

Remind them that they deserve happy, healthy, safe relationships

Help them recognize the unhealthy & abusive behavior

Let them know the abuse is NOT their fault

Help them create a plan to stay safe

Encourage them to reach out to a trusted adult or other resources

FORMS OF ABUSE

Teens and young adults experience the same types of abuse as adults, including the types mentioned below. If you or someone you know sees the warning signs in their relationship, text loveis to 22522.

SEXUAL ABUSE



Sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault, rape, or tampering with contraceptives.

PHYSICAL ABUSE

Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.



EMOTIONAL/VERBAL ABUSE



Non-physical damaging behaviors like threats, insults, screaming, constant monitoring, or isolation.

FINANCIAL ABUSE

Exerting power and control over a partner through their finances, such as taking or hiding money, or preventing a partner from earning money.



STALKING



Being repeatedly watched, followed, monitored, or harassed. Can occur online or in-person, & include giving unwanted gifts.

DIGITAL ABUSE

Using technology to bully, stalk, threaten, or intimidate a partner using texting, social media, apps, tracking, etc.



A large orange ribbon symbol, a common icon for domestic violence awareness, is positioned on the left side of the image. The background features a marbled orange and yellow pattern with decorative starburst elements in blue and white.

ABUSE IS
NEVER
THE
VICTIM'S
FAULT

WOMEN  **DISTRESS**

WOMEN 
DISTRESS

BEYOND

THE AWARENESS MONTH

Abuse can happen anytime - stay connected with your local domestic violence agency and set the intention to continue practicing healthy behaviors and increasing your education and awareness about abuse, and how to prevent it year-round!

Stay involved!

- Sexual Assault Awareness Month - **April**
- Child Abuse Prevention Month - **April**
- LGBTQ+ Pride Month - **June**
- Domestic Violence Awareness Month - **October**