

**WOMEN** *in*  
**DISTRESS**

Support for DVAM provided by:



# ***Teen Dating Violence Awareness Month***

## **2025**

# **TOOLKIT**

**Includes Guidance On:**



**Resources**



**Event Information**



**Social Media**

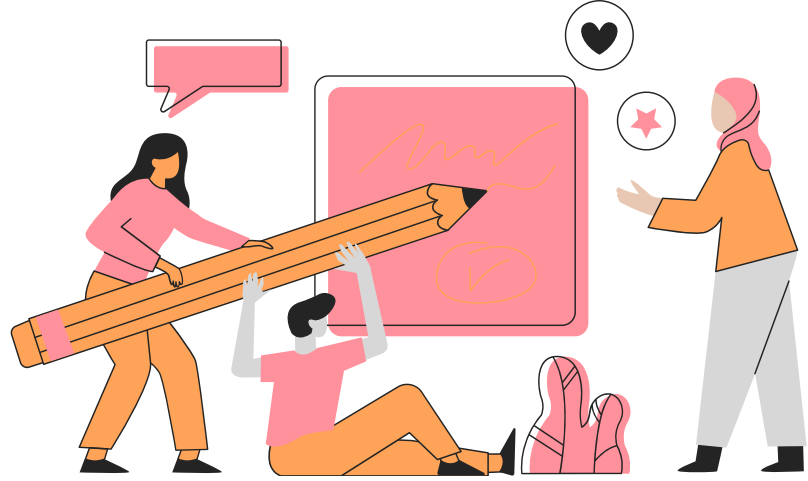


**Ways to Get  
Involved**

**Created by:**

**The Education & Prevention Team  
at Women In Distress**

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**Beyond the  
Awareness  
Month**



# Healthy Me, Healthy We

## 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 2025 Theme

The 2025 theme for Teen Dating Violence Awareness Month is “**Healthy Me, Healthy We**”. Relationships can thrive when individuals focus on their emotional, mental, and physical wellbeing first. By focusing on both the individual's health and the health of the relationship, we can empower teens to make informed decisions about their dating lives, contributing to better mental health and safer relationships, and fostering more supportive communities. Through this theme, we will highlight ways teens can maintain healthy relationships with themselves – encouraging them to engage in practices that are beneficial to their overall wellbeing (**Healthy Me**). We'll also explore how these practices can foster healthy ideas about their role in relationships and in the greater community (**Healthy We**).

## About this Toolkit

This teen dating violence toolkit was created with the goal of empowering community partners and members by providing varied avenues on how they can get involved in TDVAM and how they can make their spaces safer for teens. 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.

# TDVAM EVENT CALENDAR

**FEB. 11**

## WEAR ORANGE DAY

TAG US ON YOUR WEAR  
ORANGE DAY SOCIAL MEDIA  
POSTS!



@TheRelationshipSpectrum

- Orange represents Teen Dating Violence Awareness!
- Join your friends, families, and colleagues in wearing orange on February 11th to raise awareness, support survivors, and take action to end abuse. TDVAM is all about empowering teens to foster healthy relationships with themselves and make informed decisions to foster mental health and safer connections. Together, we can make a difference!

**FEB. 20**

## TRAINING - GOING UPSTREAM: UNDERSTANDING & APPLYING PRINCIPLES OF PREVENTION



- 10 AM - 11:30 AM
- Zoom
- Introductory-level and interactive training
- **FREE and OPEN TO ALL**, especially professionals and community partners in social services, public health, victim advocacy, education, and similar fields.
- **Register Here:** <https://tinyurl.com/Prevention-TDVAM25>

**FEB. 27**

## TRAINING - THE DANGERS OF SOCIAL MEDIA, DIGITAL ABUSE, & TEEN DATING VIOLENCE



- 6 PM - 7 PM
- Zoom
- **FREE and VIRTUAL workshop for Parents and Community Adults.**
- This training will cover digital abuse, its ties to teen dating violence, and strategies to protect your teen.
- **Register Here:** <https://tinyurl.com/TDVAM2025Parent>

To find the latest information, go to: <https://widbroward.org/event/teen-dating-violence-awareness-month/>



# 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!



**Book club** - choose a book highlighting teen dating violence, self care or healthy relationships for your February's book choice and discuss with your fellow members.



**Recommended Reads:**

- *"The Truth About Dating, Love, and Just Being Friends"* by Chad Eastham
  - *"Dreamland"* by Sarah Dessen
  - *"The Self-Esteem Workbook"* by Anna Barnes
  - *"The Girl Who Fell"* by S.M. Parker
  - *"In Love and In Danger"* by Barrie Levy
  - *"Life Skills for the Teenage Soul"* by Elizabeth E. James
- *For more book recommendations, check out:*  
[www.domesticshelters.org/resources/books](http://www.domesticshelters.org/resources/books)



Have a **movie night** and watch "Inside Out 2" (2024)



**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/volunteer/>



**Follow us and interact with us on social media** so we can build an online community of awareness, prevention, and support!



Encourage friends, family members, and co-workers to **wear orange to increase awareness** - remember **Wear Orange Day** is Feb. 11th!

# GET INVOLVED

## For Teachers:



Encourage your 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 at your PTA/PTSA meetings.

- *Contact Joan Dominguez ([jdominguez@womenindistress.org](mailto:jdominguez@womenindistress.org)) if you would like a presentation in Broward County!*



Use morning announcements to share statistics, facts, or quick awareness pieces about teen dating violence and healthy relationships.



Use the worksheets and “Boundaries” activity in this toolkit (pages 7-13) with your students!

- *Scan the QR code to print these pages out!*



## For Community Agencies:



Create an environment of safety for survivors and of accountability for abusers - Share accessible resources like this toolkit, 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 training or workshop in your area or virtually.

- *Check out our event calendar in this toolkit for a list of workshops you can attend this month (page 4), and stay tuned for future events hosted by our Education & Prevention team!*

*\*If you would like to be added to the Education & Prevention contact list to receive information about future trainings, please email Joan Dominguez: [jdominguez@womenindistress.org](mailto:jdominguez@womenindistress.org)*



# HEALTHY ME

Building a healthy relationship with yourself is the first step to creating a foundation of self-respect, self-love, and self-trust that can then be applied to your connections with others

## Healthy relationship qualities:

**Honesty**

**Respect**

**Equality**

**Independence**

**Boundaries**

**Trust**

**Consent**

**Communication**

PRINT  
THIS PAGE  
and use it to  
start  
conversations!

## Questions to ask:

How do I define each of these qualities in my own life?

What does building trust with myself, my feelings, and my choices look like?

What are some things/actions that make me comfortable or uncomfortable?

What are some ways to build respect for myself?

Remember that there are as many hearts as there are heads in the world – this means every individual has a unique perspective on what healthy connections mean to them in their own life. Once we dive deeper into what each quality looks like and feels like for each individual within their own unique lens of life (“Healthy Me”), then we can begin to apply these qualities with other connections in our lives and build a “Healthy We”.

# HEALTHY ME

## Self-Care Affirmations from Teens

PRINT  
THIS PAGE  
and use it to  
start  
conversations!

Take time away  
from negativity

You were okay  
without them before,  
you'll be okay after

Your feelings are valid

You are not alone, there is  
someone that will help you  
& wants to

Choose people who fill  
your cup with  
sunshine and not rain

You are in control of  
your actions

“  
Put yourself first  
”

Focus  
on  
YOU

You deserve to be  
happy, even if that  
means leaving

You are worth it

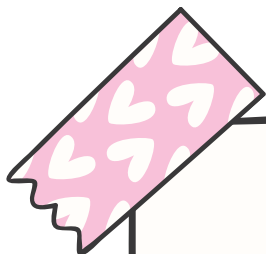
“  
Change starts with  
you  
”

*\*these affirmations were contributed by Middle and High School students.*





# Knowing Yourself



WHAT MAKES YOU HAPPY? LIST TWO ACTIVITIES THAT BRING YOU JOY.



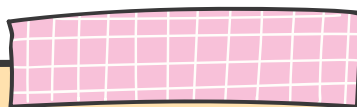
HOW DO YOU RESPOND TO STRESS? LIST TWO TYPICAL REACTIONS THAT YOU HAVE.



HOW DO YOU TAKE CARE OF YOUR PHYSICAL SELF? LIST TWO THINGS YOU DO TO TAKE CARE OF YOUR BODY.



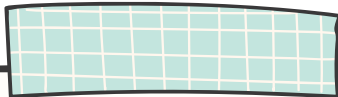
WHICH ATTACHMENT STYLE DO YOU HAVE? WHAT HELPS YOU INDICATE THIS?



# Knowing Yourself



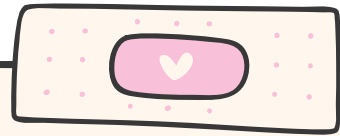
WHAT ARE YOUR STRENGTHS AND WEAKNESSES? BE HONEST WITH YOURSELF AND LIST THREE OF EACH.



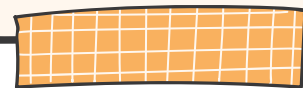
WHAT ARE YOUR CORE VALUES? LIST AT LEAST TWO VALUES THAT ARE IMPORTANT TO YOU.

1.

2.

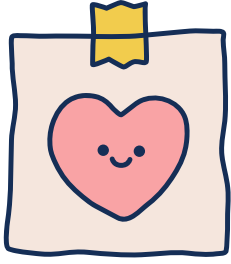


WHAT IS YOUR PERSONALITY TYPE? ARE YOU MORE INTROVERTED, EXTROVERTED OR A LITTLE OF BOTH?

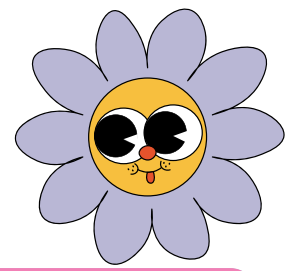


WHAT DO YOU NEED IN YOUR CLOSE RELATIONSHIPS TO FEEL MORE SECURE?





# WHAT'S MY COMMUNICATION STYLE?



**WHEN YOU'RE ANGRY / UPSET / FRUSTRATED, HOW DO YOU REACT?**

## **I REACT BY:**

*Circle as many reactions that apply to you!*

- **YELLING**
- **SILENT TREATMENT**
- **PETTY COMMENTS**
- **WALKING AWAY**
- **FEELING DEFENSIVE**
- **CRYING**
- **SHUTTING DOWN**
- **OTHER: \_\_\_\_\_**

## **HOW CAN YOU CHOOSE TO REACT DIFFERENTLY?**

*List at least two things you can do for healthier communication*

.....

.....

.....

.....

.....

.....

.....

## **HOW CAN YOUR REACTIONS AFFECT SOMEONE ELSE?**

.....

.....

.....

.....

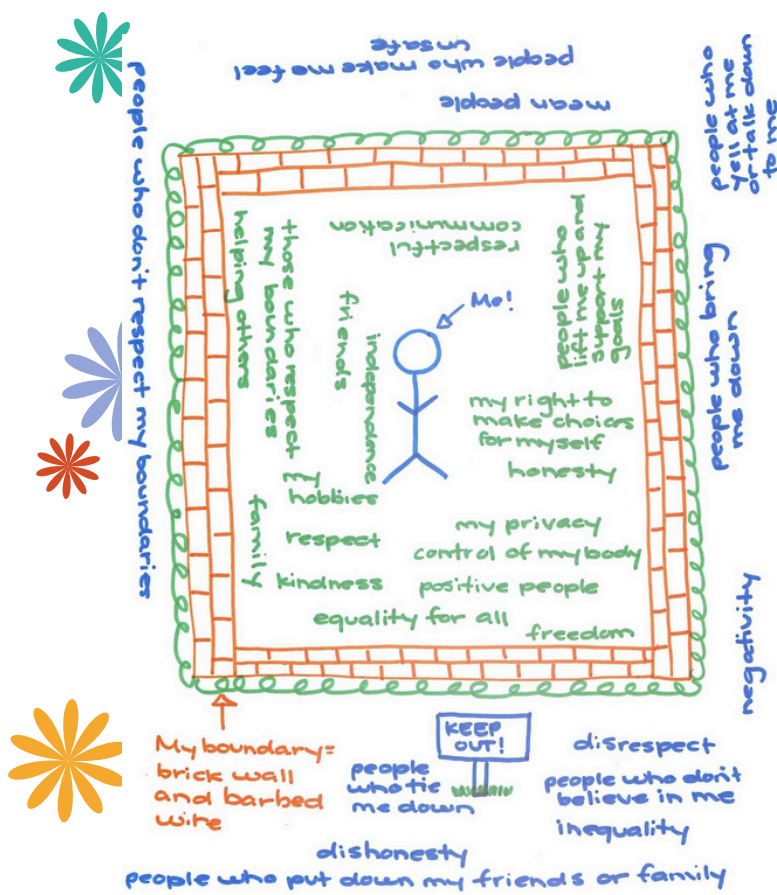
**HOW DO YOU FIGURE OUT HOW TO COMMUNICATE WITH SOMEONE WHO HAS A DIFFERENT COMMUNICATION STYLE THAN YOU?**



# BOUNDARIES ACTIVITY

You will be creating a drawing of what your personal boundaries would look like if you could actually see them.

- Your boundaries can be anything and can take any shape or form you'd like.
- Think about what your boundaries are made of (e.g. paper, brick, concrete, fences, force fields, bubbles, words, signs, magic, etc.).
- How can you best represent your boundaries with colors, lines, symbols, and shapes?
- While you're drawing your boundaries, think about who you let in and who you keep out. Write the people, things, or qualities that are important to you inside your boundaries. Include the things that bring you happiness and make you feel comfortable and safe.
- On the outside of your boundaries, write the things you want to keep out of your comfort zone, or the things you're protecting yourself from. Think about the things that make you feel uncomfortable or unsafe. Like we said earlier, you determine who comes close to you based on what you're comfortable with.



**INSIDE:** Write the people, things, or qualities that are important to you inside your boundaries. Include the things that bring you happiness and make you feel comfortable and safe.

**OUTSIDE:** On the outside of your boundaries, write the things you want to keep out of your comfort zone, or the things you're protecting yourself from. Think about the things that make you feel uncomfortable or unsafe.

# ARE YOU A **TRUSTED ADULT?**

PRINT  
THIS PAGE  
and use it to  
start  
conversations!

Only 33% of teens  
ever tell anyone that they are experiencing abuse.

TRUSTED ADULTS ARE AN ESSENTIAL PART OF CREATING SAFER SPACES FOR TEENS TO HAVE FOUNDATION TO BUILDING HEALTHY CONNECTIONS WITH THEMSELVES AND OTHERS, AND TO SPEAK UP AND RECEIVE SUPPORT IF THEY EXPERIENCE AN UNSAFE, ABUSIVE RELATIONSHIP.

Take a look at the criteria of a trusted adult below. How can you apply each of these qualities of a trusted adult into your own life and supportive connections with teens?

## Non-Judgemental

A trusted adult is **NON-JUDGEMENTAL**. They can relate to a teen's experiences within their community, and helps them work through issues in their own way.

## Reliable

A trusted adult is someone who is **RELIABLE** by being available to youth, being honest, and holding them accountable in a consistent way.

## Active Listening

A trusted adult is someone who is a **GOOD LISTENER** and gives a teen the space to open up with no expectations.

A trusted adult does not need to have all the answers or know exactly the right thing to say. Being present and listening goes a long way.

## Upholds Boundaries

A trusted adult is someone who upholds and respects clear **BOUNDARIES** and limits. Modeling healthy behaviors such as respecting and upholding boundaries provides a learning pathway that encourages teens to do the same.

Make time to check in with yourself, your knowledge about Teen Dating Violence, and actively prevent victim-blaming as a trusted adult.

# 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

<https://widbroward.org/>

**Crisis Line: 954-761-1133**

Dial: 7-1-1

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

### 2-1-1 Broward

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

**Call: 211**

**Text: 898211**

### SunServe

[www.sunserve.org](http://www.sunserve.org)

**Call: 800-599-**

**0996**

### Nancy J. Cotterman Center

<https://www.broward.org/NancyJCottermanCenter/Pages/Default.aspx>

**24-hr Sexual Assault Helpline: 954-761-RAPE (7273)**

## NEIGHBORING DV CENTERS

### Palm Beach County

Aid to Victims of Domestic Abuse (AVDA)

[www.avdaonline.org/](http://www.avdaonline.org/)

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

### YWCA Palm Beach County

<https://ywcapbc.org/>

**Hotline: 561-640-9844 or**

**800-973-9922**

### Miami-Dade County

Miami-Dade Advocates for Victims

[https://tinyurl.com/MiamiDade-](https://tinyurl.com/MiamiDade-ViolencePrevention)

[ViolencePrevention](https://tinyurl.com/MiamiDade-ViolencePrevention)

**Hotline: 305-679-0303**

**Text Line: 305-285-5900**

## STATEWIDE

### Florida Department of

### Children & Families

[www.myflfamilies.com/service-](http://www.myflfamilies.com/service-programs/domestic-violence/)

[programs/domestic-violence/](http://www.myflfamilies.com/service-programs/domestic-violence/)

**Abuse\* Hotline: 1-800-962-2873**

### 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](http://www.ncadv.org)

### National Domestic Violence Hotline

[www.thehotline.org](http://www.thehotline.org)

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

Text: "START" to 88788

### National Sexual Assault Hotline

[www.rainn.org/resources](http://www.rainn.org/resources)

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

### National Network to End Domestic Violence (NNEDV)

<https://nnedv.org/>

### DomesticShelters.org

Find a Domestic Violence Shelter:

<https://www.domesticshelters.org/help>



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

### National Sexual Violence Resource Center

[www.nsvrc.org](http://www.nsvrc.org)

### Center for Justice Innovation

[www.innovatingjustice.org/](http://www.innovatingjustice.org/)

### Love is Respect

[www.loveisrespect.org](http://www.loveisrespect.org)

Call: 1-866-331-9474

Text: "LOVEIS" to 22522

### Futures Without Violence

[www.futureswithoutviolence.org](http://www.futureswithoutviolence.org)

### One Love

[www.joinonelove.org](http://www.joinonelove.org)

# The relationship spectrum

All relationships exist on a spectrum from healthy to abusive, with unhealthy somewhere in the middle.



## Healthy relationships are based on equality & respect

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- respect
- good communication
- trust
- honest
- equality



## Unhealthy relationships are based on attempts to control the other person

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- breaks in communication
- pressure
- dishonesty
- struggles for control
- inconsiderate behavior



## Abusive relationships are based on an imbalance of power & control

One person is making all the decisions—about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

- accusations
- blame shifting
- isolation pressure
- manipulation



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**love is  
respect**



**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 Springs of Tampa Bay  
FLORIDA DOMESTIC VIOLENCE COLLABORATIVE

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

# 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.



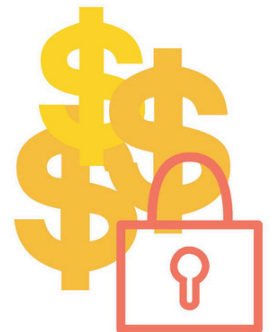
## EMOTIONAL/VERBAL ABUSE



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.





**ABUSE IS**  
***NEVER***  
**THE**  
**VICTIM'S**  
**FAULT**

WOMEN **in**  
DISTRESS

**WOMEN** *in*  
**DISTRESS**

Support for DVAM provided by:



# **BEYOND**

# **THE AWARENESS**

# **MONTH**

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

## **Stay involved!**

- Family Strengthening Month - *March*
- Sexual Assault Awareness Month - *April*
- Child Abuse Prevention Month - *April*
- Mental Health Month - *May*
- LGBTQ+ Pride Month - *June*

**For more information, reach out to Joan Dominguez  
[jdominguez@womenindistress.org](mailto:jdominguez@womenindistress.org)**