

WOMEN  DISTRESS

Support for TDVAM provided by:



TEEN DATING VIOLENCE AWARENESS MONTH

2026 Toolkit

INCLUDES GUIDANCE ON:



RESOURCES



EVENT INFORMATION



**DIGITAL
ABUSE**



**WAYS TO GET
INVOLVED**

CREATED BY:

**THE EDUCATION & PREVENTION TEAM
AT WID BROWARD**

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**BEYOND THE AWARENESS
MONTH**



TRUST OVER TRACKING



ABOUT WID BROWARD

WID Broward 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. WID Broward 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.

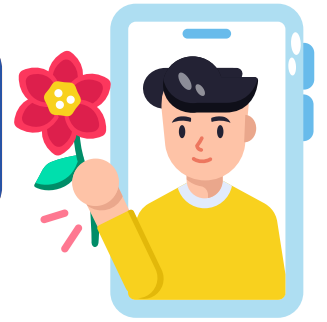
ABOUT OUR TDVAM 2025 THEME

The 2026 theme for Teen Dating Violence Awareness Month is “Trust Over Tracking”. This theme emphasizes that healthy relationships are built on respect, communication, and boundaries — not surveillance. By practicing healthy behaviors both offline and online, teens can create safer spaces where privacy and autonomy are honored. Digital privacy supports emotional independence and reduces opportunities for monitoring, harassment, or coercion in any form of relationship. This theme encourages open conversations about digital consent, online expectations, and healthy tech habits that prioritize trust over tracking, fosters mutual respect, and prevents digital abuse in relationships.

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 2026 UPCOMING EVENTS



FEB. 11 WEAR ORANGE DAY

TAG US ON YOUR WEAR
ORANGE DAY SOCIAL MEDIA
POSTS!



@TheRelationshipSpectrum

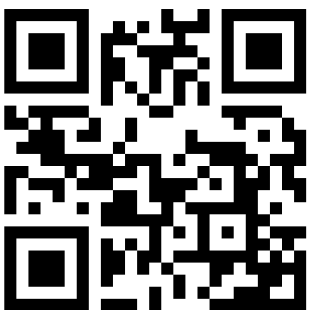
- Orange represents Teen Dating Violence Awareness!
- Join your friends, families, and colleagues in wearing orange on February 11th to raise awareness, support survivors, and take action to end abuse. TDVAM 2026 is all about empowering teens to foster healthy relationships both online and offline, and make informed decisions to foster digital independence and safer online connections. Together, we can make a difference!

FEB. 4 TRAINING - HEALTHY RELATIONSHIPS & BREAKUPS ONLINE: ENDTAB TECH ABUSE TRAINING



- 1 PM - 3 PM
- ZOOM
- FREE AND OPEN TO ALL
- Explore actionable, safe, and healthy ways to disentangle our digital lives in an increasingly hyperconnected world, and how to resolve conflicts unique to online environments.
- REGISTER HERE: [HTTPS://TINYURL.COM/ENDTABTRAINING](https://tinyurl.com/ENDTABTRAINING)

FEB. 12 TRAINING - IN THEIR SHOES



- 5:00 PM - 6:30 PM
- ZOOM
- FREE AND OPEN TO ALL
- Interactive virtual activity that explores the journey of a survivor of teen dating violence, providing insight into the complexity of abusive relationships and realistic practices on supporting survivors.
- REGISTER HERE: [HTTPS://TINYURL.COM/TDV2026](https://tinyurl.com/TDV2026)



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!



Digital Dive - Access videos and resources that dive into the topic of digital boundaries, online relationships, social media safety, and tech autonomy!

Recommended Videos and Movies:

- “Unhealthy Connections” video series by One Love Foundation
- “Behind the Post” video series by One Love Foundation
- “The Social Dilemma” Netflix Film
- “Nude Selfies: What Parents & Caretakers Need to Know” video series by NCA-CEOP Education
- “Online Sexual Abuse Can Happen” video by fightchildabuse.org
- For more resources on teen dating violence, check out:
<https://www.joinonelove.org/>



Enroll in an online course to learn safe AI & digital privacy practices.



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 Digital Safety and 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@widbroward.org) if you would like a presentation in Broward County!*



Use morning announcements to share statistics, facts, or quick awareness pieces about online consent, healthy online relationships, and digital safety.



Use the resource sheets in this toolkit (pgs. 7-11) for a quick lesson on Trust Over Tracking 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*

DIGITAL ABUSE

Digital abuse is referred as the use of technology to control, manipulate, or harm another person.

MOST COMMON TACTICS OF DIGITAL ABUSE:

CYBERBULLYING:

Posting hurtful or threatening messages, pictures, or videos to harass someone.

DIGITAL STALKING:

Following and harassing someone online by monitoring their social media, sending unwanted messages, or posting hurtful or threatening content about them.

COERCION:

Pressuring or influencing someone to break their online boundaries such as sharing personal or intimate information like explicit pictures, videos, or messages.

DIGITAL CONTENT THREAT:

Threatening to share intimate or sexual images, videos, or conversations unless the partner complies with demands such as sending more explicit content or doing something they are uncomfortable with.

EXCESSIVE MONITORING:

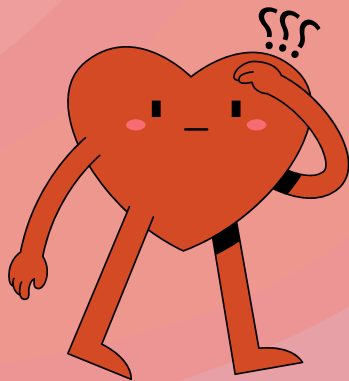
Insisting on knowing passwords, tracking location, or controlling social media interactions.

Forcing or pressuring to unfriend, unfollow, or block certain people on social media platforms, often as a way to isolate them from friends and family.

Installing apps that track movements, messages, or online activity, such as monitoring text messages or reviewing phone calls. This is done without consent, with the intent to control or manipulate.

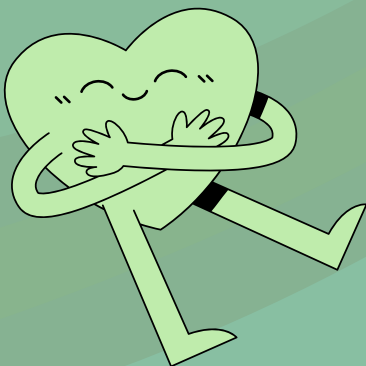


WARNING SIGNS & RED FLAGS



- Your partner telling you who you can or can't follow or be friends with on social media.
- Receiving negative, insulting, or even threatening texts, DM's comments, tweets, or messages from a partner or friend.
- Constantly monitoring your location.
- Sharing or posting something private about you with other people online.
- Sending you unwanted or explicit pictures/videos, and demanding you send some in return.
- Pressuring you into sharing your account passwords.
- Frequently looking through your phone and who you're talking to.
- Constantly texts or calls you – making you feel you can't be away from your phone and have to answer immediately.
- Trust is conditional on providing location or account access.
- Demands that you text, call, or Facetime in specific ways or time intervals to prove that you care about them.

HEALTHY BEHAVIOR & GREEN FLAGS



- You can be yourself.
- No pressure to act or behave a certain way, offline and online.
- Both partners have autonomy over their digital devices and online presence.
- The relationship moves at a comfortable pace for both people.
- Your boundaries matter to each other.
- Both partners respect digital privacy.
- Emotions are handled in a healthy manner.
- You can choose to reply, share locations, and post without feeling controlled or pressured.
- Supports your independence.
- Consent is consistently established in person and online.



TRUST OVER TRACKING

HEALTHY ONLINE HABITS



Set boundaries
and expectations
for technology
and social media
use



Think about
and express your
digital dating terms
and limits



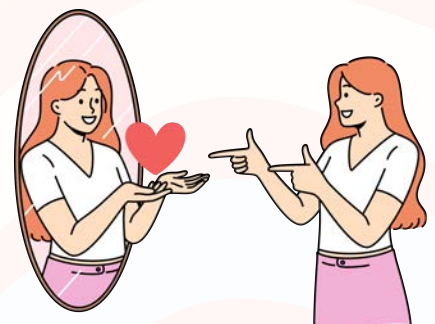
Start the
conversation about
comfort levels with
posting online &
password/location
sharing



Empowerment to
block and
report abusive
behaviors



Learn about
consent and
respect in digital
spaces



Build self-esteem
and
resilience

Take It Down

Having nudes online is scary,
but there is hope to get it
taken down.

Take It Down is a free service that can help you
remove or stop the online sharing of nude, partially
nude, or sexually explicit images or videos taken of
you when you were under 18 years old.

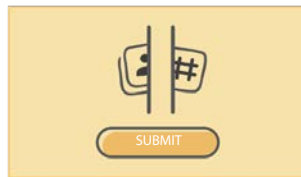


Here's how it works:

Visit TakeltDown.NCMEC.org and click on "Get Started".



Answer a few simple
questions.



Select the image or video
on your device that you're
concerned about.



Take It Down will assign a
unique digital fingerprint,
called a hash value, to the
image or video.



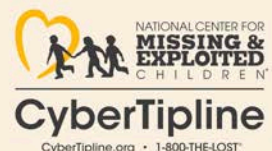
The hash will be shared with participating online platforms that can use it to
detect copies of these images or videos on their services and take action to
remove the content or limit the spread. This all happens without the image
or video ever leaving your device or anyone viewing it, and you don't have to
share any personal information.



Remember, losing control of your image could
happen to anyone, and you're not alone. For more
information about how NCMEC can help, visit

TakeltDown.NCMEC.org

Service operated by

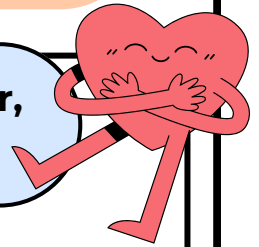


Personal Crisis Plan

When I am stressed, uncomfortable, or overwhelmed, I notice:

Things I can do to help myself feel safer, calmer, and more comfortable are:

--	--	--



Places I can go to feel safe:

1. School:

2. Home:

3. Public Space:

Safe people I can reach out to for support:

1.

2.

3.

4.

Ways to keep my digital space safe:

Extra Resources I can use to get myself care:

1.

2.

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/](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/](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.ASPH](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/](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

*REPORTING HOTLINE FOR KNOWN OR SUSPECTED ABUSE, NEGLECT, OR EXPLOITATION OF A CHILD OR VULNERABLE ADULT.

RESOURCES

ALWAYS REMEMBER TO
ACCESS RESOURCES FROM
A SAFE
LOCATION AND DEVICE!

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)

NATIONAL NETWORK TO END DOMESTIC VIOLENCE (NNEADV)

[HTTPS://NNEADV.ORG/](https://NNEADV.ORG/)

DOMESTICSHELTERS.ORG

FIND A DOMESTIC VIOLENCE SHELTER:

[HTTPS://WWW.DOMESTICSHELTERS.ORG/HELP](https://WWW.DOMESTICSHELTERS.ORG/HELP)

CYBER CIVIL RIGHTS INITIATIVE

WWW.CYBERCIVILRIGHTS.ORG

NATIONAL SEXUAL VIOLENCE RESOURCE CENTER

WWW.NSVRC.ORG

CENTER FOR JUSTICE INNOVATION

WWW.INNOVATINGJUSTICE.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



A large orange ribbon, a symbol for domestic violence awareness, is positioned on the left side of the image. It is a simple, bold design with a loop at the top and two long tails extending downwards.

**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@WIDBROWARD.ORG**