



## February is National Teen Dating Violence Awareness Month (2019)

Teen Dating Violence Awareness Month is a national effort to raise awareness about dating violence, promote programs that support young people, and encourage communities to prevent this form of abuse with the goal of decreasing the prevalence of dating violence among young people.

The 2019 Theme is “Huddle Up for Healthy Relationships”. This campaign aims to empower young people to build healthy relationships from the ground up. You are invited to join the huddle and raise awareness about healthy relationships! There is a toolkit: [https://www.loveisrespect.org/wp-content/uploads/2019/01/Huddle\\_Up\\_Print.pdf](https://www.loveisrespect.org/wp-content/uploads/2019/01/Huddle_Up_Print.pdf) which provides awareness activities and suggests ways to start the conversation about healthy relationships in your friend circles, schools and communities. Everyone has a part in ending dating abuse.

There is an amazing website called That’s Not Cool. That’s Not Cool believes that teens deserve a healthy and safe relationship. They know that many young people are not equipped with the knowledge and skills that are necessary for building and sustaining healthy relationships with their peers and romantic partners. That’s Not Cool announced the release of a brand new mobile app: Respect Effect. Respect Effect was developed in partnership with teens. Respect Effect is an innovative NEW mobile application that encourages users to learn and practice healthy relationship skills, all while earning points for completing fun challenges with their friends. The app focuses on developing the skills young people need to keep themselves safe, promote positivity and respect (online and off!), and create and sustain healthy relationships.

For additional resources, activities, events, and highlights for teen dating violence awareness month, please visit [www.breakthecycle.org/teendvmonth](http://www.breakthecycle.org/teendvmonth).

Additional resources:

U.S. Department of Health and Human Services: <https://healthfinder.gov/NHO/FebruaryToolkit2.aspx>

CDC: Center for Disease Control: <https://www.cdc.gov/features/datingviolence/index.html>

