

TEEN DATING VIOLENCE AWARENESS MONTH



FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
				Follow kNOw MORE® on Social Media	Give a stranger a compliment	Play a board game with friends
4	5	6	7	8	9	10
Share KM social media posts	Remind 4 people to wear orange tomorrow!	Wear Orange Day!	Wellness Wednesday Go for a 10-minute walk	Enjoy your favorite comfort food	Give someone a hug	Tie dye day – tie dye a shirt (represents how TDV can affect people of every color)
11	12	13	14	15	16	17
Check-In with a teen in your life	Ask someone how their day is going	Do a small act of kindness for someone	Valentine's Day Wellness Wednesday What does love look like to you?	Check in with 3 friends to see how they are doing	Share what red flags are in a unhealthy relationship	Self-Care Day
18	19	20	21	22	23	24
Talk to your friend about what a healthy relationship looks like	Write down 2 things you are grateful for	Message some you love/care about that you appreciate them	Wellness Wednesday Get a sweet treat	Celebrate every win	Share the PSA Video from the KM Social Media page	Take a nap
25	26	27	28	29		
Spend the day away from your phone	Reflect on what makes you happy	Listen to your favorite song	Wellness Wednesday Read a book	Remember that everyone deserves a healthy relationship		

