

KNOW
MORE®

A PROGRAM OF MARJAREE MASON CENTER



TEEN DATING VIOLENCE MONTH GUIDE

February is Teen Dating Violence Awareness Month. This month is dedicated to spreading awareness about unhealthy and healthy relationships that teens face. This guide will help navigate you through the month. Providing you with information about topics, calendar of events, social media and so much more.



MEET THE TEAM



JESSICA SAILOR

Birthday: November 3rd
Manager
Knows everyone



MATHIS CAVITT

Birthday: July 22nd
Middle Schools
Has two cats . Been to Spain



**ALEXA ORTEGA-
GONZALEZ**

Birthday: January 16th
Has two dogs. Lives in
Reedley



KIARA ZURITA

Birthday: June 14th
Middle Schools
Has 4 dogs. Has been to Utah

ABOUT US

Marjaree Mason Center

Fresno County's dedicated provider of domestic support services and shelter, including education for victims, youth, and those who've caused harm. Our mission is to support and empower adults and their children affected by domestic violence, while striving to prevent and end the cycle of abuse through education and advocacy.



24/7 CRISIS
SUPPORT



LEGAL ADVOCACY



SAFE HOUSING



EDUCATION
AND TRAINING



COUNSELING



CHILDREN'S
ENRICHMENT

KNOW MORE®

Initiated in 1998 by the County of Fresno's Department of Public Health, the KNOW MORE Teen Dating Violence / Domestic Violence Education and Prevention Program sought to provide knowledge and resources to teens and students affected by domestic violence. However, due to a lack of funding, the program came to a halt. In 2009, Marjaree Mason Center adopted KNOW MORE to continue the peer education program in partnership with Fresno-area high schools that represent a diverse group of students. The goal of this program is to educate youth on the long-lasting effects of abuse in teen relationships. It was created as a forum for teens to speak to their peers and utilize drama, music, real-life situations and staggering statistics of abuse in teen relationships to demonstrate the seriousness of domestic violence.

What is teen dating violence awareness month?

February is Teen Dating Violence Awareness Month (TDVAM) this is a time to spread awareness about what teen dating violence is and how it affects youth in our country. 1 in 3 teenagers are affected by teen dating violence. This is such an important topic that in 2010 Congress declared February Teen Dating Violence Awareness Month.

Throughout this month teens join together to spread awareness of what healthy and unhealthy relationships look like, how to ask for help, the warning signs to look for and how to be a voice for those who do not feel like that have one.



EVERYONE
DESERVES
HEALTHY
RELATIONSHIPS



Components of
healthy relationships



Who am I?

Understanding who you are as a person is an important first step in a healthy relationship. Knowing your likes and dislikes, expectations, boundaries and goals is important. Understanding the concept of self-love and who you are without others around you.

I am smart.

I am worthy.

I am kind.

I deserve healthy relationships.



What is self-love?

- Going to the park and reading a book
- Having a spa day
- Trying something new
- Cooking your favorite meal
- Asking for help when needed



If you are in a relationship here are some ways to have self-love:

- Understanding and honoring their time with family and friends
- Planning a date with all of their favorite aspects
- Encouraging them to chase their goals and work to achieve them, understanding that this may take time away from you.
- Scheduling a movie night and have your favorite snacks and treats



Understanding the concept of Healthy boundaries

Healthy boundaries are an important aspect of a relationship. Understanding that everyone has different boundaries, and it is not our place to change them or persuade them to change the boundaries they have. In relationships it is important to communicate the boundaries we all have in our lives. A supportive friend or partner is understanding of these boundaries. There may be different reasons why they have the boundaries that they have. Some healthy boundaries look like:

- Right to privacy
- Honest Communication
- Respecting your partners Interests
- Supporting personal growth
- Spending time with friends





Characteristics of Healthy and Unhealthy Relationships

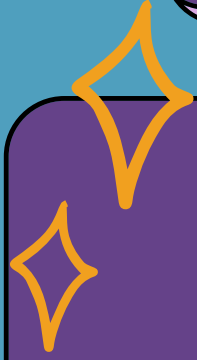
Every relationship looks different. It is important to understand what a healthy and especially an unhealthy relationship looks like. Some may not have grown up in a home that demonstrated a healthy relationship. When you enter a relationship with someone, if that is a friend, family or significant other it is critical to know that you deserve a healthy relationship.



Healthy

Characteristics

Supportive
Caring
Understanding
Patient
Fun
Kind
Independence



Treats others poorly
Dismissive
Controlling
Manipulative
Possessive
Intensity
Isolation

Characteristics

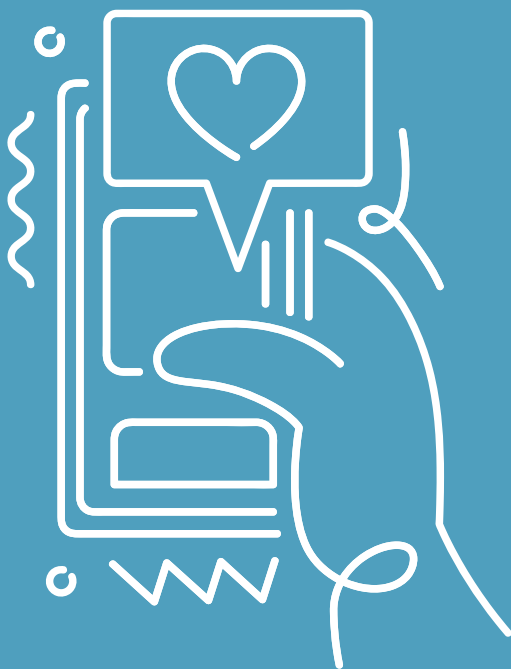
Unhealthy

Digital Dating Abuse

Digital dating abuse can occur in a variety of ways. On social media, a smart phone, tracking apps and other forms of technology. A student can be threaten, forced or intimidated through technology. Common

ways that this is done is:

- excessive text, calling, FaceTiming
- Requiring them to share their location
- not allowing them to follow the opposite gender on different social media platforms
- Sharing passwords to their phone and social media so that their partner can “check” on them.
- Demanding that the partner share explicit photos Or creating explicit photos or videos using the victims face.



Spotting the signs:

- excessive texting
- not able to leave their phone
- having to share their location at all times
- checking text messages, direct messages, followers and emails
- talking negatively about their partner online.
- sharing explicit photos

How to help a friend

having this conversation isn't always easy

There is no step by step guide--this is no easy conversation to have. It is important to start if you are worried and want your friend to have a safe, healthy relationship, practice what you want to say

Empower them with choice

Give your friend resources and support at the end of the day, it should be their decision

Be kind and patient

your friend is in a hard spot, it's not uncommon for them to not see that they are in an unhealthy/abusive relationship, they might disagree/be offended, but don't take it personally, be there for them throughout the process

- L** Listen without judgement
- I** Intensify Abusive Behaviors
- S** Show support
- T** Tell them about their options
- E** Encourage them to seek help
- N** Never give up



Follow us:




Instagram,
Facebook, Twitter



**KNOW
MORE**

A PROGRAM OF MARJAREE MASON CENTER

Instagram,
Facebook, Twitter



Sources used: onelove