



Young Adult Abuse Prevention Program

Family Crisis Services

Voices of Change – TDVAM 2016

Toolkit for Students



February is Teen Dating Violence Awareness Month, and we at YAAPP want to help you make the most of it. That's why we have compiled a little toolkit of things—big and small, in-person and online, before, during, or after school—that YOU YES YOU can do to help raise awareness and create change.

Where do I start? How do I do this? Will this even make a difference? We know that it can be daunting to take action, so we want to provide you with **some quick tips** to get the most out of your activism!

Start planning early

You may have to go through official channels to get on the announcements, hang posters or set up a table. Connect with administration and office staff to make sure you are cleared to do what you want to do.

Collaborate with peers

Especially with larger projects, it can be helpful to have multiple hands working all at once. Delegating certain tasks (asking for permission, getting materials, putting up posters, etc.) is a good way to work efficiently and ensure all the work doesn't fall on one person's shoulders. At many of your schools, multiple interested students signed on with us—if you are interested in connecting with one another, let us know. To ensure student privacy, we'll ask everyone individually if they want to be connected with one another.

Piggyback onto other events

You don't have to re-create the Big Bang. Sometimes there are events already happening in school or the community that you can become a part of. Ask school staff, friends at other schools, parents or other community members if there are already any events happening..

Hit us up for help

Whether it's asking for YAAPP/FCS informational pamphlets, looking for advice on how to talk to school officials, or dealing with pushback/backlash to your activism, you don't have to be a Lone Wolf or a Solo Superhero. Let YAAPP be part of your pack, or maybe

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just your hand-dandy sidekick. You can contact us [online](#), by e-mail (yaapp@familycrisis.org), or by calling our office (767-4952) and asking to be put in contact with Dan or Jenna.

STUFF TO DO IN SCHOOL

Love Is Respect – Respect Week Toolkit – Feb 8-12

The Respect Week Toolkit is chock-full of activities that are easy to implement by students and youth leaders in schools, sports programs and community/youth groups. The Toolkit has detailed guides to help you stay active all week [Download the Toolkit here](#).

Wear Orange Day – Feb 9

Part of Respect Week, on Tuesday, February 9th, groups in schools, offices, and community organizations will wear orange in honor of Teen Dating Violence Awareness Month. By wearing orange, participants will show their support for those affected by teen dating violence and their dedication to building healthy relationships. Check out the [Facebook page for the event](#), and don't forget the #Orange4Love will help you further spread awareness

Respect Announcement – Feb 12

Part of Respect Week, a statement prepared by LoveIsRespect.org for you to read during school announcements: ***With Valentine's Day around the corner, we'd like to remind you that everyone deserves a safe and healthy relationship. Remember, love has many definitions, but abuse isn't one of them. If you or someone you know has a question about a relationship, healthy or unhealthy, visit loveisrespect.org or text "loveis" to 22522.***

#ChalkAboutLove - February 14 & 29

Take your message a step further (by getting permission of course) to chalk a sidewalk, your campus, a small board with a message of what love means to you. Share your photos and videos with us by tagging @breakthecycleDV on Twitter @breakthecycle on Instagram.

Week of Announcements

Maybe the Respect Announcement isn't enough for you. Maybe you want to do *a whole week* of announcements. All you have to do is come up with a template of what to say, and a new fact for each day – or use the hand-dandy template provided below.

Hi, my name is _____, and February is Teen Dating Violence Awareness Month. Did you know that [insert fact of the day]. If you or someone you know is experiencing dating abuse, call the Family Crisis Services hotline any time of the day to get the help you need. The number is 1-800-537-6066 and is free and confidential.

STUFF TO DO IN SCHOOL

Connect & collaborate with your Guidance counselor, Social worker, GSTA, or Civil Rights Team

Whether you know it or not, you probably have allies in your school. Seeking them out and connecting lets you know who you have on your team and allows you to collaborate on projects together. Remember, there is strength in numbers!

Fundraise for FCS

From selling Candy Grams during Valentine's Day to baked goods during lunch, fundraisers are a great way to raise awareness about local service providers. Contact us for informational pamphlets to have at your table – and if we are available, we'd love to table with you!

STUFF TO DO ONLINE

Social Media posts about Dating Abuse

For many young people, social media is our news outlet – Facebook, Twitter, and Instagram are the ways we learn about the world. And with just a little legwork, you can move from student to teacher. Do a quick Google search for dating abuse statistics, survivor stories, or articles on how to support victims – and then share on your different platforms! You can head over to LoveIsRespect.Org for some suggestions on statistics to post, or check for content on YAAPP's [Facebook](#), [Twitter](#), and [Instagram](#) accounts.

Hashtags

There are several hashtags being used during TDVAM:

#Act2EndIt – the state-wide hashtag

#TeenDVMonth – the national hashtag

#WaveOfChange – to connect with other activists across the state taking the challenge

Wave of Change

A state-wide initiative wherein students & groups film themselves doing “The Wave” to spread awareness of teen dating abuse and to pledge their support to ending relationships violence. Upload your video to social media, and include a challenge to other groups of students, teachers, and coaches to make their own video and keep “The Wave” going.

STUFF TO DO IN THE COMMUNITY

Host an event:

It's Time to Talk Day – Feb 3

Break the Cycle encourages parents, students, and communities to start talking about dating violence. Head over to [their website](#) to learn more, or [download their Talk-A-Thon Guide](#).

Love Is Respect's Guide to Hosting an Event

Don't feel like being confined to February 3rd? Love is Respect created an [easy-to-use guide](#) to hosting an event. From a house part to a poetry slam to a rally or a vigil, events are a great way to draw in large crowds to spread awareness far and wide. Let us know what you are planning and if we are available, we'd love to be there with you!

STUFF TO DO IN POLITICS

Speak Truth to Power

Whether it's the local school board or the governor, it's important to let elected officials know that you care about the issue of dating abuse. With Love Is Respect's [easy to use guide](#), you can pen a letter individually, or, by tabling at school, you can easily organize a letter writing campaign or a phone bank and increase your reach!