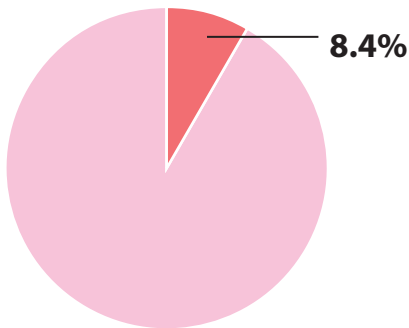




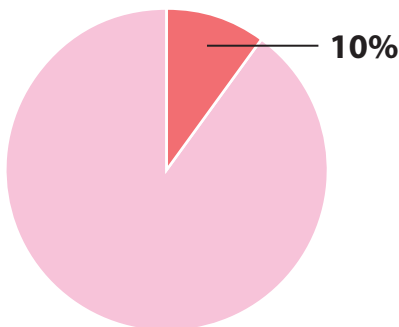
# February

# Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month. Health care professionals help us shine a light on this critical issue affecting our youth. Every February, we come together to raise awareness, promote healthy relationships, and empower young individuals to recognize and combat teen dating violence. Dating violence also known as “intimate partner violence” takes place not only in person, but online, and through technology. [Learn more about types of abuse to be aware of.](#)



In 2021, 8.4% of high school students in Kansas who dated or went out with someone during the 12 months before the survey reported experiencing **sexual dating violence**, or being forced to do sexual things they did not want to do by someone they were dating or going out with, one or more times during the 12 months before the survey (95% Confidence Interval [CI]: 5.9%-12.0%). The percentage was significantly higher for female students (12.0%; 95% CI: 8.2%-17.1%) than male students (3.4%; 95% CI: 1.2%-9.7%).\*



In 2021, 10.0% of high school students in Kansas who dated or went out with someone during the 12 months before the survey reported experiencing **physical dating violence**, or being physically hurt on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon) by someone they were dating or going out with, one or more times during the 12 months before the survey (95% CI: 7.6%-13.1%). There was not enough information to show that the percentage for female students (10.6%; 95% CI: 7.5%-14.7%) differed significantly from that of male students (8.1%; 95% CI: 4.7%-13.6%).\*

**Call to Action ▶**

It's time to break the silence and foster an environment where respect, communication, and love flourish. Join us in spreading the message that no one should ever endure the pain of abusive relationships, and together, we can build a future free from violence. Let's raise our voices, stand united, and create a world where all teens can experience relationships built on trust, understanding, and empowerment.

\*The Youth Risk Behavior Survey separates this out into sexual dating violence and physical dating violence.

Source: Centers for Disease Control and Prevention, High School Youth Risk Behavior Survey, 2021. Available from: <https://nccd.cdc.gov/Youthonline/App/Default.aspx>.

# Resources ▶

## For Health Care Professionals

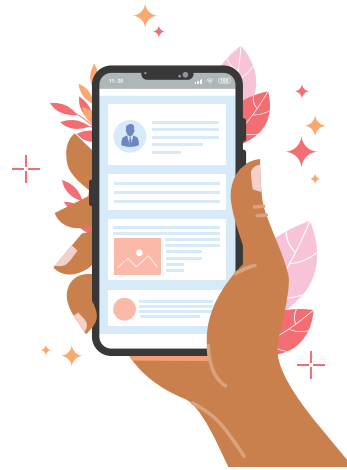
- [Kansas Coalition Against Sexual and Domestic Violence](#)
- [Futures Without Violence](#)
- [Kansas Connecting Communities Perinatal Psychiatric Consult Line](#)

## For Communities

- [MOSCA Neighborhood Safety Toolkit](#)
- [Johnson County Health Department \*In Our Neighborhood\* Sign Campaign](#)
- [Kansas Coalition Against Sexual and Domestic Violence – Get Connected](#)

## For Individuals

- [National Violence Support Hotline](#)
- [Kansas Coalition Against Sexual and Domestic Violence Resources](#)
- [Health Relationships at Youth.Gov](#)



# Social Media ▶



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### 1) Healthy Relationships

How do you know if your relationship is healthy? There is no class at school for relationships and sometimes we don't have examples at home, so it can be difficult to tell the difference between healthy arguments and unhealthy or abusive relationships. Mutual respect, trust, honesty and fighting fair are just a few of the signs you're in a healthy relationship. Learn more about healthy and unhealthy relationships: [youth.gov/youth-topics/teen-dating-violence/characteristics](https://youth.gov/youth-topics/teen-dating-violence/characteristics).

¿Cómo saber si tu relación es sana? En la escuela no hay clases sobre relaciones y, a veces, no tenemos ejemplos en casa, por lo que puede resultar difícil distinguir entre las discusiones sanas y las relaciones nocivas o abusivas. El respeto mutuo, la confianza, la honestidad y una relación justa son sólo algunas de las señales de que estás en una relación sana. Aprende más información sobre las relaciones sanas y malsanas en: [youth.gov/youth-topics/teen-dating-violence/characteristics](https://youth.gov/youth-topics/teen-dating-violence/characteristics).

## 2) Bonding

Preteens, teens and young adults depend on the people and communities around them to build strong bonds and model positive relationships. Building healthy connections with a young person in your life can be a protective factor in preventing them from entering an unhealthy relationship. Learn more about prevention and fostering positive bonds with the young people in your life: [youth.gov/youth-topics/teen-dating-violence/prevention](https://youth.gov/youth-topics/teen-dating-violence/prevention).

Los preadolescentes, adolescentes y adultos jóvenes dependen de las personas y comunidades que les rodean para crear vínculos fuertes y fomentar relaciones positivas. Establecer vínculos saludables con un joven en tu vida puede ser un factor de protección para evitar que entre en una relación nociva. Aprende más sobre prevención y fomentar vínculos positivos con los jóvenes de tu vida en: [youth.gov/youth-topics/teen-dating-violence/prevention](https://youth.gov/youth-topics/teen-dating-violence/prevention).

## 3) Coaching Boys Into Men

Coaching Boys Into Men is a violence prevention program that provides the skills, resources and education to coaches to help leverage the power of sports and prevent violence through evidence-based education. Learn more about how to become and advocate or implement this program in your organization: [coachescorner.org](https://coachescorner.org).

Coaching Boys Into Men es un programa de prevención de la violencia que proporciona conocimientos, recursos y formación a los entrenadores para ayudarles a aprovechar el poder del deporte y prevenir la violencia a través de una educación basada en evidencia. Aprenda más información sobre cómo convertirse en promotor o aplicar este programa en su organización en: [coachescorner.org](https://coachescorner.org).

## 4) Digital Abuse

Over 5,000 middle and highschoolers were surveyed about technology and digital abuse. 26 percent of teens in a romantic relationship said their partners had digitally abused them during the previous year using social media, email and text messages. Talk with the kids in your life about digital abuse and learn more about what pre-teens, teens and young adults are facing and how you can help support them with their digital health: [futureswithoutviolence.org/more-than-a-quarter-of-teens-in-a-relationship-report-digital-abuse](https://futureswithoutviolence.org/more-than-a-quarter-of-teens-in-a-relationship-report-digital-abuse).

Más de 5,000 estudiantes de secundaria y preparatoria fueron encuestados sobre tecnología y abuso digital. El 26% de los adolescentes que mantenían una relación sentimental afirmaron que sus parejas habían abusado de ellos digitalmente durante el año anterior a través de las redes sociales, el correo electrónico y los mensajes de texto. Habla con los jóvenes sobre el abuso digital y descubre a qué se enfrentan los preadolescentes, adolescentes y jóvenes adultos y cómo puedes ayudarles con su vida digital: [futureswithoutviolence.org/more-than-a-quarter-of-teens-in-a-relationship-report-digital-abuse](https://futureswithoutviolence.org/more-than-a-quarter-of-teens-in-a-relationship-report-digital-abuse).

## 5) Advocate

You may not feel comfortable or be able to talk with a parent or guardian about your relationship to find out if what you are experiencing is healthy or unhealthy. There are adults and professionals you can trust and talk to with confidentiality. Love is Respect is available at 866-331-9474, 866-331-8453 TTY or call the National Domestic Violence Hotline at 800-799-SAFE (7233), 800-787-3224 TTY.

Es posible que no te sientas cómodo o capaz de hablar con uno de tus padres o tutores sobre tu relación para saber si lo que estás viviendo es sano o malsano. Hay adultos y profesionales en los que puedes confiar y con los que puedes hablar con confidencialidad. Love is Respect está disponible al 1-866-331-9474, 1-866-331-8453 TTY o llama a la Línea Nacional sobre Violencia Doméstica al 1-800-799-SAFE (7233), 1-800-787-3224 TTY.

## 6) Parents

Parenting during adolescence can be challenging. Pre-teens, teens and young adults are forming bonds and relationships that can shape their view of all future relationships. They need you to be their biggest advocate and advisor. That means having difficult conversations if you suspect your child is being abused or abusive. Learn how to initiate these conversations and signs of unhealthy teen relationships:

[futureswithoutviolence.org/talk-teens-teen-dating-violence](https://futureswithoutviolence.org/talk-teens-teen-dating-violence).

Ser padres durante la adolescencia puede ser todo un reto. Los preadolescentes, adolescentes y jóvenes adultos están formando vínculos y relaciones que pueden conformar su visión de todas las relaciones futuras. Necesitan que usted sea su mayor defensor y consejero. Eso significa tener conversaciones difíciles si sospecha que su hijo está sufriendo abusos o maltrato. Aprenda cómo iniciar estas conversaciones y los indicios de las relaciones malsanas entre adolescentes en: [futureswithoutviolence.org/talk-teens-teen-dating-violence](https://futureswithoutviolence.org/talk-teens-teen-dating-violence).

