

Attachment Seven (7)

Committee on Domestic Violence Agenda
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Contents: WDVS Newspaper Ad

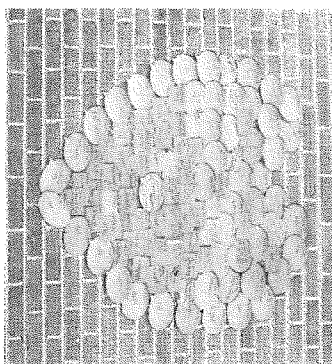
Teen dating violence: Do you know what to look for?

By Ashley Maden

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"In every class there is someone that says, 'I think my friend is in an unhealthy relationship,'" said Stephanie Johnson, Winnemucca Domestic Violence Services (WDVS) program director. In light of Teen Dating Violence Awareness and Prevention Month (TDVAPM), WDVS will be presenting to Lowry High School students regarding healthy relationships, setting boundaries, what teen dating violence might look like and relationship signs that could lead to unhealthy lives.

This February, the TDVAPM theme is "Hands Unite: Do Your Part." Loveisrespect.org wants to



COURTESY PHOTO

"Love is..." post-it notes were created by junior high school students in February 2015.

empower young people to build healthy relationships from the ground up. "Your hands are a tool for creation, and they play a role in ending dating abuse. Your hands

are made for loving and helping — not hurting the ones you love," the site says.

According to Reachout.com, "Beginning romantic relationships is a major part of growing up. It can be uncomfortable for some parents to come to terms with their child dating. It's normal to feel scared, worried or sometimes sad about it."

Reach Out also said, "The best way to show support is to be open to talking about their relationship. Let your child know that they can come to you for support, and be sure not to be dismissive of their experiences."

Teen dating violence is defined as a pattern of abuse or threat of abuse against teenage dating partners, occurring in different forms, including verbal, emotional, physi-

cal, sexual and digital, according to the National Resource Center on Domestic Violence (NRCDV).

One in three teens in the U.S. will experience physical, sexual or emotional abuse by someone they are in a relationship with before they become adults, according to loveisrespect.org.

Parents are encouraged to talk to their kids about what it means to have a healthy relationship and how to recognize warning signs of dating abuse. According to the NRCDV, "Three in four parents have never talked to their children about domestic violence."

Johnson said they are always open to talking to local groups about the issue, including church youth groups and leadership groups.

National Teen Dating Violence Awareness and Prevention Week was declared to be the first week in February in 2006. Congress declared the entire month of February to be National Teen Dating Violence Awareness and Prevention Month four years later in 2010. Tuesday, Feb. 13, has been deemed "Wear Orange Day" to support the cause.

Local resources for victims include WDVS, parents, counselors or any adult they trust. "If kids are uncomfortable talking about a situation they can call or go to WDS and an advocate will assist them," said Johnson.

Victims can also call or text the Winnemucca 24/7 advocate line for assistance. The number is (775) 421-1028.

According to Break the Cycle, the following are

common signs of dating abuse:

- Checking cell phones, emails or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Constant mood swings towards you
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what to do
- Repeatedly pressuring someone to be intimate