Greetings,

February is a month punctuated by celebrations of love, and Coordinated School Health would like to highlight and remind students, faculty, and parents of the importance of celebrating and promoting healthy, nurturing relationships. Included in this toolkit you’ll find resources to care for your own body, from American Heart Month to National Children’s Dental Health Month. You will also find tools and information to promote healthy relationships with others, with a special section focusing on Teen Dating Violence Awareness. It is our hope, during this month of love that our respect and honor for one another and for ourselves would increase and contribute to a healthier, more supportive learning environment for all Shelby County Schools’ students.

-Coordinated School Health Team

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Life’s Simple 7

By the Go Red for Women Editors

Do you know there are seven easy ways to help control your risks for heart disease? Manage your heart risk by understanding “Life’s Simple 7.”

1. Get active

Daily physical activity increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.

2. Control cholesterol

When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Cholesterol is a waxy substance and our bodies use it to make cell membranes and some hormones, but when you have too much bad cholesterol (LDL), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.

3. Eat better

Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases. If you are frequently skipping out on veggies, fruit, low-fat dairy, fiber-rich whole grains, and lean meats including fish, your body is missing the basic building blocks for a healthy life.

4. Manage blood pressure
High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

High blood pressure, also known as hypertension, means the blood running through your arteries flows with too much force and puts pressure on your arteries, stretching them past their healthy limit and causing microscopic tears. Our body then kicks into injury-healing mode to repair these tears with scar tissue. But unfortunately, the scar tissue traps plaque and white blood cells which can form into blockages, blood clots, and hardened, weakened arteries.

To manage blood pressure, you should:

- Eat a heart-healthy diet, which includes reducing sodium
- Get regular physical activity and maintain a healthy weight
- Manage stress, limit alcohol and avoid tobacco smoke.

5. Lose weight

If you have too much fat — especially if a lot of it is at your waist — you’re at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you’re overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. Even losing as few as five or ten pounds can produce a dramatic blood pressure reduction.

6. Reduce blood sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells. If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes.

Although diabetes is treatable and you can live a healthy life with this condition, even when glucose levels are under control it greatly increases the risk of heart disease and stroke. In fact, most people with diabetes die from some form of heart or blood vessel disease.

7. Stop smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots. Like a line of tumbling dominoes, one risk creates another. Blood clots and hardened arteries increase your risks for heart attack, stroke and peripheral artery disease. Smoking can also reduce your good cholesterol (HDL) and your lung capacity, making it harder to get the physical activity you need for better health.
SUGAR WARS

uss SugarSwatter

ADA.org/ncdhm
Brush two minutes, two times a day.
Clean between your teeth daily.
Limit snacks, eat healthy meals.
Visit your dentist regularly.

2min2x!
Brush 2 minutes 2 times a day
AND eat healthy for
a healthy smile!
Did you know?

- Local survey data suggest that about half (48%) of Shelby County women who have been victims of domestic violence have children under 18 living with them. Among these women, more than half (64.4%) say their children witnessed the violence.

- Students who experienced physical and/or sexual violence had lower grades. Approximately 20% of these students had mostly D’s/F’s, while only 6% had mostly A’s.

- Tennessee ranks 6th in the nation for women murdered by men

- Teens who witness domestic violence are more likely to perpetrate the cycle to others. Thirty to sixty percent abuse children in the household.
Types of ABUSE

Abuse comes in many forms.

- **Emotional/Verbal abuse**: Non-physical behaviors such as threats, insults, screaming, constant monitoring, or isolation.

- **Financial abuse**: Exerting power and control over a partner through their finances, such as taking or withholding money from a partner, or prohibiting a partner from earning.

- **Stalking**: Being repeatedly watched, followed, monitored or harassed. Occurs online or in person, & can include giving unwanted gifts.

- **Physical abuse**: Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.

- **STOP! NO!**: Any sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault (rape), & tampering with contraceptives.

- **Digital abuse**: Using technology to bully, stalk, threaten or intimidate a partner using texting, social media, apps, tracking, etc.
Teen Dating Violence

72%
8th and 9th graders are in a dating relationship

Nearly 1.5 Million
High school students experience physical abuse from a dating partner in the United States each year.

1 in 3
High school relationships involve some sort of physical, emotional, or sexual abuse

Nearl 2 out of 3
Teens in an abusive relationship Never tell anyone about the abuse

Nearly 4 out of 5
Girls who have been physically abused continue to date their abuser.

Where To Go For Help:
www.LewisKLaw.com/resources/domestic-violence-resources

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Healthy Relationships 101

Relationships are fun, but they also require effort from both people! Whether it’s casual, serious, or even a friendship, it’s important to feel respected, safe, and heard.

Here are some keys to a healthy relationship:

Open Communication

Communication is a huge part of all relationships. It’s important to be able to express how you feel and listen to the other person.

Trust & Support

Being able to rely on someone else can make you feel safe and secure in your relationship. It’s knowing someone has your back and best intentions. You expect them to be honest and they don’t let you down.

Fairness

Relationships shouldn’t be one sided. Each person should be willing to compromise and listen to the other person. Your opinion matters, and so does your partner’s.

Freedom

You might spend a lot of time with your partner, but you also need your space. Both people should be able to have their own hobbies, likes, and outside friends. Always be yourself, and know that you have the right to be free!

Boundaries

Creating boundaries is another key to a healthy relationship. Each person has a right to decide what they are okay with. This includes physical stuff, how often you talk to your partners, and even your social media passwords. If you don’t like it when your partner texts and calls too much or doesn’t give you alone time, you have the right to speak up!

Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse. Our dynamic and diverse team believes that all young people deserve to live in a world where they can thrive. Our values and work centers young people and their lived realities, leadership, vision, and hopes for the future.

FB: facebook.com/breakthecycle  IG: @breakthecycle  T: @breakthecycledv  WEB: breakthecycle.org
What about when it's unhealthy or abusive?

There are times when we think something is okay, but it's really not. Here are some signs it may be time to rethink your relationship:

- Using jealousy as a sign of their love and/or making you jealous on purpose
- Moving too fast and not respecting boundaries
- Constantly blaming you, and not taking responsibility for their actions
- Believing that their feelings or opinions are more important than yours
- You feel like you can't tell them no

Remember, everyone has a right to feel respected and safe in their relationships. If something is happening that doesn't feel okay, talk to someone you trust. There is help and support available to you!
DATING ABUSE STATISTICS

Dating abuse affects people from all ages, backgrounds and identities, which is why it is important to talk about abuse in young people’s relationships. Just check out these statistics:

It Is a Public Health Crisis

- One in three high school students experience either physical or sexual violence, or both, at the hands of someone they are dating or going out with.¹
- Young women between the ages of 18 - 24 experience the highest rate of intimate partner violence, almost double the national average.⁸
- One in ten high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.¹⁰
- Lesbian, gay and bisexual (LGB) youth are more likely to experience physical and psychological dating abuse, sexual coercion and cyber dating abuse than their heterosexual peers.¹⁵

The Abuse Starts Early

- More than half of women (69.5%) and men (53.6%) who have been physically or sexually abused, or stalked by a dating partner, first experienced abuse between the ages of 11-24.¹³
- Of the 8.5% of middle and school students who report having bullied a classmate, nearly 1 in 5 have been a victim of dating abuse.¹⁰
- More than half of high school students who report experiencing sexual or physical abuse by a dating partner, have also been bullied electronically.¹⁰

The Impact is Severe

- Among high school students who have experienced sexual and physical abuse by a dating partner, 9 out of 10 have seriously contemplated suicide, and over 80% have attempted suicide.⁸
- High school girls who have experienced dating abuse are 2.6 times more likely to report an STI diagnosis.³
- High school students who have been hit, slapped, or physically hurt on purpose by their partner earned grades of C and D twice as often as earning grades of A or B.⁴
- Women who have experienced sexual assault, physical abuse or stalking by an intimate partner are twice as likely to report poor physical health and three times more likely to report poor mental health.⁴

It Is Not Just Teens

Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse. Our dynamic and diverse team believes that all young people deserve to live in a world where they can thrive. Our values and work centers young people and their lived realities, leadership, vision, and hopes for the future.
An estimated 20 - 25 percent of female college students will experience attempted or completed rape before graduation, and those are only the ones who self-disclose. Nearly half (43%) of all college women and one third (28%) of college men report having experienced either abuse or controlling behaviors in a dating relationship.

The Time to Talk Is Now

Eighty-one percent of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.

Education and raising awareness is important! More than half (58%) of college students do not know how to help someone who is experiencing dating abuse, and nearly all (89%) are not confident in their ability to recognize the warning signs.

More than half of all college students report experiencing either abuse or controlling behaviors in a dating relationship while in college, with 70% reporting they were not aware they were in an abusive relationship at the time.

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18 Available at: [https://www.breakthecycle.org/surveys](https://www.breakthecycle.org/surveys).
Blacks/African Americans have the most severe burden of HIV of all racial/ethnic groups in the United States. Compared with other races and ethnicities, African Americans account for a higher proportion of new HIV infections, those living with HIV, and those ever diagnosed with AIDS.

- National Black HIV/AIDS Awareness Day is observed each year on February 7 to increase HIV education, testing, community involvement, and treatment among black communities.
- National Black HIV/AIDS Awareness Day (NBHAAD) was first observed in 1999.
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