

# Teen Dating Violence Awareness Month

## Social Media Toolkit



### Overview

In the United States, teen dating violence affects 1 in 3 young individuals and can have long-term negative effects on health. This issue is recognized each February during Teen Dating Violence Awareness Month (TDVAM). The [Love is Respect Youth Council](#) selected the TDVAM 2024 theme "Love Like That" to emphasize healthy relationships and the importance of communication and boundaries. "Love Like That" highlights the fact that love is more than just a feeling and calls on everyone to take positive actions to express and show healthy love in various ways.

The [Indiana Youth Advisory Board](#) (IYAB), with inspiration from the Love is Respect Youth Council, has created the following social media toolkit to raise awareness for and prevent teen dating violence in Indiana. We encourage anyone passionate about youth and young adult health to share these posts across their social media platforms during the month of February.

### Social Media Posts

 <p>Click <a href="#">here</a> to download.</p>	<p>February is Teen Dating Violence Awareness Month! Dating violence has negative long-term impacts on the well-being of teens but is preventable. Help spread awareness for this important issue in February by wearing orange and resharing TDV information on your social media. #iyab #tvdam24 #lovelikethat</p> <p>Add emojis as appropriate.</p>
 <p>Click <a href="#">here</a> to download.</p>	<p>According to @loveisrespect, teens and young adults express their love for one another in many ways, which differ from person to person. "Love Like That" calls on us all to create a world of positive actions to express and show healthy love. #lovelikethat #tdvam2024 #tdvam #iyab</p> <p>Add emojis as appropriate.</p>



Click [here](#) to download.

We want young people to engage in healthy, safe relationships when they are ready, yet too many Hoosier youth have experienced some form of teen dating violence. Examples of healthy relationships and love need to be the new norm. Show off your healthy relationships and post your favorite tips!  
#lovelikethat #tdvam2024 #tdvam #iyab

Add emojis as appropriate.



Click [here](#) to download.

Boundaries are yours to build, but it can be scary to ask for what you need from your partner. Setting boundaries with your partner, and having those boundaries respected, is empowering.  
#lovelikethat #tdvam24 #tdvam #iyab

Add emojis as appropriate.



Click [here](#) to download.

Dating violence happens too often, especially among teens & young adults. Help raise awareness about teen dating violence by reposting.  
#lovelikethat #tdvam2024 #tdvam #iyab

Add emojis as appropriate.



Click [here](#) to download.

If you're worried about your partner's behavior in your relationship, it's essential to know the warning signs:  
[https://bit.ly/dating\\_abuse\\_warnings](https://bit.ly/dating_abuse_warnings)  
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Add emojis as appropriate.

**HELP is at your fingertips**

- CALL: 1-866-331-9474
- TEXT: "LOVEIS" to 22522
- CHAT: <https://www.loveisrespect.org/>

Get relationship help 24/7/365, confidential support for young adults & their loved ones related to healthy relationships & dating abuse.

24/7

IYAB #TVDAM24

Click [here](#) to download.

If you're concerned about your relationship, or if you have questions about healthy dating @loveisrespect is available 24/7.

CALL: 1-866-331-9474

TEXT: "LOVEIS" to 22522

CHAT: <https://www.loveisrespect.org/>

24/7 Free and confidential support for anyone in the U.S.

#iyab #tdvam24 #tdvam #lovelikethat

Add emojis as appropriate.

**NATIONAL DEAF DOMESTIC VIOLENCE HOTLINE**

Video phone: 855.812.1001  
Instant messenger: DeafHotline  
Email: nationaldeafhotline@adwas.org

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Click [here](#) to download.

The National Deaf Domestic Violence Hotline provides tools and support 24/7/365 to help survivors of domestic violence. Hotline users can expect highly trained, expert advocates to offer free, confidential and compassionate support, crisis intervention information, education and referral services in over 200 languages.

#lovelikethat #tdvam24 #tdvam #iyab

Add emojis as appropriate.

**BYSTANDER INTERVENTION**

If you witness dating violence, follow the Three D's:  
Direct, Delegate, Distract

#TVDAM2024

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Click [here](#) to download.

See something, say something, do something. If you witness violent or abusive behaviors, direct, delegate or distract.

#lovelikethat #tdvam24 #tdvam #iyab

Add emojis as appropriate.

**The 3 D's of Bystander Intervention**

If you see a situation of teen dating violence, follow the Three D's:

**DIRECT**  
If comfortable, address those involved by direct confrontation. This could look like pulling aside the victim and taking them away from the position of concern.

**DELEGATE**  
If you do not feel safe intervening yourself, ask someone more equipped for help with engaging the situation.

**DISTRACT**  
Diffuse the situation by taking the focus off the violence. For example, Ask the individuals in this situation for directions.

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Click [here](#) to download.

See something, say something, do something. If you witness violent or abusive behaviors, direct, delegate or distract.

#lovelikethat #tdvam24 #tdvam #iyab

Add emojis as appropriate.

	<p>Are you part of a healthy or safe relationship? Take the @loveisrespect healthy relationship quiz and learn the dimensions of your relationship:  <a href="https://bit.ly/isyourrelationshiphealthy">https://bit.ly/isyourrelationshiphealthy</a>  #lovelikethat #tdvam2024 #tdvam #iyab</p> <p>Add emojis as appropriate.</p>
<p>Click <a href="#">here</a> to download.</p>	

### Hashtags

#TeenDatingViolenceAwarenessMonth	#TDVAM	#TDVAM24
#LoveLikeThat	#HealthyRelationships	#TeenDV
#IYAB	#DVprevention	#LovesRespect

### About Us

The [Indiana Youth Advisory Board](#) (IYAB) is a group of youth and young adults who are passionate about shaping the future of public health and improving the quality of life across Indiana. They work together to identify important issues facing young Hoosiers and come up with innovative solutions to address them. IYAB is backed by the [Indiana Department of Health](#) (IDOH) Maternal and Child Health Division and the [Family and Social Services Administration](#) (FSSA) Division of Mental Health and Addiction.

If you have any questions about the toolkit or the topic of teen dating violence, please email Samantha Mundt, adolescent health coordinator at IDOH, at [smundt@health.in.gov](mailto:smundt@health.in.gov).