

# Teen Dating Violence Awareness Month 2024

#TDVAMcle  
#TDVAM2024  
#LoveLikeThat



Safety  
Healing  
Breaking Cycles

## What is Teen Dating Violence Awareness Month (TDVAM)?

Launched in 2010, TDVAM raises awareness about the issue of teen dating violence. This annual, month-long effort focuses on advocacy and education to stop abuse before it starts. This year's theme, "Love Like That," amplifies the voices of teens and young adults by supporting and uplifting positive, healthy, and safe relationships and calls on all of us to create a world free of relationship abuse.

TDVAM is a chance for everyone to unite to end dating violence before it starts and educate young people about healthy relationships. Journey Center is inviting advocates, loved ones, and supporters to join us in upholding young survivors and amplifying this important issue. Together, we can make a difference in our communities.

Journey Center is excited to take this Journey with you throughout February as we create awareness about dating violence, the importance of healthy relationships, and learn ways to help those we love. Everyone deserves a relationship built on love, respect, and trust. Journey Center is proud to promote safety, healing, and breaking cycles in February and throughout the year.

## Who is Journey Center?

[Journey Center for Safety and Healing](#) is Cuyahoga County's most comprehensive domestic violence agency. Formerly known as Domestic Violence & Child Advocacy Center, Journey Center carries on the same mission, vision, and values. Journey Center provides services that foster safety and healing to those affected by domestic violence and child abuse and prevents abuse through education, advocacy, and systemic change.

Journey Center values Empowerment, Resiliency, Safety, Inclusion, Integrity, and Connectedness.

### Our Vision

Journey Center for Safety and Healing envisions a community where safety and well-being are achieved by empowering people to find a path toward healthy, thriving relationships.

### Our Mission

Journey provides services that foster safety and healing to those affected by child abuse and domestic violence; and prevents abuse through education, advocacy, and systemic change.

# Journey Center Programs and Services



## 24-Hour Helpline

Answered 24-hours a day, 7 days a week. Advocates can assist callers with resources, referrals, and general information; crisis intervention and safety planning, legal information and/or options, intakes for services; and offer assistance to those experiencing abuse as well as friends/family.



## Emergency Domestic Violence Shelter

Operating in a confidential location, the shelter operates as a safe haven for individuals and families at high risk for re-victimization and stalking. Advocates provide crisis intervention, safety planning, group activities, assistance with education, and connections to housing, employment and community supports.



## Justice System Advocacy

Journey provides court advocacy for domestic violence victims involved in criminal and civil proceedings throughout Cuyahoga County. Advocates speak with each victim about their unique situation. Options are explored and considered, with an emphasis on safety and self-determination.



## Latina Domestic Violence Project

Offers culturally relevant advocacy and support services for Latino victims of domestic violence. All Advocates are bilingual in Spanish.



## Safe & Sound Visitation Center

Safe & Sound Visitation Center (SSVC) is the only one of its kind in Cuyahoga County helping high-risk, high-conflict families in need of safe, supervised visits and/or safe exchanges.



## Domestic Violence Housing First Initiative

The Domestic Violence Housing First Initiative connects survivors and their children to independent housing so they can remain safe without entering shelter.



## Trauma Services

Therapy services for children, adolescents, and adults who have experienced trauma, grief, and loss related to child abuse, teen dating violence, domestic violence, and/or stalking.



## Support Groups

Support groups are available for individuals who have experienced abusive relationships. These free, weekly, facilitated groups offer a confidential setting for discussion, support, and more.



## Domestic Violence Education Classes

This 7-week program provides education on the dynamics of domestic violence to help those affected by abuse make informed life decisions.



## Training and Continuing Education

Journey Center offers educational presentations and a wide variety of professional training workshops to the greater Cleveland area. Topics include: domestic violence, dating violence, child abuse, and other related topics.

# What is Dating Violence?

Dating violence is a pattern of behaviors used by one partner to maintain power and control over the other. It occurs when one person intentionally causes physical or emotional harm to their partner in a relationship.

Dating violence can include physical, sexual, verbal/emotional, digital, and other forms of abuse.

When talking about dating, it's important to recognize when talking about dating that dating means different things to different people, especially across generations. Dating relationships may be sexual (they don't have to be), they could be serious or casual, monogamous or open, or short-term or long term. Regardless of how someone defines dating- everyone deserves a healthy relationship.

## Types of Abuse

### Verbal & Emotional Abuse

Any non-physical behavior an abusive partner says or does that manipulates or controls your feelings and/or behaviors and causes you to be afraid.

This may include: name calling, yelling and/or screaming, threats to harm, telling you where to go or who to talk to, [controlling](#) what you wear, preventing you from seeing or communicating with friends or family, constant monitoring, threats to harm themselves, isolation, body shaming, blaming abusive or unhealthy behavior on you or your actions, and/or being jealous of outside relationships or accusing you of cheating..

### Financial Abuse

The use of finances or resources from one partner against the other.

This may include: taking your money, selling or destroying your possessions or property, Forbidding you from working or limiting the hours you do, preventing you from going to work by taking your car, keys, or other mode of transportation, and/or getting you fired by harassing you, your employer, or your co-workers.

### Digital Abuse

The misuse of technology to bully, harass, stalk, or intimidate a partner. Digital abuse may include: steals or insists on being given your password(s), forcing you to share your location, monitoring social media accounts, using smart technology to track their partner, sending and/or airdropping unwanted/unsolicited photos, and/or telling you who you can or can't follow or be friends with on social media.

### Sexual Abuse

Any action that an abuser uses to persuade, force, or coerce their partner to engage in sexual activity. Sexual abuse may include: Unwanted kissing or touching, unwanted rough or violent sexual activity, refusing to use condoms or restricting someone's access to birth control, threatening, pressuring, or otherwise forcing someone to have sex or perform sexual acts, and/or using sexual insults toward someone.

### Physical Abuse

Any intentional, unwanted contact with your body by the abuser or an object within the abuser's control. This may include: slapping, hitting, punching, choking, threatening with a weapon, touching any part of you without your permission or consent, grabbing your face to make you look at them, and/or preventing you from leaving or forcing you to go somewhere.

## Healthy Relationships

**A healthy relationship is one in which both partners are:**

- Communicating in a healthy way
- Respectful
- Trusting
- Equal
- Enjoying personal time away from each other
- Sharing decision making
- Making mutual choices

**Characteristics of a Healthy Relationship Include:**

- Trust
- Honesty
- Comfortable Pace
- Independence
- Equality
- Kindness
- Respect
- Healthy Conflict
- Taking Responsibility
- Fun

## Unhealthy Relationships

**Abusive relationships occur when one partner is:**

- Communicating in a hurtful and/or threatening way
- Mistreating their partner
- Accusing their partner of cheating when it is untrue
- Denying their actions are hurtful and abusive
- Controlling
- Isolating their partner from friends, family, and activities they enjoy

**Characteristics of an Unhealthy Relationship Include:**

- Intensity
- Possessiveness
- Belittling
- Isolation
- Sabotage
- Volatility
- Deflecting responsibility
- Manipulation
- Betrayal
- Guilt

**Healthy relationships bring out the best in you and your partner and make you feel good about yourself.**

A healthy relationship doesn't mean a "perfect" relationship and no one is healthy 100% of the time but... everyone should strive for the characteristics of healthy relationships.

Relationships may be defined differently (depending on who's involved) but all healthy relationships depend on a few key elements: healthy communication, healthy boundaries, mutual respect, and support.

## Setting Boundaries

Boundaries are yours to build but it can be scary to ask for what you need from your partner. When you trust your feelings and know your needs, communicating boundaries with your partner is so empowering. Trust yourself!

Boundaries define what each person is comfortable with and how you would like to be treated by others. Boundaries help you honor your needs, feelings, and values.

Respect for boundaries can be a good indication of how healthy your relationship is. In a healthy relationship, partners know how far the other wants to go based on open communication, and they feel comfortable communicating with each other if something changes.

Boundaries are built on trust.

### **If you're not sure whether or not you trust your partner, ask yourself these questions:**

- Is my partner supportive of me and my decisions for myself, both physically and emotionally?
- Is my partner consistent in their actions and behaviors?
- Does my partner show their trustworthiness by acting in accordance with what they say?
- Do they tell me they love me but treat my in unhealthy ways?
- Am I and my partner able to comfortably spend time apart from one another?

## Digital Safety

You never deserve to be mistreated, online or in person.

### **Remember:**

- Your partner should respect your relationship boundaries. Always.
- You never have to share your passwords with anyone.
- You never have to send any explicit pictures, videos, or messages that you're uncomfortable sending ("sexting").
- It's okay to turn off your phone or not respond to messages right away.
  - You have the right to your own privacy and to spend time with other people without your partner getting angry.
  - Just be sure that the people who might need to reach you in an emergency still have a way to.
- Save or document threatening messages, photos, videos, or voicemails as evidence of abuse.
- Once you share a post or message, it's no longer under your control.
- Be mindful when checking-in places online, either by sharing your location in a post or by posting a photo with distinguishable backgrounds.
- Ask your friends to always seek permission from you before posting content that could compromise your privacy. Do the same for them.
- Know and understand your privacy settings.

# How Can You Support a Young Person Impacted by Dating Violence

- ♥ **Be supportive, listen, and respect their decision(s)...**  
...even if you don't agree with the decision(s) they are making.  
Remind them that abuse is never their fault and that they deserve a healthy, respectful relationship.
- ♥ **Don't be afraid to reach out**  
Focus on their safety and let them know you're available and want to help.  
Focus on behaviors, not the abuser.
- ♥ **Support them and encourage them to seek help**  
Thank them for trusting you enough to have the conversation.  
Help them think through options.  
Stay connected and remind them that you are there to support them.
- ♥ **Encourage them to document the abuse**  
Even if the abuse is not obvious – list dates and descriptions and keep it in a hidden place.

## Questions You Can Ask

- How have things been with you and your partner lately?
- How does your partner treat you when they're upset?
- What does an argument between you and your partner usually look like?
- Do you feel like your partner tries to confuse you? Do they contradict themselves a lot?
- What do you want from a partner?
- How do you see things playing out if nothing changes?
- Do you spend a lot of time trying not to make your partner angry?
- Do you think you could help your partner (or your relationship) if you changed yourself?  
*Remember... abuse is never a victim's fault*
- What do you wish things were like?
- Does your partner embarrass you in front of others?
- Do you feel like your partner get angry easily? For no reason?
- What is keeping you in your relationship?
- Are you staying in your relationship because you're unsure what would happen if you left?
- How can I help?
- **Does your partner make you feel safe?**

## Get Involved



### Create a “Love is...” Billboard

Find a billboard or space in your school or office to share what “Love is...” to you. Write your message on a heart, big enough for everyone to see when they walk by!



### Share Journey’s Respect Week Announcements

Each day during Respect Week Journey Center will be sharing a short announcement to share with your school, after school group, or other community about one aspect of healthy relationships and dating violence.



### Attend Journey’s Teen Dating Violence Training

Learn the basics about Teen Dating Violence and the impact it has on young people in this one-hour, online training.  
Visit [Journeyneo.org](https://Journeyneo.org) to learn more and register.



### Healthy Relationship Playlist

Create your own playlist celebrating safe, healthy relationships or add your own submissions to [Journey Center’s Healthy Relationship Playlist](#) on YouTube.



### Share Your Love

Create an image, song, video - or share a song, tv show, or video clip - that celebrates safe, healthy relationships.

# Respect Week 2024

Join Journey Center and advocates across the country for a week of action and awareness.



### Monday, February 5: Message Monday

Write a message of support to a young person who is experiencing abuse. Let everyone know that they deserve a safe, healthy relationship and that abuse is not their fault.



### Tuesday, February 6: Wear Orange Day

Share your images on social media and tag Journey Center to show off your orange Outfit of the Day.



### Wednesday, February 7: Wellness Wednesday

Today is a reminder to take care of yourself and your well-being. Whether you are in an unhealthy relationship or supporting a loved one- your mental and physical well-being are important.



### Thursday, February 8: Thoughtful Thursday

Have a thoughtful, intentional conversation with at least one person about dating violence and healthy relationships.





### Friday, February 9: Friday Facts


This Friday, and every Friday throughout February, join Journey Center on our social media to learn an element of dating violence and the impact on young people.





## Suggested Social Media Messages


 Everyone deserves to feel safe on their Journey to safety and healing. You are not alone. #TDVAMcle #TDVAM2024 #LoveLikeThat


 One in three young people will experience some form of abuse in their relationship. Support survivors and speak out against dating violence. #TDVAMcle #TDVAM2024 #LoveLikeThat


 Modeling respect, equality, and peace in your relationships is one thing you can do to help end dating violence. #TDVAMcle #TDVAM2024 #LoveLikeThat


 I can support dating violence survivors by spreading awareness of Journey Center for Safety and Healing services so others may reach out for help. #TDVAMcle #TDVAM2024 #LoveLikeThat


 Abuse can come in many forms, including emotional and verbal abuse, digital abuse, financial abuse, and physical abuse. #TDVAMcle #TDVAM2024 #LoveLikeThat

 February is Teen Domestic Violence Awareness Month. I'm joining Journey Center and others across the nation to promote safe, healthy relationships for everyone. #TDVAMcle #TDVAM2024 #LoveLikeThat

 Dating violence can manifest in a number of ways, and there's usually more than one tactic taking place in an abusive relationship. Regardless of the coercive behavior(s) used, it always comes back to power and control over the victim. #TDVAMcle #TDVAM2024 #LoveLikeThat

 1 in 5 dating couples report some type of violence in their relationship. Support survivors and speak out against dating violence. #TDVAMcle #TDVAM2024 #LoveLikeThat

 Dating violence doesn't discriminate, and it can happen to anyone. Every survivor, regardless of race, background, or class, deserves support. We all play a role in ending DV & supporting survivors. #TDVAMcle #TDVAM2024 #LoveLikeThat

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**Shareable Social Media Images**

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Center for Safety and Healing

**Journeyneo.org**  
216.391.4357 (HELP)

### What is a Healthy Relationship?

Healthy relationships bring out the best in you and your partner and make you feel good about yourself.

All healthy relationships depend on a few key elements: healthy communication, healthy boundaries, mutual respect, and support.



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### Everyone deserves a safe, healthy relationship.



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## Get Involved



### ADVOCATE

Download and share Journey Center's **TDVAM 2024 Toolkit**

Read, save, and share Journey Center's [TDVAM Images and Graphics](#)

Download and use Journey Center's [TDVAM Social Media Banners and Image](#)

Like, follow, and share Journey Center's posts and videos

**Facebook:** [JourneyCenterNEO](#)

**LinkedIn:** [JourneyCenterNEO](#)

**Instagram:** [JourneyCenterNEO](#)

**YouTube:** [JourneyCenterNEO](#)

**Twitter/X:** [Journey\\_NEO](#)

Share on social media and with your community, friends, and family **why you support young people impacted by abuse**

Download and share Journey Center's [TDVAM 2024 Calendar](#)

Participate in the [Respect Week](#)

Share Journey's [Respect Week Announcements](#) with your school, group, or community

Subscribe and share **Journey Center's newsletter** with your family and friends

Let your friends and family know that you're participating in TDVAM 2024 and tell them to take action

Call or text our **24-Hour Helpline** if you or someone you know are in an unsafe or abusive relationship  
**216.391.4357 (HELP)** or **live chat: [Journeyneo.org](#)**

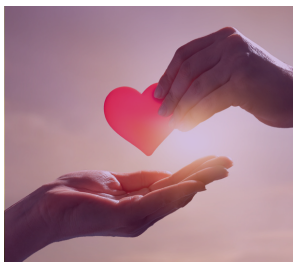
### LEARN

#### [Attend Journey's TDVAM Training](#)

Wednesday, February 14: 12-1p

This online training is designed for individuals who work with young people. During this training we look at the definition of dating violence, the types of abuse that are used to gain power and control over a teen victim, and "the cycle of abuse." This training looks at specifics young people may experience in an unhealthy or abusive relationship.

Read and share [Journey Center's Blog](#)



### DONATE

Make a [donation](#)

Host a **Facebook or Instagram Fundraiser**


Organize a collection of items from [Journey Center's Wishlist](#)


Hold a **cell phone drive** to collect old phones for Journey Center

 [Journeyneo.org](http://Journeyneo.org)

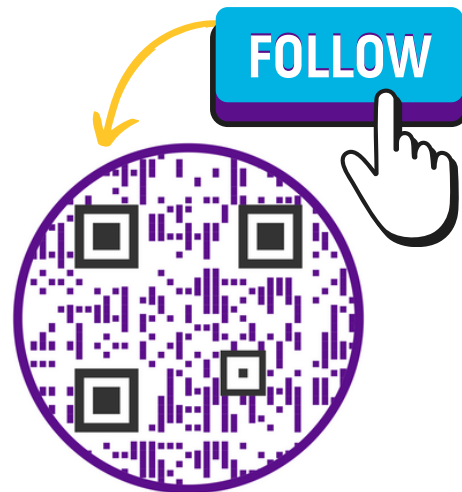
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