

NEWSLETTER

Whole School. Whole Community.

Whole Child.

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Ask any parent what their top fears are in regards to their children and you are almost guaranteed to hear “dating” and “substance use.” Unfortunately, these things can be connected.

February is Teen Dating Violence Awareness Month and it is important for parents, other adults, and teens to be aware of the signs and symptoms of unhealthy dating, its connection to substance misuse, and what to do if you or a loved one is experiencing an unhealthy relationship. Check out the helpful links below, as well as some local resources!

Statistics

- Nearly *1 in 11* female and about *1 in 15* male high school students report having experienced physical dating violence in the last year.
- 26% of women and 15% of men who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner before age 18.
- About 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence in the last year.
- Approximately 9% of high school students report being hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend in the 12 months before surveyed.

([CDC](#))

Here are some fantastic resources to help you and your teens navigate the world of healthy dating:

- **One Love Foundation**: One Love’s mission is to teach young people about healthy relationships. They have recognized that young people are often taught the mechanics of physical relationships, but not the emotional intelligence needed, and seek to accomplish that through seminars and media they have produced. [10 Signs of a Healthy Relationship](#)
- **GLSEN**: the Gay, Lesbian, and Straight Education Network, or GLSEN, is a nonprofit organization focused on uplifting the voices of LGBTQ+ youth and empowering youth to make the changes that they want to see in their communities. [2019 School Climate Survey](#)
- **A Call to Men**: A Call to Men has recognized that one of the issues facing society today is the struggle that men face in fully expressing themselves. In order to address this they have created trainings and educational resources to promote healthy, respectful, and fully realized manhood, usable for middle school and up. [Healthy Manhood](#)
- **The Office of Domestic Violence Services**: Funded by the NJ Department of Children and Families, the ODVS funds 22 domestic violence programs throughout the state, as well as hosting the NJ Coalition to End Domestic Violence. [ODVS Home Page](#)

Talking to your kids about relationships

Talking with teens about relationships is hard. Whether you are a parent making sure your child is safe, a teacher or mentor of children, or an extended family member of a teen in need of guidance, it's good to know what resources are at your disposal to help you. Here is a great tool you can use to help teens and young adults reflect on the relationships in their life:

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others



LoveisRespect.org

More Resources

Family. Friends. Coaches. Teachers. All of these and many more form the relationships in our lives. Keeping healthy and supportive relationships is essential to making sure that we lead a happy, healthy, and fruitful life. Here are some great resources to use to talk to teens about healthy relationships.

- [Love is Respects' 2021 teen dating action guide](#)
- [The Link Between Drug Addiction and Dating Violence](#)
- [Teen Dating Violence and Drug Use](#)
- [Preventing Teen Dating Violence](#)



Cooking Corner

Love is in the air, and we all know that it takes love to make delicious food! Here are some little-known observance days for February and some healthy recipes to go along with them!

Feb 4th: National [Stuffed Mushroom](#) Day

Feb 22nd: National Cook a [Sweet Potato](#) Day

Feb 25th: National [Chili](#) Day

Feb 27th: National [Strawberry](#) Day



As always, our [School Health Team](#) is available to provide resources regarding school health topics. Feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Ashley](#) or [Chris](#) for assistance.

