

Healthy me. **HEALTHY WE.**

Teen Dating Violence Awareness Toolkit

Midwest
Native
Coalition
for Justice
& Peace



Introduction

February is Teen Dating Violence Awareness Month

We often talk about "finding the one," but we rarely talk about being the one—the person who knows their worth, sets their boundaries, and shows up with respect.

Healthy Me, Healthy We is a campaign built on a simple truth: the most important relationship you will ever have is the one you have with yourself. When you know how you deserve to be treated, you're empowered to choose partners who respect your voice, your space, and your dreams.

This toolkit isn't just about spotting "Red Flags" in others; it's about growing "Green Flags" in ourselves. Inside, you'll find resources to help you define your own boundaries, practice self-care, and build "We" connections that are safe, equal, and fun.

Proclamation

A Proclamation for Healthy Relationships

WHEREAS, every young person in _____ deserves to
Community Name
feel safe and respected in their relationships; and

WHEREAS, teen dating violence is a serious issue that affects the health
and safety of our youth, both in person and online; and

WHEREAS, our community is committed to the theme
"Healthy Me, Healthy We," which teaches that loving yourself and setting
boundaries is the first step toward a healthy partnership; and

WHEREAS, we can stop the cycle of abuse by talking openly about
consent, respect, and the "green flags" of healthy love.

NOW, THEREFORE, I, _____, do hereby declare
Name & Title
February 2026 as Teen Dating Violence Awareness Month.

I encourage all residents to wear orange, share the message of
Healthy Me, Healthy We, and support the young people in our lives in
building relationships based on equality and respect.

Signature



Date

HEALTHY ME

The Foundation

Taking care of yourself is the greatest gift you can give to the people you love.

You cannot pour from an empty cup.
Focusing on "ME" isn't selfish;
it's a prerequisite for being a good partner,
friend, or teammate.

Physical Health

Moving your body, eating nourishing foods,
and getting enough sleep.
When you feel physically strong, your stress
tolerance increases.

Mental Clarity

Practicing mindfulness, setting boundaries,
and managing self-talk.

Self-Awareness

Understanding your own triggers and needs
so you don't unintentionally "leak" your
stress onto others.

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This project was supported by Grant No. 15JOVW-24-GG-01801-MUMU Midwest Native Coalition for Justice and Peace awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.



HEALTHY WE

The Ripple Effect

When individuals prioritize their health, the collective dynamic shifts. A "Healthy We" is built on:

Co-Regulation: When you are calm (Healthy Me), you help soothe the nervous systems of those around you.

Shared Values: Healthy groups encourage growth rather than enabling bad habits.

Support Systems: A "Healthy We" means having a community that holds you accountable and cheers your progress.

TRUST. SUPPORT. EQUALITY. SAFETY

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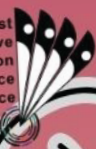
HEALTHY UNHEALTHY ABUSIVE

Open, calm communication, honesty, mutual respect, respect for each other's values.

Suspicion, mistrust, lack of individuality, lack of communication, dishonesty, lying, and inconsiderate behavior.

Control by one partner, threatening harmful communication, unsafe, hurtful behavior, blame shifting, and accusations.

Healthy Relationships 101 | Teens for Courage. (n.d.). <https://www.teensforcourage.org/healthy-relationships-101/>
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TEEN POWER & CONTROL

PEER PRESSURE

Threatening to expose someone's weakness or spread rumors. Telling malicious lies about an individual to peer group.

ANGER/EMOTIONAL ABUSE

Putting her/him down. Making her/him feel bad about themselves. Name calling. Making her/him think their crazy.

USING SOCIAL STATUS

Treating her like a servant. Making all the decisions. Acting like the "master of the castle." Being the one to define men's and women's roles.

ISOLATION/EXCLUSION

Controlling what another does, who she/he sees and talks to, what she/he reads, where she/he goes. Limiting outside involvement Using jealousy to justify actions

SEXUAL COERCION

Manipulating or making threats to get sex. Getting her pregnant. Threatening to take the kids away. Getting someone drunk or drugged to get sex.

THREATS

Making and/or carrying out threats to do something to hurt another. Threatening to leave, to commit suicide, to report her/him to the police.

MINIMIZE/DENY/ BLAME

Making light of the abuse and not taking concerns about it seriously. Saying the abuse didn't happen.

INTIMIDATION

Making someone afraid by using looks, actions, gestures. Smashing things. Destroying property. Abusing pets. Displaying weapons.

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media pages.**

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