



## February is Teen Dating Violence Awareness Month



One in three teens will experience physical, emotional, or sexual abuse in a relationship before reaching adulthood in the United States. Just as domestic violence is often covert and cyclical, so is teen dating violence. The abusive behaviors of someone in a relationship can often be misinterpreted as love and affection when, in reality, they are tactics of power and control. What do you think is going through a 13-year-old's mind when they are caught in an abusive relationship?

February is Teen Dating Violence Awareness month (TDVAM). TDVAM is a nationwide effort rooted in education and advocacy to prevent dating violence. According to the National Institute of Justice, Teen Dating Violence (TDV) also known as adolescent dating violence (ADV) includes physical, psychological or sexual abuse; harassment; or stalking of any person's ages 12-18 in a consensual relationship. A consensual relationship includes any past or present relationship that is romantic, physically intimate, or sexual in nature.



Research shows that adolescents are engaging in romantic and even sexual relationships. However, studies also indicate that adolescents with a 'romantic relationship' typically have 3-4 partners, and these relationships tend to last on average only about 12 months. This suggests that adolescents are often engaging with multiple partners over a relatively short period. Given their lack of relationship experience and the potential gaps in education about healthy relationship dynamics, it is likely that these behaviors may stem from a combination of inexperience and limited understanding of what constitutes a healthy, sustainable relationship. Additionally, women ages 16-24 experience the highest rates of Intimate Partner Violence (IPV). This statistic further highlights the need for education and support given to young people, so that they have the tools necessary to navigate relationships. It is better to have conversations with your child about healthy relationships and dating abuse early rather than to wait.

When discussing the goal of ending the cycle of violence, we can refer to health behavior change theoretical models, such as the Social Ecological

Model. Ending the cycle of violence requires individuals to examine and challenge their own attitudes, beliefs, and behaviors regarding the use of violence and abuse within relationships. We must understand that these behaviors are reinforced by interpersonal influences, such as family, schools, and neighborhoods, or by broader societal norms. For instance, growing up in an environment where violence is normalized—whether in the home or in the community—can establish the belief that using violence is an acceptable way to assert control, cope with stress, or express oneself, especially when there are no alternative means of resolving conflicts or handling difficult emotions.



One of the first actions you can take to support a teen who may be experiencing abuse within their relationship is to become aware of the warning signs. It is important to understand that relationships exist on a spectrum and abuse is hard to spot at times, especially if that person is trying to hide the abuse.

Some signs that a teen may be in an abusive relationship include:

- Unexplained marks, bruises, or injuries
- If you notice extreme jealousy or possessiveness from your child's partner
- If they are being constantly contacted by their partner such as emails, texts, or calls.
- Decreased interest in extracurricular activities or other interests
- Isolation from other friends and family, spending all their time with their partner

The next step is to talk openly about healthy relationships. If a teenager shares something with you or says something that raises a red flag, understand that they've most likely been managing and coping with this experience for some time. Remember that they are the experts of their own situation and may not share every detail. Being too assertive can undermine the vulnerability they have worked hard to build to open up to you. During this time, focus on actively listening and validating their experience. As adults, and as parents, there's often pressure to have all the answers, but overly formal responses can create a disconnect. Be knowledgeable about potential resources to connect them to, such as the following:

### **Love is Respect**

A project of the National Domestic Violence Hotline, **love is respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships.**

1-866-331-9474

Text 'LOVEIS' to 22522

### **Anew: Building Beyond Violence and Abuse**

Our Children's Counseling Program **provides advocacy, support and violence education to children who have experienced or witnessed domestic violence to prevent future family patterns of domestic violence.**

Counseling Office Number: 708-798-7737

Hotline Number: 708-335-3028

Ending the cycle of violence requires a collaborative effort, starting with the youth. Support prevention programs within schools. Our Community Education and Outreach Program provides age-appropriate domestic violence education to help students understand healthy family and dating relationships. We also offer 40-hour Domestic Violence training throughout the year. For more information, or if you would like a presentation at your local school or organization, contact our Community Education and Prevention Program at 708-794-2140.

## Respect Your Vibe: Respect Week Playlist



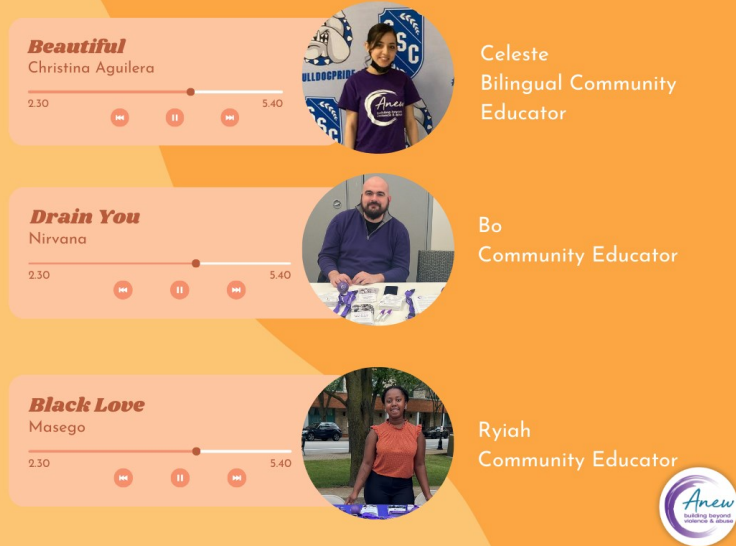
**Respect Your Vibe Playlist**  
Day 1 of Respect Week  
February 10th, 2025

Start off the week by listening to songs that remind you of self-love, healthy relationships, or respect!

love is respect

Listen to Anew Staff Song Picks on our Spotify Playlist [HERE](#).

## Community Education Department's SONG PICKS



**Beautiful**  
Christina Aguilera  
2:30 5:40


Celeste  
Bilingual Community Educator

**Drain You**  
Nirvana  
2:30 5:40

Bo  
Community Educator

**Black Love**  
Masego  
2:30 5:40

Ryah  
Community Educator



## Wear Orange Day





It's Wear Orange Day and Day #2 of Respect Week. Thank you to those that sent their orange-day pictures in support of Teen Dating Violence Awareness Month!

[#Loveisrespect](#) [#TDVAM](#) [#ORANGE](#)

## Urgent Needs at Anew



Anew is in need of several items to restock our pantry supplies.

Please consider donating the following items.

All hygiene products must be full sized, new and unused.

Food donations must not be expired.

## DONATIONS NEEDED URGENTLY

### Hygiene/Sanitary Products

- Toothpaste
- Shampoo
- Conditioner
- Body Soap
- Hand soap
- Lotion
- Cleaning Supplies
- Bleach
- Paper towels
- Toilet paper
- Diapers and Pull-Ups - All Sizes
- Laundry Detergent & Softener
- Female sanitary pads (thin & long)
- Deodorant (male and female)

### Nonperishable

#### Food/Unexpired Food

- Cereals
- Powdered Milk
- Canned Soups/Pasta
- Box Pasta (Spaghetti)
- Tomato/Pasta Sauce
- Canned Vegetables
- Canned Fruit
- Dry/Canned beans
- Instant or Bag Rice
- Juice/Juice Boxes
- Individual Wrapped Snacks
- Baby Snacks



<https://a.co/f1hGUuf>



Donation drop offs can be made  
Monday-Friday, from 9am to 4pm  
18139 Harwood Ave  
Homewood, IL 60430

[Amazon Wishlist](#)

## Job Postings at Anew

Compensation and Benefits are listed clearly at the bottom of each job description. Take the guess out of applying-- Our salaries, wages, and benefits are transparent and up front! Please share with you network.

Positions Updated 2/11/2025

★ **Accountant**

★ **Bilingual Crisis Intervention Advocate**

★ **Bilingual Partner Abuse Intervention Group Co-Facilitator - Part Time**

Anew offers full time benefits including 14 paid holidays; 20 days of Paid Time Off (PTO) annually; medical, dental, vision and life insurance; short-term and long-term disability; and the ability to contribute to our 403(b) plan with 3% company matching. This position is also eligible for Aflac benefits.

If you are interested in applying for any of these positions, please email your cover letter and resume to [careers@anewdv.org](mailto:careers@anewdv.org).

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