

Dear Alaska School:

Thank you for all you do to support students daily to succeed in school and in life!

*Stand Up Speak Up Alaska* invites you to further focus on student safety and well-being this February during Teen Dating Violence Awareness and Prevention month (TDVAPM). **The promotion of healthy relationships and prevention of abusive ones can keep students from experiencing negative academic and health outcomes now and in the future!** What role can you play?

## TAKE ACTION & GET INVOLVED THE MONTH OF FEBRUARY

### National School Announcements – Monday 2/3

See enclosed flyer with a sample announcement that could be shared during the morning announcements.

### National Wear Orange 4 Love Day – Tuesday 2/11

See enclosed flyer to hang around your school and encourage students to wear orange to raise awareness and promote ending dating violence. Students and staff can wear orange shirts, nail polish, hats, scarves, face paint, ribbons, hair ties, jewelry, shoes, or anything else!

### National Chalk About Love Week – Monday 2/24 - Friday 2/28

See enclosed flyers on hosting and promoting an awareness event with a pop of color or art in your school.

### Live Lunchtime Chat with Alaskans – Friday 2/28

Join other Alaska teens and adult mentors to play games, win prizes, and see what you can do to end dating violence in our state. Dial in: 1-669-900-6833. Meeting ID: 866 252 951 or join on the web:  
<https://zoom.us/j/866252951?pwd=M1VvY2RDYThTem9Fa3FEaHgvd3JCQT09>

The Sitka Youth Leadership Committee came up with a theme for TDVAPM in Alaska: **Healthy Me, Healthy We**. In 2020, we will be exploring boundaries and partnerships under this theme. For more info on how youth in Alaska are getting involved and taking action to end violence and promote respect visit [standupspeakupalaska.org](http://standupspeakupalaska.org)

Research has shown dating violence can have serious consequences on teens, including poor school performance<sup>1</sup>, increases in alcohol use, smoking and depression<sup>2</sup>. Stand up Speak Up Alaska, the Alaska Council on Domestic Violence and Sexual Assault and the Adolescent Health Program, in partnership with statewide agencies, have put together a collection of Alaska-developed resources that are available to schools at no cost. See the enclosed flyer for information on how to order these for your school.

Together we can prevent dating violence and create a better future where all Alaskans can thrive.

With Appreciation,  
Stand Up Speak Up Alaska

<http://www.standupspeakupalaska.org/>



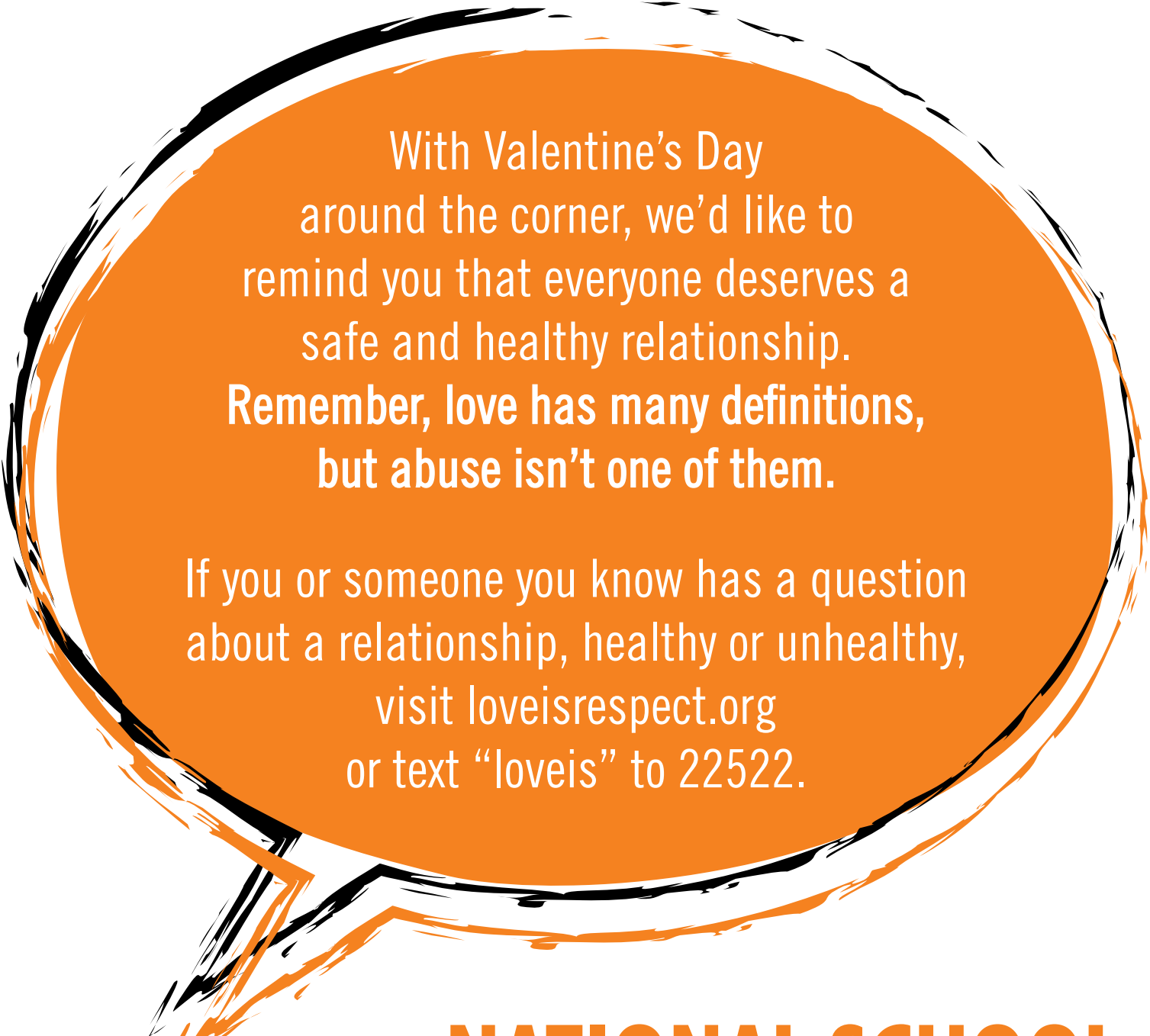
### Teen Dating Violence in Alaska

Too many of our Alaska students have experienced physical and sexual dating violence, nearly:

- 250 (14.5%) of Alaska alternative high school students
- 1,700 (5.4%) of Alaska traditional high school students reported experiencing physical and/or sexual dating violence one or more times during the past year (YRBS, 2017)

<sup>1</sup> Davis, A. (2008). Interpersonal and physical dating violence among teens. *The National Council on Crime and Delinquency Focus*.  
[http://www.nccdglobal.org/sites/default/files/publication\\_pdf/focus-dating-violence.pdf](http://www.nccdglobal.org/sites/default/files/publication_pdf/focus-dating-violence.pdf)

<sup>2</sup> Exner-Cortens, D, Eckenrode, J and Rothman, E (2013). Longitudinal Associations Between Teen Dating Violence Victimization and Adverse Health Outcomes. *Pediatrics*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3529947/>



With Valentine's Day  
around the corner, we'd like to  
remind you that everyone deserves a  
safe and healthy relationship.  
**Remember, love has many definitions,  
but abuse isn't one of them.**

If you or someone you know has a question  
about a relationship, healthy or unhealthy,  
visit [loveisrespect.org](http://loveisrespect.org)  
or text "loveis" to 22522.



## **NATIONAL SCHOOL ANNOUNCEMENT**

Stand Up Speak Up Alaska invites you to join other Alaska schools and participate in the National Respect Announcement on Feb. 3, 2020. Use the above statement on social media or in your PA system at school to let everyone know about Teen Dating Violence Prevention and Awareness Month. This announcement is a way to remind people that everyone has the right to create meaningful and healthy relationships that are based on love, trust and respect.

For more information on what is happening in Alaska, visit [StandUpSpeakUpAlaska.org](http://StandUpSpeakUpAlaska.org)

# WEAR ORANGE DAY



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I wear orange on Feb. 11 because I believe everyone has a hand in ending dating violence.

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NEED TO TALK TO SOMEONE  
ABOUT YOUR RELATIONSHIP?



CALL:  
1.866.331.9474



TEXT:  
"LOVEIS" TO 22522



CHAT: 24/7  
at LOVEISRESPECT.ORG

To learn more about what is happening  
in Alaska visit  
[www.standupspeakupalaska.org](http://www.standupspeakupalaska.org)



SHARE YOUR PICS ON SOCIAL MEDIA

#AKHEALTHYRELATIONSHIPS

#TDVAPMONTH

#ORANGE4LOVE

# #ChalkAboutLove

## What is #ChalkAboutLove?

Chalk About Love is an opportunity to create an awareness event with a pop of color and art. One message of hope, even a temporary one, can mean the world to someone seeking support. Show support for healthy youth relationships by participating in Chalk About Love, recruiting students and posting on line with #AKHealthyRelationships, #TDVAPMonth, and #ChalkAboutLove.

## Quick Tips for Planning Your Event

- Find a space within the school that gets lots of traffic.
- Spark chalking ideas by providing students and staff with examples like the flyer provided.
- Promote the event by engaging student groups or specific classes.

## Suggested Materials

- A large Chalk Board/Butcher Paper/Printed Templates
- Packs of Chalk/Markers
- Teen Dating Violence/Healthy Relationships Resources (a lot of great resources are available at [www.loveisrespect.org](http://www.loveisrespect.org))
- Phone/Camera to take photos & post on social media

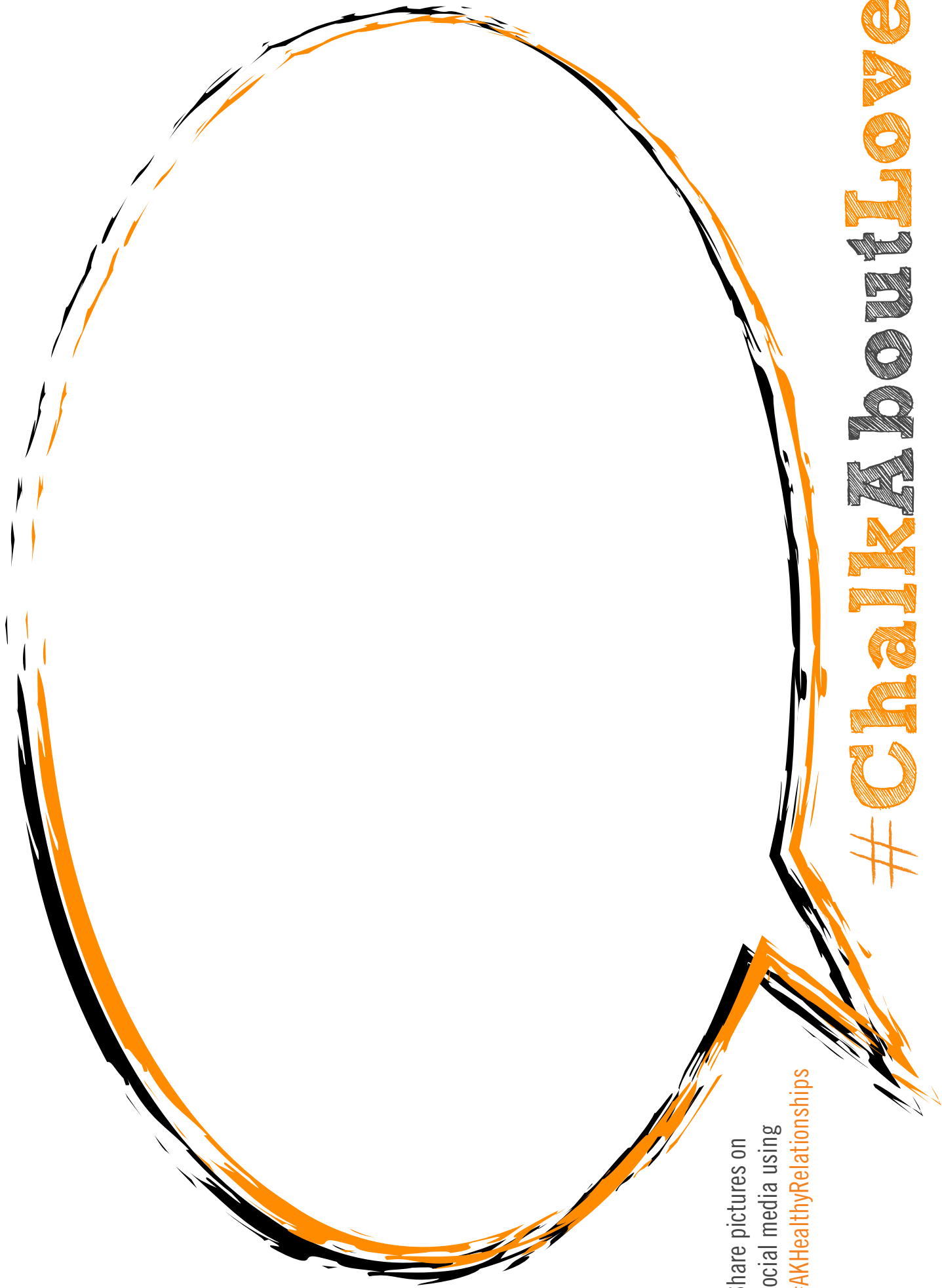
**For more information on hosting a Chalk About Love event visit:**

[www.breakthecycle.org/chalkaboutlove](http://www.breakthecycle.org/chalkaboutlove)



Share pictures on  
social media using  
[#AKHealthyRelationships](#)

[#ChalkAboutLove](#)



# #ChalkAboutLove

1 in 3 teens experience physical or sexual abuse or both by a dating partner. Spread awareness and messages of hope with us!

Share pictures on social media using [#AKHealthyRelationships](#)



Learn about what is happening in Alaska at [standupspeakupalaska.org](http://standupspeakupalaska.org)

## Themes to Chalk About

- Healthy relationship tips
- I show I care about boundaries by...
- Healthy is...
- I love when he/she/they...
- Song lyrics about love
- My favorite part about love is...
- What do you love about yourself?
- Why do you #ChalkAboutLove?
- Healthy Me =
- Healthy We =
- Consent means...
- An equal partnership includes...

NEED TO TALK TO SOMEONE ABOUT YOUR RELATIONSHIP?



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TEXT:  
"LOVEIS" TO 22522



CHAT: 24/7  
at [LOVEISRESPECT.ORG](http://LOVEISRESPECT.ORG)





# HELPING YOUNG ALASKANS SUCCEED

Free resources for supportive Adults working with or parenting youth in Alaska from the Adolescent Health Program and community collaborations.

## TEEN SAFETY CARD

The safety card and its poster, with card pockets, are for teens. Created in partnership with Alaska teens. The getting together teen safety card reads like a magazine quiz. Assess relationships for healthy and abusive behavior, and learn how to help a friend.

*The Getting Together Teen Safety Card can be downloaded at:*

[http://anthctoday.org/epicenter/healthyFamilies/teenCard\\_111014.pdf](http://anthctoday.org/epicenter/healthyFamilies/teenCard_111014.pdf)



## STAND UP SPEAK UP ALASKA

A youth led effort to engage Alaskan youth to promote respectful relationships, end violence, and become leaders.

- Posters: Set of three posters developed by and featuring Alaskan youth promoting healthy relationships and respect.
- Healthy Relationship Cards: Set of six cards with information on a variety of relationship topics that encourage discussions among teens.

*Posters & Cards can be downloaded at: <http://www.standupspeakupalaska.org/downloads/>*



## THE AMAZING TEEN BRAIN

Boost your brain knowledge. Four publications from Alaska Violence Prevention Project to help parents, caregivers, and supportive adults navigate the teen years, help youth heal after trauma and where to find help.

*The Amazing Brain resources can be downloaded at:*

<http://dhss.alaska.gov/dph/Chronic/Pages/InjuryPrevention/akfvpp/clearinghouse.aspx#amazingbrain>



## TALK NOW TALK OFTEN, AK

Conversation Cards - Start Talking. These cards help focus on strengthening relationships and connections between youth and adults through simple conversations. Questions range from your fave superhero to knowing what an unhealthy relationship is.

*TNTO conversation cards can be downloaded at: <http://www.tntoak.org/conversation-cards/>*

## TALKING: MARIJUANA

It's important for parents to talk with their kids about marijuana early and often. Developed by the Seattle Children's Hospital, *Parent's Guide: Talking with Youth about Marijuana* will help adults talk with teens in their lives about marijuana.

*Parent's Guide: Talking with Youth about Marijuana can be downloaded at:*

[http://dhss.alaska.gov/dph/Director/Documents/marijuana/ParentsGuide\\_TalkingToTeensAboutMJ.pdf](http://dhss.alaska.gov/dph/Director/Documents/marijuana/ParentsGuide_TalkingToTeensAboutMJ.pdf)

