

Know Your Worth

love **is**
respect

TDVAM RESPECT WEEK • 2021



It's Teen Dating Violence Awareness Month (TDVAM)

What is TDVAM?

TDVAM is a month-long campaign dedicated to raising awareness about teen dating abuse. Every February, young people and their loved ones join together across the country for a national effort to raise awareness about the issue of teen dating violence through Teen Dating Violence Awareness Month (TDVAM). Congress declared the month of February to be National Teen Dating Violence Awareness and Prevention Month in 2010. This annual, month-long push focuses on advocacy and education to stop dating abuse before it starts.

2021 Theme “Know Your Worth”

Why we chose this theme

This year's theme Know Your Worth is all about learning about healthy relationships and self-empowerment, and was chosen by college students from across the country. You are worth respect and deserving of a healthy, loving relationship. Our idea with this theme is to empower our audience to learn more about healthy relationships, and to know what they are worth and what they deserve. It is a very powerful, personal statement that guides actions, behaviors, and communication in relationships to be healthy and free from violence. Everyone is deserving of a healthy relationship!



Welcome to Respect Week 2021

FEBRUARY 2021

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Take Care
of Yourself

love is
respect.

Respect Announcement Monday, 2/8

Kick off Respect Week with a respect announcement! The goal of your announcement is to encourage everyone to know their worth.

Remember: you have the right to set boundaries in your relationship. Love is respect – period. Everyone deserves a respectful and healthy relationship!

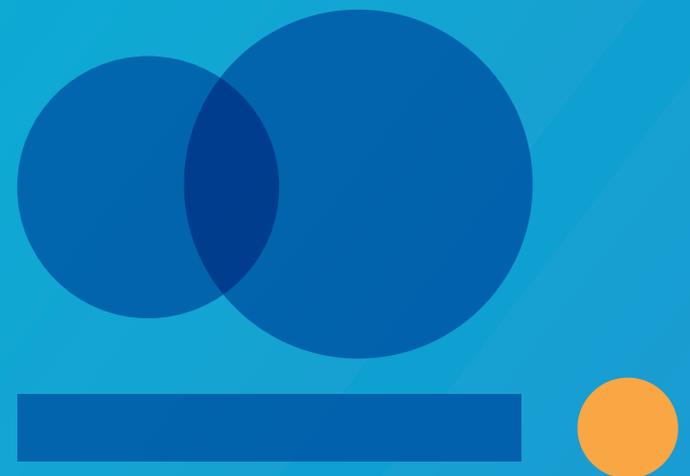
When we talk about our theme **Know Your Worth**, it's important that *you* know this applies to you, and that you are worthy of being on the receiving end of respectful words, actions, and behavior!

Make your announcement with your own twist: ***I know my worth, and I am worthy of [respect, love, care, support, kindness, compassion, equality, honesty, a healthy relationship]!***

Be sure to tell your friends that they are worthy too! Use this as an opportunity to let the people around you know that they are worthy. This could look like asking a teacher for a few moments before Zoom school starts to make an announcement, or sending a chat out to let everyone know they are worthy of healthy relationships.

You could take a few moments before a meal with your family remind them of their worth, text your group chat to let them know they are worthy, or make a sign to hang up in a window so all your neighbors can be reminded of their worth.

We want to remind ourselves, and everyone around us, that we are worthy of respect and love – and we know it!



Wear Orange Day Tuesday, 2/9

Orange is the official color of TDVAM! Take a selfie and use hashtags #KnowYourWorth, #loveisrespect, and #TDVAM.

Challenge your friends to see who can wear the most orange. It could be clothing – even socks, shoes, and earrings – or makeup.

Don't own anything orange? You can use a marker and draw a shape on your hand to raise awareness, or create your own drawing using orange markers. By sharing your pictures on social media, you're helping to spread the message that everyone deserves a healthy relationship.

This is a great, easy way to show your solidarity. How many of your friends or classmates can you convince to wear orange?



Share Your Worth Wednesday, 2/10

Respect is crucial in all relationships, so it's important to talk about it! Use this day to share what respect means to you, and get creative with it!

It could be a poem you have written, or a story that you feel highlights what a healthy relationship looks like. Maybe you want to draw a picture of what respect means to you, or create a video showing how to treat others with respect and care. Or get some chalk and put reminders near your house or school!

We want people to know that they are worthy of respect and kindness. Do you work with or support young people? Make a post reminding the young people in your life that you are always there to support them as a listening ear, and that you respect and value them.

Any way you want to express that respect is an essential part of any healthy relationship is great!



Respect Challenge

Thursday, 2/11

Use social media in a creative way by creating a “respect challenge”.

Here are some of our ideas to get you started:

- 1** Tag a friend, your partner, or a supportive person in your life that shows you respect! Let them know how much that respect matters to you and helps you feel worthy.
- 2** Share how you show respect or what respect means to you in a social media post, and tag three friends to share their thoughts!
- 3** Sing a song related to respect, or create a dance that goes along to one. There are a lot of songs out there that talk about respecting each other. Have a favorite one? Sing or share a favorite one, and tag a friend to do the same.

By challenging your friends to talk about what respect means to you, you're making your community that much stronger. Don't forget to use **#KnowYourWorth**, **#loveisrespect**, and **#TDVAM** to make sure we see your post!





Take Care of Yourself Friday, 2/12

Whether you're in a relationship or not, it's so important to take care of and love yourself. We must love and respect ourselves in ways that allows us to show up as our best selves.

Organize a challenge on social media with your friends today, where you talk about self-care. You can share ideas on what self-care looks like for you, or what your favorite self-care activity is. Make it fun, come up with creative ideas, and support each other however that looks.

We know that to be in a healthy relationship, we each need time for ourselves and our own interests. Even doing something that seems simple – taking a nap or a bath, watching your favorite show, playing with a pet, practicing deep breathing, dancing – all count as self-care.

There's no wrong way to practice self-care. Whatever feels relaxing to you is a great way to take care of yourself!

What's Next?

Just because Respect Week is over, it doesn't mean the action has to stop! We're constantly promoting resources and information to share with your community. Learn more at loveisrespect.org.

Our social media channels:



@loveisrespectpage



@loveisrespect



@loveisrespectofficial

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