



Choose Respect Montgomery

#respectyourselfie2018

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FREE CONFERENCE: HEALTHY TEEN DATING	PSA VIDEO CONTEST
<p>Sunday, April 15, 2018 Richard Montgomery High School 12:00pm - 1:00pm Red Carpet & Resource Fair 1:00pm - 4:00pm Conference</p> <p>*First 100 students to register get a Cava gift card! (Must attend to claim prize)*</p> <p>SSL Hours Free Food Raffle Prizes</p> <ul style="list-style-type: none"> * For students, parents and youth-serving providers * Learn about healthy and unhealthy relationships. * Get tips on how to help a friend. 	<p>Create a 60-second video about dating violence prevention and getting help. Deadline: Friday, March 16, 2018</p> <p>First Prize: \$1,000</p> <p>Second Prize: \$750</p> <p>Third Prize: \$500</p> <p>Winners will be announced at the Healthy Teen Dating Conference</p> 

To Register for the Conference and enter the PSA Contest, go to: www.montgomerycountymd.gov/fjc/chooserespect.html

Questions? Email Smita at smita.varia@montgomerycountymd.gov

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Teen dating abuse is a pattern of physically, sexually, verbally, and/or emotionally abusive or controlling behavior in a dating relationship.

Warning signs someone may be experiencing abuse: [◊]

- * Their partner calls them names or puts them down in front of others.
- * Their partner gets extremely jealous when they talk to other people.
- * They apologize for their partner's behavior and make excuses for it.
- * They frequently cancel plans at the last minute for reasons that sound untrue or they give up things they used to enjoy doing.
- * Their partner is always checking up, calling or texting and demanding to know who they're with and where they've been.
- * They're constantly worried about upsetting their partner or making them angry.
- * Their weight, appearance or grades have changed dramatically.
- * They have injuries they can't explain or the explanations they give don't make sense.

Warning signs from someone who may be an abuser: ^{◊◊}

- * They check their partner's cell phones, emails or social networks without permission.
- * They are extremely jealous or insecure, and have mood swings.
- * They constantly put their partner down.
- * They have an explosive temper and constantly make false accusations.
- * They isolate partner from family and friends.
- * They are physically violent.
- * They are possessive.
- * They pressure partner to have sex.

How Can I help my friend? ^{◊◊}

- 1) Start the Conversation - "It's not your fault." "You don't deserve this."
- 2) Be Supportive - "I am glad you told me." "What do you need?"
- 3) Keep Your Communication Door Open - "I am here for you."
- 4) Get Support.

Resources in the Community

Montgomery County Family Justice Center **240 773-0444**

600 Jefferson Plaza Suite 500 Rockville, MD 20852

Open Weekdays from 8:30 a.m.-5:00 p.m.

* Parental accompaniment needed if under age 18.

JCADA, Jewish Coalition Against Domestic Abuse: **1-877-88-JCADA (52232)**

Open Weekdays from 9:00 a.m.- 5:00 p.m.

Rockville, MD

* Serve any residents of Greater Washington ages 14 and up.

Montgomery County Crisis Center **240-777-4000**

1301 Piccard Drive, 1st Floor Rockville, Maryland 20850

Open 24 hours a day 7 days a week.

* Parental accompaniment needed if under age 16.

National Dating Violence Hotline

1-866-331-9474

Text: loveis to 22522

Chat online at loveisrespect.org

