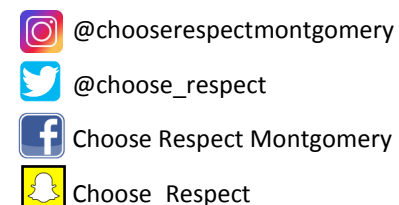


#respectyourselfie2019



## FREE CONFERENCE: HEALTHY TEEN DATING

Sunday, April 7, 2019  
Richard Montgomery High School  
12:30pm - 1:30pm Red Carpet & Resource Fair  
1:30pm - 4:30pm Conference

**SSL Hours** **Free Food** **Raffle Prizes**

- \* For students (grades 6 -12), parents and youth-serving providers
- \* Learn about healthy and unhealthy relationships.
- \* Get tips on how to help a friend.
- \* Get information about the resources in the community.

## PSA VIDEO CONTEST

Create a 60-second video about dating violence  
prevention and getting help.  
Deadline: Friday, March 8, 2019

**First Prize: \$1,000**

**Second Prize: \$750**

**Third Prize: \$500**

**Winners will be announced at the  
Healthy Teen Dating Conference**

→ **ENTER TODAY!** ←



To Register for the Conference and enter the PSA Contest, go to: [www.montgomerycountymd.gov/fjc/chooserespect](http://www.montgomerycountymd.gov/fjc/chooserespect)

Questions? Email Smita at [smita.varia@montgomerycountymd.gov](mailto:smita.varia@montgomerycountymd.gov)

Sponsored By:



## 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](https://loveisrespect.org)



◊ [loveisrespect.org](https://loveisrespect.org)  
◊◊ [breakthecycle.org](https://breakthecycle.org)