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For more information
on Teen Dating Violence
Awareness Month, or if you are in
a crisis situation, please contact
Interact of Wake County at (919)
828-7740.



This February, start talking about **healthy relationships!**

January eNews Correction:

We apologize our January eNew
letter was sent out with the
incorrect link to our Facebook
Page.

Please accept our apologies and
visit our NEW FACEBOOK Page
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Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month. One out of five teenagers report having been physically or sexually assaulted by a dating partner (Interact of Wake County, 2014). While all violence is tragic, it is especially heartbreaking to watch young people suffer in these circumstances. As a community, we can empower these young men and women to be confident and make healthy relationship choices.

Parents have the opportunity to not only talk to their teen about their relationship, but also model a healthy, appropriate relationship to them. Parents need to be aware of what messages they are sending to the young people in their home based on the patterns in their own relationships. Children tend to model what they see, and this is especially relevant when discussing partner relationships.

Teachers, counselors, and youth pastors also have the potential of opening a dialogue about dating, relationships, and violence. This gives teens that are in a harmful relationship an understanding that they are not alone, as well as equipping others to talk to friends who may be in a dangerous situation.

Part of stopping teen violence is being able to identify warning signs. Here are a few "red flags" to look for:

- Withdrawn, secretive, or defensive about relationship.
- Possessiveness and jealousy from one partner.
- Change in overall demeanor and attitude.
- Isolating from friends and spending more time exclusively with dating partner.
- Wearing inappropriate clothing for the season (i.e. long sleeves in the summer to cover bruises).

While none of these things can provide definite proof of a violent relationship, they can be indicative of problems or concerns. In order to decrease the frequency and severity of dating violence with our teenagers, awareness and conversation are vital. Parents, teachers, counselors, and churches can work together to help stop teen dating violence. If you or someone you know is experiencing a harmful or unhealthy relationship, our experienced therapists can help. Please call our main office at (919) 649-5882.

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