








# 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 &amp; Resource Fair 1:00pm - 4:30pm Conference</p> <p><b>*First 100 students to register get a Cava gift card! (Must attend to claim prize)*</b></p> <p><b>SSL Hours   Free Food   Raffle Prizes</b></p> <ul style="list-style-type: none"> <li>* For students, parents and youth-serving providers</li> <li>* Learn about healthy and unhealthy relationships.</li> <li>* Get tips on how to help a friend.</li> </ul>	<p>Create a 60-second video about dating violence prevention and getting help. Deadline: Friday, March 16, 2018</p> <p><b>First Prize: \$1,000</b></p> <p><b>Second Prize: \$750</b></p> <p><b>Third Prize: \$500</b></p> <p><b>Winners will be announced at the Healthy Teen Dating Conference</b></p> 

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

Questions? Email Smita at [smita.varia@montgomerycountymd.gov](mailto: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: <sup>◇</sup>

- \* 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: <sup>◇◇</sup>

- \* 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? <sup>◇◇</sup>

- 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](http://loveisrespect.org)

