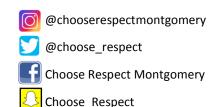


Choose Respect Montgomery

#respectyourselfie2018



FREE (CONFER	RENCE:
HEALTH	Y TEEN	DATING

Sunday, April 15, 2018 Richard Montgomery High School 12:00pm - 1:00pm Red Carpet & Resource Fair 1:00pm - 4:30pm Conference *First 100 students to register get a Cava gift card! (Must attend to claim prize)*

Free Food Raffle Prizes **SSL Hours**

- * For students, parents and youth-serving providers
- * Learn about healthy and unhealthy relationships.
- * Get tips on how to help a friend.

PSA VIDEO CONTEST

Create a 60-second video about dating violence prevention and getting help.

Deadline: Friday, March 16, 2018

First Prize: \$1,000

Second Prize: \$750

Third Prize: \$500

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

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













Sponsored By:

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

- * 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

loveisrespect.org

[⋄] breakthecycle.org