

STUDENT PSA/MORNING ANNOUNCEMENT

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Good morning [School Name]!

February is **Teen Dating Violence and Healthy Relationships Awareness Month**, a time to recognize the importance of respect, trust, and safety in all relationships.

Did you know that **1 in 3 teens** experiences some form of relationship abuse?

This isn't always physical. It can look like **jealousy, constant texting, controlling who you see or what you do, insults that hurt your self-esteem, or even threats.**

This doesn't need to involve a dating partner either. **Any relationship in your life** can become unhealthy, and this can be harmful to your mental health and school focus.

If you or a friend ever need support, we're here to help.

You can reach out to [Specific Names/Office Location] or you can text/call the national teen hotline for confidential 24/7 help at loveisrespect.org.

Remember – **healthy relationships empower you, not control you.** No one ever deserves to feel controlled, pressured, or unsafe.