



Social Media Guide

February is Teen Dating Violence Awareness Month

StrongHearts Native Helpline, the National Indigenous Women's Resource Center and the Alaska Native Women's Resource Center are proud to provide this resource for Teen Dating Violence Awareness Month.

Dating violence disproportionately affects Native Americans and Alaska Natives.

Native teens face some unique circumstances like processing historical trauma. For decades, our children were removed from their homes and stolen from their families to be re-educated at boarding schools. At these schools, many children were victims of institutional abuse including regular beatings, sexual abuse, and punishment for practicing any kind of activities that contributed to the survival of their own culture. This complete disruption of Native American family life and culture fostered the same kind of historical trauma that mass violence and persecution caused earlier generations. The separation of children from their families and their culture has lasting effects that have reverberated through generations with today's youth and teens being the newest cases.

Influencers have an opportunity to help save lives.

We hope you will help us bring awareness to the issue of dating violence in Tribal communities as a way of shedding light on the devastating fact that millions of Native peoples in this country are directly experiencing abuse and threats of violence in their intimate relationships.

Some startling statistics include:

- About 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence in the last year according to the [CDC](#).
- Nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year according to the [CDC](#).
- 26% of women and 15% of men who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner before age 18 according to the [CDC](#).

We hope you will share teachings and resources about healthy relationships that honor young adults. Youth are the future of our cultural survival as Native peoples. Native youth have the power to help create positive change to end dating violence.

When approaching this issue, we ask you to use care and empathy and consider the safety of domestic violence survivors. We recommend reading [What is Domestic Violence?](#)

Native voices deserve to be heard.

Resources

StrongHearts Native Helpline (StrongHearts) is a 24/7 culturally-appropriate domestic, dating and sexual violence helpline for Native Americans and Alaska Natives, available by calling or texting 1-844-762-8483 or clicking on the chat icon on strongheartshelpline.org.

[StrongHearts Native Helpline Teen Dating Violence Statement](#)

The **National Indigenous Women's Resource Center**, Inc. (NIWRC) is a Native-led nonprofit organization dedicated to ending violence against Native women and children. The NIWRC provides national leadership in ending gender-based violence in tribal communities by lifting up the collective voices of grassroots advocates and offering culturally grounded resources, technical assistance and training, and policy development to strengthen tribal sovereignty.

The **Alaska Native Women's Resource Center** (AKNWRC) is dedicated to strengthening local, tribal government's responses through community organizing efforts advocating for the safety of women and children in their communities and homes, especially against domestic and sexual abuse and violence.

Events

February 10 at 10 a.m. CT

StrongHearts Native Helpline's Twitter Story Day

Join StrongHearts Native Helpline for a Tweet Story day where we will be sharing a Native woman's dating violence survivor story. Beginning at 10 a.m., every 15 minutes we post a Tweet and share her story in her own words.

February 1-28

NativeLove and NIWRC Teen Dating Violence Awareness Month Challenge

Starting February 1, teens and youth are invited to submit any art form answering the question "What are the qualities of a healthy relationship?" Post your submission on social media by February 28 and tag @NativeLoves or email nativelove@niwrc.org with your submission for a chance to win a prize pack from NativeLove and NIWRC!

Social Media

Find **StrongHearts** online

- Facebook: fb.com/strongheartsdv
- Twitter: [@strongheartsdv](https://twitter.com/strongheartsdv)
- Instagram: [@strongheartsdv](https://www.instagram.com/strongheartsdv)
- YouTube: [StrongHearts Native Helpline](#)

Find **NativeLove** online

- Facebook: @nativeloveis
- Twitter: @NativeLoveis
- Instagram: @nativeloveis
- YouTube: N/A

Find **NIWRC** online

- Facebook: fb.com/niwrc
- Twitter: @niwrc
- Instagram: @niwrc
- YouTube: [NIWRC](#)

Find **AKNWRC** online

- Facebook: fb.com/aknwrc
- Twitter: @aknwrc
- Instagram: @aknwrc

Awareness Graphics

You can find and download shareable graphics here:

[TDVAM 2022 | Social Media Assets | Public](#)

Hashtags

• #TDVAM2022 • #TeenDating • #Native • #NativeAmerican • #Indigenous • #DV • #Resilient	• #YoungLove • #nativehelpline • #survivor • #StrongHeartsDV • #relationshipgoals • #IPV • #notourtradition	• #advocacy • #loveis • #nativeloveis • #TeenDatingViolence • Plus anymore that are specific to your audience or topic like #LGBTQI2S, #parents, #teens, #colonization, #decolonize
---	---	---

Messages to Share on Your Social Media Platforms All Month

Messages one through eight fit the 280 character limit for Twitter.

If you are also posting these to other platforms, you can include:

StrongHearts Native Helpline

1-844-7NATIVE (762-8483)

strongheartshelpline.org

A 24/7 anonymous and confidential culturally-appropriate domestic, dating and sexual violence helpline for Native Americans and Alaska Natives.

#1



February is Teen Dating
Violence Awareness Month

Our ancestors survived
so we can thrive.

**STRONG
RESILIENT
INDIGENOUS**

1-844-7NATIVE
strongheartshelpline.org

 STRONGHEARTS
Native Helpline

 NATIONAL
INDIGENOUS
WOMEN'S
RESOURCE
CENTER

 AKNWRC

DYK Teens' desire for confidentiality can be a barrier to seeking help? StrongHearts Native Helpline advocates can help teens with questions about their relationships and concerned adults who want tips on how to talk about #healthyrelationships

Call, text or chat 24/7
#TeenDVAM

#2



**IF THEY GET
JEALOUS,
IT MEANS
THEY REALLY
LIKE YOU**

 STRONGHEARTS
Native Helpline

 NATIONAL
INDIGENOUS
WOMEN'S
RESOURCE
CENTER

 AKNWRC

1-844-7NATIVE
strongheartshelpline.org

Here's the tea ☕: overprotective partner stereotypes are often romanticized in movies and on television. Modern media should end the romanticization of abusive partners, especially in media geared toward younger audiences.

#TDVAM #TeenDVAM #DatingViolence
#HealthyRelationships

#3

February is Teen Dating
Violence Awareness Month

Parents
Aunties
Uncles
Elders
Relatives

You can help prevent
Teen Dating Violence.



1-844-7NATIVE
strongheartshelpline.org

Believe teen dating violence victim-survivors. ❤️
Here are some ways to help: <https://bit.ly/3phJ6jV>

February is Teen DVAM
Call, text or chat 24/7 | 1-844-762-8483 |
strongheartshelpline.org
#TDVAM #TeenDVAM #DatingViolence
#HealthyRelationships

#4

February is Teen Dating
Violence Awareness Month

Dating Violence is not a
Native American or Alaska Native tradition.



1-844-7NATIVE
strongheartshelpline.org

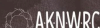
Native Americans and Alaska Natives experience some of the highest rates of domestic and sexual violence as well as a high rate of suicide. LEARN MORE:
<https://bit.ly/34pilfj>

February is Teen DVAM
#TDVAM #TeenDVAM #DatingViolence
#HealthyRelationships

#5

February is Teen Dating
Violence Awareness Month

A sign of abuse in a relationship
is when one partner controls who
their partner can or cannot
talk to or hang out with.



1-844-7NATIVE
strongheartshelpline.org

February is #TeenDVAM. Dating violence occurs when a partner tries to maintain power and control over the other partner through words and actions that are physically and emotionally abusive.

Abuse is not love. 🚩🚩🚩

#TDVAM #TeenDVAM #DatingViolence

#6



February is Teen Dating Violence Awareness Month

A sign of a healthy relationship is enjoying quality time at ceremony or powwows with friends and family - even if you are away from your partner.

 STRONGHEARTS Native Helpline

 NATIONAL INDIGENOUS WOMEN'S RESOURCE CENTER

 AKNWRC

1-844-7NATIVE
strongheartshelpline.org

Do you know where your relationship falls on the relationship spectrum? 🤔
Is it healthy, unhealthy or abusive? What can you do about it? Find out more here: <https://bit.ly/3IGmhUD>

#TDVAM #TeenDVAM #DatingViolence
#HealthyRelationships

#7

Easy ways to ask for consent:

"Is this ok?"
"Can I kiss you?"
"Do you like this?"
"Should we keep going?"

 STRONGHEARTS Native Helpline

 NATIONAL INDIGENOUS WOMEN'S RESOURCE CENTER

 AKNWRC

1-844-7NATIVE
strongheartshelpline.org

Sexual coercion = sexual violence and it is NOT OK. 🙅
Sexual coercion happens when your partner constantly pressures you to have sex and you do it to avoid a fight even though you don't want to. <https://bit.ly/3cDeEJx>

February is Teen DVAM
#TDVAM #DatingViolence

#8

February is Teen Dating
Violence Awareness Month

Did you know

that sharing nude pics of anyone without their consent is a form of digital abuse and sexual violence?



STRONGHEARTS
Native Helpline



NATIONAL
INDIGENOUS
WOMEN'S
RESOURCE CENTER



AKNWRRC

1-844-7NATIVE
strongheartshelpline.org

DID YOU KNOW that sharing nude pics of anyone without their consent is a form of digital abuse and sexual violence? Neither is ever okay.

February is Teen DVAM

Call, text or chat 24/7 | 1-844-762-8483 |

strongheartshelpline.org

#TDVAM #DatingViolence #HealthyRelationships

#9

Talking about Consent in a Relationship



Consent is...

- mandatory before any sexual activity.
- mandatory every time. Consent for one thing does not mean consent for everything.
- permission and agreement between all partners involved.
- communicating your boundaries verbally.
- voluntary.



Consent is not...

- silence.
- forced or coerced.
- permanent. You can withdraw consent at any time.



STRONGHEARTS
Native Helpline



NATIONAL
INDIGENOUS
WOMEN'S
RESOURCE CENTER



AKNWRRC

Consent is...

- Consent is mandatory before any sexual activity.
- Consent is mandatory every time. Consent for one thing does not mean consent for everything.
- Consent is permission and agreement between all partners involved.
- Consent is communicating your boundaries verbally.
- Consent is voluntary. Consent is not...
- Consent is not silence.
- Consent is not forced or coerced.
- Consent is not permanent. You can withdraw consent at any time.

Consent lets our partners know we honor and respect them! #TDVAM

Download or order the [Youth Magazine: Relationships - Healthy Unhealthy. When There is Danger](#) from @niwrc here: <https://bit.ly/3fwUhPz>

#10



**Native Love is showing
compassion to one
another. Violence is never
a part of Native society.**
—Raelyn Rodriguez, Rincon
Band of Luiseño Indians



TEEN DATING VIOLENCE
AWARENESS MONTH



“Native Love is showing compassion to one another. Violence is never a part of Native society.”- Raelyn Rodriguez, Rincon Band of Luiseño Indians. #TDVAM

Download or order the [Youth Magazine: Relationships - Healthy Unhealthy. When There is Danger](#) from @niwrc here: <https://bit.ly/3fwUhPz>

#11



**Have love for everything.
Have respect for everything.
Have honor for everything.
That's love.**

—Sarah James, Gwich 'In



TEEN DATING VIOLENCE
AWARENESS MONTH



“Have love for everything. Have respect for everything. Have honor for everything. That's love.” - Sarah James, Gwich 'in. #TDVAM

Download or order the [Youth Magazine: Relationships - Healthy Unhealthy. When There is Danger](#) from @niwrc here: <https://bit.ly/3fwUhPz>

#12



RX for a healthy relationship:

- Start out as friends
- Hang out in groups
- Make your limits clear and stick to them
- Don't rush things
- Give each other space
- Communicate with respect

#TDVAM

Download or order the [Youth Magazine: Relationships - Healthy Unhealthy, When There is Danger](#) from @niwrc here: <https://bit.ly/3fwUhPz>