



# Teen Dating Violence Awareness Month



Posts for social networking sites.  
Encouraging healthy and respectful relationships is a key to the prevention of dating violence. By uniting in social media, we can more effectively promote healthy relationships and non-violence.

## FEB 1

February is Dating Violence Awareness Month #UtahsDVAM. Get involved. #StandUpSpeakOut

## FEB 2

Enter the media contest #StandUpSpeakOut for #HealthyRelationships <http://1.usa.gov/1ZKEbIO>

## FEB 3

People in #HealthyRelationships encourage each other to learn and grow

## FEB 4

Let your friends know about healthy relationships! #StandUpSpeakOut

## FEB 5

People in #HealthyRelationships are honest with each other

## FEB 6

Communication makes for better relationships #StandUpSpeakOut

## FEB 7

#HealthyRelationships = Respect

## FEB 8

People in #HealthyRelationships trust and support each other.

## FEB 9

#HealthyRelationships are ALL ABOUT RESPECT. #StandUpSpeakOut

## FEB 10

People in #HealthyRelationships exhibit non-threatening behavior

## FEB 11

What are you doing to build #HealthyRelationships?

## FEB 12

#StandUpSpeakOut when you hear someone being disrespectful

## FEB 13

People in #HealthyRelationships share power and responsibility

## FEB 14

Happy Valentine's Day! Celebrate with people you love. #HealthyRelationships

## FEB 15

Show what it means to #StandUpSpeakOut for #HealthyRelationships by entering <http://1.usa.gov/1ZKEbIO>

## FEB 16

People in #HealthyRelationships solve problems together

## FEB 17

Both you and your partner feel safe being open and honest #HealthyRelationships

## FEB 18

Help your friends stay healthy and safe #StandUpSpeakOut #HealthyRelationships <http://1.usa.gov/1ZKEbIO>

## FEB 19

People in #HealthyRelationships communicate their feelings #StandUpSpeakOut

## FEB 20

It's #UtahsDVAM! What are you doing to promote #HealthyRelationships ?

## FEB 21

Disagreements and compromise are part of #HealthyRelationships

## FEB 22

#HealthyRelationships are balanced. #LOVEisRESPECT

## FEB 23

#HealthyRelationships Keep on loving and respecting your friends and partners

## FEB 24

It's #UtahsDVAM. Practice respect in your relationships #StandUpSpeakOut

## FEB 25

Start talking about relationships and what makes them healthy. #StandUpSpeakOut

## FEB 26

Building #HealthyRelationships prevents dating violence

## FEB 27

People in #HealthyRelationships communicate openly and often. #StandUpSpeakOut

## FEB 28

#StandUpSpeakOut for #HealthyRelationships <http://1.usa.gov/1ZKEbIO>

## FEB 29

Last day of #UtahsDVAM! Continue to love and respect one another all year long. #StandUpSpeakOut



## Promote the “Stand Up. Speak Out. For Healthy Relationships” media contest on social media:

- Enter the Stand Up. Speak Out. Media contest – show us how you can help build healthier and safer communities and schools by promoting healthy relationships and speaking out when friends or peers are in potentially unhealthy or unsafe situations. Win Visa gift prizes! <http://1.usa.gov/1ZKEbLO>
- Enter to win! The Stand Up. Speak Out. Media contest closes on February 29. Tell us how you promote healthy relationships! Categories include visuals art, written works, or video/film –you could win! <http://1.usa.gov/1ZKEbLO>
- Do you know what it takes to stand up for healthy relationships? Show us how to be a good friend and speak out when you see something not cool. The media contest is open to Utah youth in grades 6-12, or equivalent ages! <http://1.usa.gov/1ZKEbLO>
- What positive, healthy relationship behaviors do you value most!? Let us know what you’re doing to promote healthy relationships by entering the Stand Up. Speak Out. For Healthy Relationships media contest. <http://1.usa.gov/1ZKEbLO>

## More information:

The Utah Healthy Relationships Taskforce presents the 2016 media contest, with the theme, Stand Up. Speak Out. For Healthy Relationships. We believe everyone has the power to build healthier, safer communities and schools by promoting healthy relationships and standing up and speaking out when friends or peers are in potentially unhealthy or unsafe situations. In your media piece, show us how we can stand up and speak out about positive, healthy behaviors and stand up and speak out when we see something that isn’t right!

The media contest is open to Utah students in grades 6-12. Categories include:

- Visual Arts: drawings, paintings, posters, photographs, photo documentary, etc.
- YouTube Videos: PSAs, music videos, etc. (Videos must not exceed 3 minutes.)
- Written Works: songwriting, poetry, short story, essay, etc. (Must not exceed 500 words.)

Judging will be done by the Healthy Relationships Taskforce. Students are encouraged to submit a description of their media piece. This helps the judges get a feel for the thought process and work the student put into media piece. Students are also encouraged to work in groups or individually. Prizes will be awarded to the top three entries in each category and all entrants will receive participation awards. **Entries must be submitted by 5 p.m. on Monday, February 29, 2016. A media release form is required with each entry** for all individuals involved in the production of the media piece. <http://health.utah.gov/vipp/teens/dating-violence/prevention.html>

Contact Megan Waters, [mewaters@utah.gov](mailto:mewaters@utah.gov), 801-538-6626 for questions.

**STAND UP.  
SPEAK OUT.**

**Media Contest** for **HEALTHY RELATIONSHIPS**

**CATEGORIES:**

- Visual Arts
- YouTube Videos
- Written Works

**DATES:**

OPEN: January 1, 2016

CLOSE: February 29, 2016

**OPEN TO ALL UTAH YOUTH IN GRADES 6-12**

**Prizes!**

**FOR QUESTIONS & SUBMISSIONS:**  
Megan  
[mewaters@utah.gov](mailto:mewaters@utah.gov)  
(801)533-6626

Learn more: 

Presented by the Utah Healthy Relationships Taskforce