

## Join us this February for Teen Dating Violence Awareness Month!

### COUNTDOWN TO #HEALTHYLOVE

#### ♥ Day 1: Love is Kind:

*Share how you are kind to your loved one!*

#### ♥ Day 2: Love feels Safe:

*Post why you stand against Teen Dating Violence!  
Visit our [Website](#) & Register for our Teen Virtual Conference.*

#### ♥ Day 3: Love is Giving:

*Surprise your loved one with a gift/give your time!*

#### ♥ Day 4: Love is a Language:

*What is your love language?  
Take the [Love Languages Test](#) and Share!*

#### ♥ Day 5: Love is Appreciation:

*Share 5 things you love and appreciate about your partner. DM us your appreciation for your partner.*

#### ♥ Day 6: Love is Balance:

*Self-Care Saturday... Take time for you!  
What do you do for self-care?*

#### ♥ Day 7: Love is having Fun:

*Watch your favorite movie or Dance to your favorite song with your loved one/partner!*

#### ♥ Day 8: Love is Respect:

*Create a digital sign for TDVAM. Post & Share!*

#### ♥ Day 9: Love is a Commitment:

*National Day to Wear Orange for TDVAM.  
Show your support for TDVAM! Take selfie!*

#### ♥ Day 10: Love is Learning:

*Join our FB Live today @ 3pm to learn more about Teen Dating Violence.*

#### ♥ Day 11: Love is about Listening:

*Share what you would say to a loved one who tells you they are in an unhealthy or abusive relationship.*

#### ♥ Day 12: Love Shouldn't Hurt:

*Join us TONIGHT for our Virtual Teen Conference from 5-8pm!*

#### ♥ Day 13: Love is Respecting Boundaries:

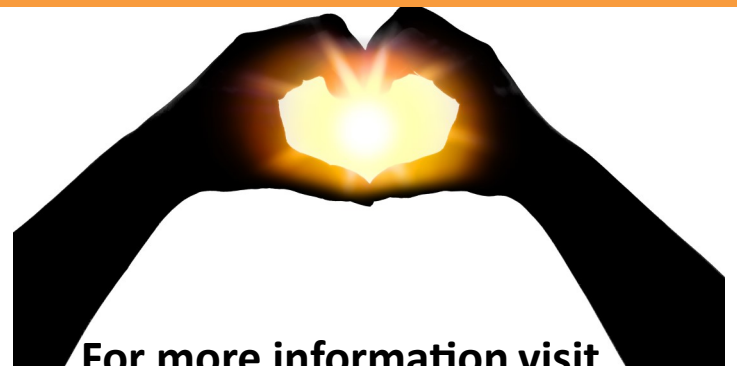
*Self-Care Saturday... Take time for you!  
Paint your nails Orange for TDVAM!*

#### ♥ Day 14: Day of Healthy Love!

*Today is the Day! Share your Healthy Love on Valentines Day to stand against TDV!*

**For the next 14 days, Share  
YOUR countdown to  
#HealthyLove!**

**FOLLOW US ON SOCIAL MEDIA!**



For more information visit  
[www.humanoptions.org/TDVAM2021](http://www.humanoptions.org/TDVAM2021)