

Now is the Time: Preventing Teen Dating Abuse

Youth Activist Prevention Toolkit

A project of the Florida Coalition Against Domestic Violence's Youth Advisory Board

**You Can
Make
The
Difference**

Sponsored by the Florida Coalition Against Domestic Violence and
the State of Florida, Department of Children and Families



FCADV
Florida Coalition Against Domestic Violence



ACKNOWLEDGEMENTS

This toolkit was created by the Florida Coalition Against Domestic Violence (FCADV) Youth Advisory Board. The purpose of this toolkit is to provide ideas for youth activists across the state, to educate others about teen dating violence and to take action in their communities and schools.

The Youth Advisory Board is made up of student leaders from around the state who are taking action in their community to prevent violence, specifically dating and domestic violence.

To learn more about the Youth Advisory Board send an e-mail to prevention@fcadv.org.

Thank you to the Youth Advisory Board for their vision and leadership!

MISSION AND VISION

The Youth Advisory Board's mission is to spread awareness, develop techniques for the prevention of teen dating violence, and connect students across the state.

FCADV's mission is to create a violence free world by empowering women and children through the elimination of personal and institutional violence and oppression against all people. FCADV provides leadership, advocacy, education, training, technical assistance, public policy and development, and support to domestic violence center programs.

We envision a violence-free Florida





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YOU CAN MAKE A DIFFERENCE



What do you want to accomplish?

Do you want to raise awareness in your school? Raise money to help prevent domestic violence and abusive relationships? The first step is to make a decision about what you want to accomplish. Establishing a main goal or purpose will help to focus and guide you through the process. Your main goal should be broad but also specific enough so that others can understand the purpose. An example could be to educate your school, to provide support in your community or whatever you are interested in.

Here are some things that may help you figure out what you want to accomplish. Try to focus on one goal to start with; as you build momentum you can broaden your focus to include additional goals.

Educate others

Provide information & support

Volunteer

Help to change policies

What is your goal? What would you like to accomplish?





How are you going to make it happen?

Once you have an idea of what your purpose is: start to think about the process you need to go through to accomplish your goal. There are so many options and ways you can choose to get involved. This toolkit provides a list of ideas for you to get involved and a guideline of how to get started.

Start new or join in?

To achieve the goal or purpose that you have created, you do not have to start a program or club from scratch. For example, there could be an already existing club that would be willing to take on an idea or project. It is important to review all your options before making a decision.

Starting your own club can be a lot of work but there are benefits. For example, you have the opportunity to get creative and make your own unique project. The Youth Advisory Board interviewed students who were successful at creating their own clubs and those students spoke about the huge impact and success that they had with their individual projects in their communities. Those students also felt that they needed to create their own program because there were no other programs like it in their community. They saw a need in their community and decided that they could help.

Integrating your idea or program into another club may be faster and easier to accomplish. By integrating into an existing club, you already have an established support system and like-minded people to help. However, you



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may need to adjust your plans according to the group's rules, regulations and members.

Always evaluate your options to see which way would work best for you to accomplish your goal!

KNOWLEDGE IS POWER

Once you figure out what your focus will be, the next step is to become knowledgeable about your topic of interest. Collecting information will help to formulate your ideas and explain them to others. Go ahead, explore your topic and decide what your community needs from you!

Here are a few topics and websites to get you started. Visit www.fcadv.org for direct links under the Programs tab in the Teen Dating Violence section.

Dating Violence Information

<http://www.loveisrespect.org>

<http://www.loveisnotabuse.com>

<http://www.thesafespace.org>

<http://www.breakthecycle.org>

[http://www.cdc.gov/violenceprevention/
intimatepartnerviolence/ten_dating_violence.html](http://www.cdc.gov/violenceprevention/intimatepartnerviolence/ten_dating_violence.html)

<http://www.teendvmonth.org/>

<http://endabuse.org/section/programs/teens>

[http://www.dosomething.org/whatsyourthing/
Violence+And+Bullying/Dating+Abuse](http://www.dosomething.org/whatsyourthing/Violence+And+Bullying/Dating+Abuse)



Prevention Information

Please see our Primary Prevention Toolkit for more information

<http://www.fcadv.org/projects-programs/primary-prevention-toolkit>

<http://www.cdc.gov/chooserespect/>

<http://www.datingviolence.org/>

<http://www.vetoviolence.org/datingmatters/>

<http://www.ncjrs.gov/teendatingviolence/relatedresources.html>

<http://knowyourpeace.org>

Youth Activism Websites

http://www.unicef.org/voy/takeaction/takeaction_351.html

<http://www.youthactivismproject.org>

<http://www.dosomething.org>

See how you can get involved with other youth in Florida or tell us what you are doing in your community!

E-mail: Prevention@fcadv.org

Domestic Violence Information

www.fcadv.org

Contact your local domestic violence center for information on domestic and dating violence including brochures and prevention programs going on in your area! See a list of our certified domestic violence centers by county through the website link above.

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GAIN SUPPORT

Be Supportive of Your Ideas

Now that you have researched and are well-informed about your topic, it is time to gain support! Tell friends, family members, teachers and other people who you think will be supportive about your idea. Do not be discouraged if you are having trouble getting support; you only need a few key people to help you on your way!

Find an Adult

Find a teacher that you have a close relationship with or someone you can trust to get support for your idea. To start a club at your school, ask a teacher to hold meetings in their classroom and/or to sponsor your club and serve as an adult advisor. Ask around until you find someone who is willing to help you. If you are starting a club in your community, ask community members to support you by explaining to them what you need from them. For example, do you need meeting space or need their help to talk to others? Be sure to have a plan so that the person knows how to help you. An adult can help you by serving as an advocate or supporter for your club. It is crucial to find someone who is interested in helping you spread awareness and will support your effort.

Find Peers

Other students can also help to support your ideas. Search for people who feel strongly about the topic and want to make a difference. Peers can help motivate you and keep you going. They can also help with some of the work and add their ideas.





Location, Date and Time

In order for the club to get started, you need to have a location where you can hold your meetings. This could be the classroom of a club advisor at school, the library, the cafeteria, the gym, a local community center, a religious center or wherever you would be comfortable expressing your ideas to others. Once you have a location, setting up a date and time that is convenient for everyone to meet will be your next step in organizing a club. Check out www.doodle.com for an easy way to schedule via e-mail with others!



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SPREAD THE WORD*How are you going to get people involved?*

Social networking is a great tool to tell people about your meeting or event. You could also post flyers around your school or community, get a message placed in the daily announcements, get listed in a community or school newspaper, send out an email or use any other resources to let other youth know about the club or program you are interested in. Spreading the word allows for other passionate youth to hear about your club and gives them the opportunity to join. Good luck!

Social Networking

Social networking is a great tool to assist you in getting the word out about your event. There are many ways to use social networking. Listed below are some websites and information that may help you to utilize social networking to get the word out!

Facebook:

- Sending a message – Inform your friends by sending out a message with information about the idea, program or event.
- Making an event – Are you planning an event? You can send out an invitation with details about your event to your friends and request an RSVP to see how many people are coming to your event.



- Creating a fan or group page – Here people can like your page and show their support for your idea or program. People can become fans and see information.

Twitter:

Tweet your events! Twitter allows you to craft a 160 character message, so say it quick! Your followers can view your tweets!

Blogs:

Allow for an opportunity to share your thoughts about different topics. Blogs are similar to online journals and can be used to raise awareness about different current events, issues, debates or thoughts.

Listserv:

Check to see if your school has a listserv that sends an e-mail to multiple people. They are a great way to communicate with a lot of people.

To learn more about how to use social networking visit:

[http://xa.yimg.com/kq/groups/21023476/302583498/
name/SocialMediaToolkit_BM.pdf](http://xa.yimg.com/kq/groups/21023476/302583498/name/SocialMediaToolkit_BM.pdf)

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HOLDING A CLUB MEETING

The First Meeting

The first meeting is important because it lays the foundation for the club and is the first impression your members will have. It is the perfect time to get to know each other, the topic and set the direction of the club. Use this time to gather information about the club members and share ideas. Emphasize the impact you can have and be sure to make it fun for everyone!

Introductions

At the first meeting of your club, you should have everyone introduce themselves. Add an icebreaker to make it fun or ask everyone to share something about themselves. Here is a list of some icebreakers to start off your group meeting with: <http://wilderdom.com/games/icebreakers.html>

Sign-In Sheet

Pass around a sign-in sheet so that you can collect information from those people who are interested in getting involved. A sample sign-in sheet is included in the back of this booklet. Make sure that everyone has signed up on the sign-in sheet and be sure to collect it after the meeting. Use this as a reference for contact information.

Planning for Success

After everyone has introduced themselves, explain the focus of the club, what you plan to do and why it is important. All the work you have done so far should prepare you to speak about this topic and address the main points. In order to achieve your overall goal, you need to create mini-goals. These mini-goals are meant to be goals that are achievable



in a moderate amount of time, meaning they are short-term goals. These short-term goals are the smaller steps to your overall goal or purpose. Your club or group members can help you to specify what these mini-goals are and how they can help to achieve them. It is really important to be sure to include the ideas and opinions of the people interested and formulate a plan together to move forward with your idea. The goal planning worksheet in the back of this booklet can help you.

An adult should also be able to help you with this process and help to come up with manageable goals. Be sure that someone is taking notes and keeping track of people's ideas so you have something to reference later on.

Wrap up

Plan a date for your next meeting that works with the group's schedule. Let them know how you plan to move forward for the next meeting (ex: continue to develop plan, choose officers, etc.) and do not forget to remind them of the next meeting.

Follow up

After the first meeting, you can think about how the meeting went and how you can improve the meeting the next time. It is also a chance to think about how you can incorporate others' ideas and how you will run your second meeting.

It is always helpful for people to receive notes after a meeting with a reminder of the date and time of the next meeting. A reminder to those who attended the first meeting will help to keep them involved and excited about the project.

The Second Meeting

The second meeting is a good opportunity to establish officers, who will help keep the club organized and give people tasks to stay involved. You can choose to use these definitions for the roles of officers or come up with other ways to share responsibilities and tasks with the group.

Role of Officers

President

Leads and oversees the club, is the point person that represents the project and is responsible for assisting the other officers when in need. The president also communicates to other groups and helps to keep the club on track.

Vice President

Assists with the presidential duties and helps to keep things organized. The vice president fills in when the president is unavailable.

Secretary

Helps prepare for meetings. They may write outlines or an agenda for the meetings, remind people about the meetings and take notes at the meeting. The secretary helps to keep paperwork organized for future reference.

Treasurer

Manages the funds of the club, including figuring out how much money you will need to do your activities. The treasurer usually helps to fundraise and is responsible for collecting money or keeping track of donations and reporting back to the club.

Other Officers

Decide whether the group thinks it is important to have other officers or if there are other tasks that need to be delegated.



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CLUB ACTIVITIES

Bake Sale

Overview

Bake sales are an easy way to fundraise within your school or community. They involve buying or making food and desserts to sell. Remember to ask permission to be sure it is okay to bring in the food you are going to sell.

How?

Work with your school's administration to work out a time, date and location for your bake sale. If this is part of your club, provide a sign-up sheet at the club meeting to have people bring desserts for the bake sale or to help sell, setup and/or clean up the food. If you are raising money, be sure to identify what you are raising the funds for. You can raise money for a domestic violence center or for your club's future activities. Advertise your bake sale around your school and community.

Poetry Reading

Overview

A poetry reading can be a great way to raise awareness on the issue of your choice. In a poetry reading, people can read aloud poems written by themselves, by famous authors or other poems that you find that relate to the issue you are looking to raise awareness about.

How?

First, you will need to decide on a date and time for your event and secure a location for this poetry reading.

Depending on how many people you think will attend, you could have it at school, in a park or at a community center. Allow opportunities for students to sign up to read a poem. You could come up with a list of potential poems to give to people to perform or have people write poetry themselves. If you choose, you can have a judging panel and choose a winner. You may provide a prize for the winner or hold a raffle at the event.

Resources

www.project-nia.org/event_poetry-circle.html

www.fortsamhoustonmwr.com/vsm/pages/189/bin/Poetry-stand.speak.listen.pdf

www.turiyaastry.com/iweb/site/poems.html

www.youngwomensactionteam.org/index.php?option=com_content&task=view&id49&Itemid=91

Benefit Concert

Overview

Benefit concerts are another great way to both raise awareness and fundraise at the same time. A successful benefit concert includes not only a focus on teen dating violence, but also on music.

How?

To organize a benefit concert, the first thing you should do is find a location to hold the event and brainstorm possible bands that may be willing to play. Once you have options, pick your location and a day and time that is convenient for your audience. Talk to the people working at the venue about their policies regarding insurance or police needed



for the event. Book your musical performances. Decide whether you will offer this for free or if you will collect donations. Advertise the event around your school and community.

Resources

http://www.standnow.org/files/How_to_Organize_a_Concert.pdf

Sell Bracelets

Overview

Bracelets, when well designed, can be a good way to continually spread a message and can raise funds for your cause. You can make them a certain color to match a theme, put words on them, etc.

How?

To sell bracelets, you have to figure out how many bracelets you want and how much they are going to cost. You must then decide whether you want to order the bracelets or to make them yourself. If you decide to make them by hand, ask your friends or club members to help you. Most likely you will want to get permission from your school and find a time and date to sell the bracelets. Be sure to advertise!

Clothesline

Overview

Clothesline projects traditionally involve t-shirts with artwork on the theme of violence displayed on a

clothesline. The clothesline is an artistic display of how people are affected by violence. People can design their own t-shirts to tell their story or show support for teen dating violence awareness.

How?

In a clothesline project, you would provide t-shirts, paint or decorating supplies and a clothesline to hang them on. This is usually done in a place where other people will walk by and see them.

Resources

The Clothesline Project's Website:

<http://www.clotheslineproject.org/index.htm>

Holding an Assembly

Overview

Assemblies are a great way to reach many students at once and typically involve a guest speaker to educate students at your school.

How?

Research potential speakers, possibly from your local certified domestic violence center. When you have found someone you would like to present on the topic, express your interest to them. Find out details about price and what potential dates the speaker is available. Talk to your school's administration about holding an assembly. If you need help working with the administration, a teacher, advisor or sponsor can help you. Once you get



the administration's approval, confirm a time with your speaker and organize the assembly. If the assembly is during school hours, make sure that people will be able to attend. You may need assistance from an adult to help ensure that teachers are aware and allow their students to attend.

Resources

You can find a speaker by contacting your local domestic violence center at www.fcadv.org

Awareness Day

Overview

There are a multitude of ways that you can organize an awareness day; however, the basic purpose is to dedicate a day to raising awareness about teen dating violence. On an awareness day, you can ask students to wear a certain color, provide ribbons, make cut-out hands, sell cookies with a message or anything else you can think of. The possibilities are endless.

How?

There is no formula for creating an effective awareness day. Use your creativity to come up with ways to educate your peers on the dangers of abusive relationships and how we can all work to prevent dating violence.

Support Policy Changes

Overview

Getting involved with the legislature is a great way to change some of the institutional problems you see occurring in your school, community or city.

How?

In your club, a great way to support policy change is to get everyone to send a letter to your senator/representative. The more people you get to send the letter, the bigger the impact. You can also pre-write letters and give people copies to sign.

School Art Show

Overview

Art is a great way for people to express themselves and make a statement. An art show can educate other students on the issue and also helps artists gain a better understanding of teen dating violence.

How?

In holding an art show, you should think about potential locations; this could include a school library, hallway, community center or wherever you can effectively display the art and express your message. Work with your school administration or whoever may be in charge of the space you plan on using. If you are holding this event with your club, your club advisor can help with the administration. Once your space is secured, talk to an art teacher to see if they would be willing to contribute to the art show. Advertise around the school/community and open up



submissions. Make flyers, posters or announcements to encourage art submissions. Then showcase the art. You may want to provide refreshments for visitors or spark up conversations about the artwork.

Resources

<http://www.dosomething.org/actnow/actionguide/organize-art-show>

Film Festival

Overview

Film festivals are a great way to spread awareness about your topic in a creative way. A film festival also encourages people to think about the topic. It can be a great way to get people involved and showcase the work of your peers.

How?

You can organize a film festival by first coming up with a plan of what you want to do. Put into consideration a venue, how long you want your films to be, who is eligible to enter and when you would like the event to occur. Once you have a pretty good idea of what you are going to do, approach a school administrator if the festival will occur at your school or contact the manager at the venue of your choice. As this is occurring, open up submissions for entries if you are having students make the films. You could offer a prize for the winner of the film contest as an incentive for entries. Before the event, consider fundraising methods. Do you want to sell food? Take donations? Charge admission? Also, do not forget to advertise your event around your school. You have an opportunity to reach people and you want to make sure that everyone interested knows about the event.

Movie Showing

Overview

Showing a movie can be a successful way to spread awareness and fundraise while keeping your audience entertained.

How?

When planning a movie showing, it is important to come up with a plan of what you want to do. Think about possible venues and movies. Possible venues could include a school auditorium or a local theater. Talk to your school's administration about possibilities if you want it to be held at your school or contact owners of a local movie venue. Make sure that you have a date in mind for the event before you start planning. Once you have everything set, pick a movie and make sure that your venue is able to play it. See the list of potential movies. Ask yourself: Do you want to sell food and use the money to donate? Or do you want to offer food and suggest donations? Are you going to sell tickets? Closer to the event, you should start posting flyers and advertising for your event.

Potential Movies

What a Girl Wants

Killing Us Softly 3

Hip-Hop: Beyond Beats & Rhymes

I am a Man: Black Masculinity in America

Girls Moving Beyond Myth

Visit www.mediaed.org for more information on videos

Silence Speaks

See www.silencespeaks.org and www.storycenter.org





Goal Planning

In order to organize a successful club or project, you need to figure out what you want to do and how you want to do it. In order to organize, set aside a main goal. This main goal will be the focus of your project or club, so it needs to be broad enough to cover everything that you plan to do. This will keep your project moving in the right direction. This main goal could be something like "to raise awareness in my school about teen dating violence."

Main Goal: _____

This main goal cannot be accomplished overnight, so you need to make sure that you establish mini-goals. Brainstorm with your peers and supporters what these mini-goals could be. These goals will be the projects you do to get to your primary goal. For example, if your main goal is to raise awareness in your school, you could have an assembly or an awareness week.

Mini Goals:

Goal 1: _____

Goal 2: _____

Goal 3: _____



Goals require commitment, time and effort. Set deadlines for yourself to get the goals and projects moving.

Example: Film Festival

August 1st: Secure a location

August 10th: Make flyers and obtain approval

August 20th: Post flyers around the community

Next, in order to get these goals done, you need to get people/club members who are willing to take responsibility for aspects of the project. For example, one person can be in charge of securing a location and another can be in charge of putting up flyers. It is necessary to have regular meetings together. In addition to these members, it is necessary to have a responsible project manager who oversees the project and who other club members can talk to if they have questions.

The following pages can be used to organize your mini-goals. You could give copies to all members to remind them.



TELL US WHAT YOU ARE DOING IN YOUR COMMUNITY!

We know there are endless ways that you can get involved in your community, so feel free to share your ideas and successes about preventing violence in your community with us!

EMAIL US FOR MORE INFORMATION

E-mail: prevention@fcadv.org

Thank you for taking action in your community!

- Find out more information about our Youth Advisory Board and how to join
- Learn more about preventing violence in your community
- Get brochures and information

Everyone Deserves Respect



PLANNING SHEET FOR MINI - GOALS

Goal: _____

Project Manager(s): _____

Deadlines for mini-goal:

Deadline	Task

Working members:

Member Name	Role

To-Do list / Notes:





MEETING SIGN-IN SHEET

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Meeting Sign-in Sheet

Name	Email Address	Phone Number







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