

February

This month is **Teen Dating Violence Awareness Month**. According to the 2023 Youth Risk Behavior Survey, nearly one in three (29%) of NH high school students reported that someone they were dating purposely tried to control or emotionally hurt them, one or more times, during the past 12 months. More than one in ten NH high school students reported they had experienced sexual dating violence (11%), and a similar percentage reported that they had experienced physical dating violence (10.3%) during the same 12-month period.

For Students

Webinar opportunities for students to join the conversation around healthy relationships and the importance of respecting differences in regard to diverse identities.

- [Is Your Relationship a Healthy One?](#) - A great quiz for students to take on their own to determine the health of their relationship.
- [Dating Violence Survivor](#) - This video could be useful in a small group format with students struggling in unhealthy relationships.
- [Love is Respect](#) - Helpful website for teens which includes an opportunity to assess the health of their relationship through a self-administered quiz; supportive of the LGBTQ+ community.
- [Victims of Teen Dating Violence Resources](#)
- [Dating Matters® Toolkit](#) - A toolkit through the CDC to be used to help 11 to 14-year-olds understand healthy relationships.

Resources for Parents

- For Parents of Younger Children: Preventing future dating violence begins early by teaching adult caregivers why it's important to honor the personal space of young children:
 - [Parents' Postcard for Young Children](#)
 - [Tips for Parents on Respecting Your Child's Personal Space & Boundaries](#)



Additionally, it is **Family Substance Use Awareness Month**. Students living with substance use disorders (SUDs) in their families are looking for adults they can trust who validate their experiences and provide empathy. It is also important that these adults challenge these students by helping them to turn their focus from the substance use-related behaviors of others, which they cannot control, to themselves, their goals, and their hopes for a healthy future. Children of substance abuse parents (COSAPs) have the best chance of recovery when they participate in group sessions with peers who have similar experiences.

Parent Resources

Science has proven that parental involvement continues to be the #1 deterrent for substance use amongst teens. The following resources help explain why substance use at an early age is so detrimental, particularly when a family carries a genetic predisposition for SUDs, tips for parents to help prevent or intervene with a substance use problem, and information on the importance of early and frequent conversations with teens around substance use.

- 12 Things Parents Can Do To Prevent Addiction - A video that provides clear tips to prevent substance use during adolescence.
- What is Prevention? The Role of Genetics - A video regarding the risk of genetics in developing an SUD and what parents can do to protect their children.
- Addiction and the Brain - A video about how addiction happens and why adolescents are more at risk.

If you have any questions, do not hesitate to contact me:

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