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Love Notes

A NEWSLETTER FOR TEENS & YOUNG ADULTS ABOUT LOVE,
RELATIONSHIPS, AND EVERYTHING IN-BETWEEN



PUBLISHED
BY **WOMEN
AGAINST
ABUSE**

Teen Dating Violence Awareness

Get the facts about teen dating violence and discover the warning signs of unhealthy relationships at WomenAgainstAbuse.org



WHAT IS TEEN DATING VIOLENCE?

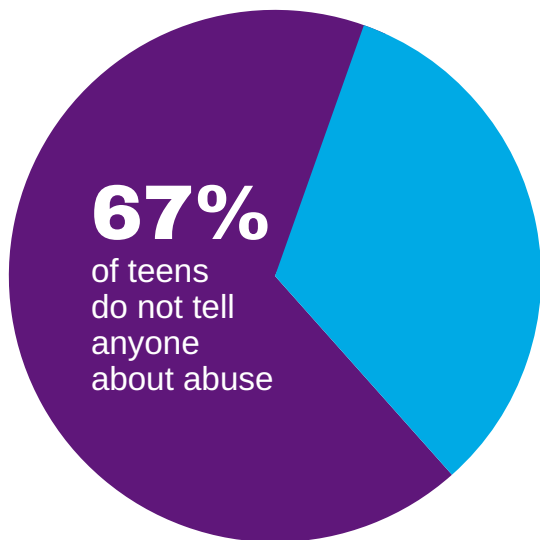
Teen Dating Violence (or T.D.V.) refers to physical, emotional, sexual, financial, or technological abuse that one person in a relationship uses to gain power and control over the other person in that relationship.

WHY DO TEENS NEED TEEN DATING VIOLENCE AWARENESS?

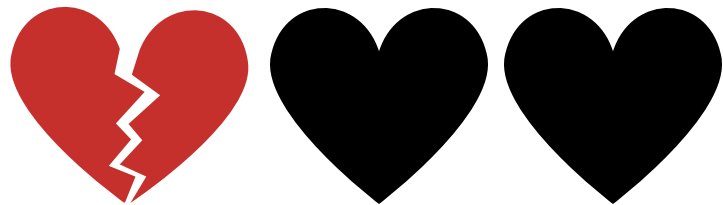
Not everyone realizes that dating violence can happen in teen relationships. Some teens do not realize that they could be at risk. T.D.V. Awareness draws attention to this important topic because everyone deserves to feel safe and respected in a relationship no matter what age!

NOT-SO-FUN FACTS ABOUT T.D.V.

About **1.5 MILLION** youth experience physical abuse from a dating partner **in a single year**



1 in 3 adolescents are survivors of T.D.V.



IF YOU OR A FRIEND ARE EXPERIENCING ABUSE, OR NEED HELP, TELL A TRUSTED ADULT!
YOU CAN ALSO CALL **1-866-723-3014** AND TALK WITH SOMEONE IMMEDIATELY.

About Love Notes

Love Notes is a newsletter created by the Educators of Women Against Abuse's **S.A.F.E.R.™ (Safety Awareness for Every Relationship)** program to provide information about healthy, safe relationships to teens and young adults in and around Philadelphia.

If you are in a violent relationship and need help in Philadelphia, contact the **Philadelphia Domestic Violence Hotline** at 1-866-723-3014. Counselors are available 24/7, and all calls are confidential.

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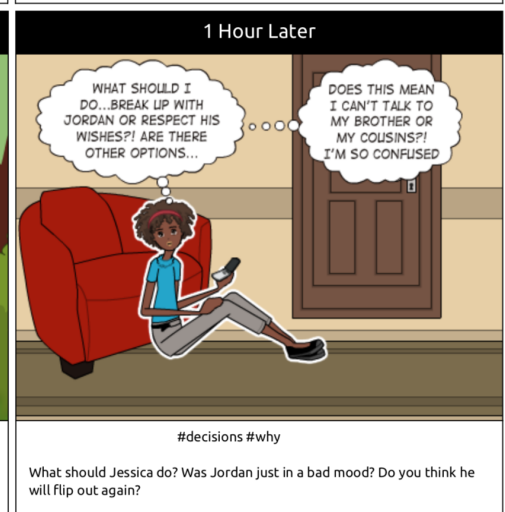
After school, Jessica went to the corner store for a bag of chips. She scanned the shelves for her favorite kind, salt and vinegar chips. She reached out to grab the last bag on the shelf when at the same moment another hand reached for the exact same bag. When Jessica and Jordan's hands touched they both felt a spark! They left the store, sharing the bag of chips and getting to know each other more. They learned that they were both new freshman at the same high school.

Jessica and Jordan quickly become a couple, eating lunch, doing homework and walking home each day, together. In the beginning, they were having a lot of fun.

One day, while Jordan and Jessica were hanging out at the park, Jessica received a text from her friend Richard. They have been friends since elementary school. They were partnered for a school project and he was asking what time could she meet him to finish the project. When Jordan saw the message, he got angry. "I don't want you texting or communicating with other males!" he yelled at Jessica, and then stormed away. She was shocked at how quickly he got mad, and at the tone in his voice. It left her questioning everything they had built together over the last few weeks.

JESSICA'S STORY

A Relationship Serial by Damyra, age 15



"What should I do?" she thought, feeling too confused to answer Richard's text or even respond to Jordan. She left the park to take some space to think about whether she should respect Jordan's wishes, break things off with him, or something else? She just isn't sure.

What would you tell Jessica to do in this situation? Do you think that Jordan's reaction is a sign of being protective of the relationship or do you think it is a sign of Jordan being overly jealous? Do you see any of the warning signs of abuse in this incident?

WARNING SIGNS INCLUDE:

- financial control
- possessiveness
- extreme jealousy
- telling you what to do
- making false accusations, explosive temper
- isolation
- constant put-downs
- threats
- a history of violence

Tune in to the next edition of Love Notes to see what happens between Jessica and Jordan...



SONG REVIEW

SONG: HALO

ARTIST: BEYONCÉ

SONG RELEASE DATE: 2008

SONG RATED BY: ZIFAIRAH, AGE 15



I gave this song a 4 outta 5 stars because I think Beyoncé feels like she can let herself feel free to be in love with the person she's talking about. From what she says, she mostly describes a healthy relationship.

In line number one she says, **“Remember those walls I built, well, baby, they're tumbling down. And they didn't even put up a fight, they didn't even make a sound.”** This is an example of a healthy relationship because some people put their walls up because there isn't a lot of trust between them. In this line she is saying they are gaining trust at that moment. Trust is important to have between two people in a relationship.

In the next line she says **“It's like I've been awakened. It's the risk that I'm taking. Every rule I had you break it, I'm never gonna shut you out.”** This also shows trust because when she says she had to break some of the rules, she is saying that she trusts him now despite the fact that sometimes it's risky to have trust with someone. A relationship without trust would be unhealthy.

“Hit me like a ray of sun, burning through my darkest night. You're the only one that I want, think I'm addicted to your light.” I took away a star for this line because it shows that the person she's singing about is all she can think about. I think in a relationship, you still have to have your independence or your own interests. Otherwise, it's too much.

I gave this song a 4 outta 5 instead of the full 5 because you can tell that she was in love with the person she was singing this to. She was really feeling it and for the most part it showed that there was trust between the two people.

A Song Review allows a young person to pick and rate a song based on how healthy they feel the relationship being sung about is. Each edition of Love Notes will feature a different review, where a young person will identify a song, give it a rating out of five stars, and then share a few lines they feel speaks to the rating they gave the song. If you are interested in rating a song and having your review published, email Educators@WomenAgainstAbuse.org.