FEBRUARY 2017



WWW.BREAKTHECYCLE.ORG/TEENDVMONTH



It's Time to Talk Week bridges the gap between adults and youth by having targeted conversations about healthy relationships and preventing teen dating abuse.

2/1/17

Openers & Firsts

Compare first crush and date stories with a young person

2/2/17

Share Your Seconds

Discuss what happens when you start to get more serious

2/3/17

The Third Wheel

Talk about isolation, helping a friend, and navigating hookup culture



2/6/17

Office Party

Use the break room to #ChalkAboutLove with your co-workers

2/7/17

Middle/High School

Set up a table at lunch or host a club activity to #ChalkAboutLove

2/8/17

Public Spaces

Coffee shops, public parks, wherever! Get permission & set up a chalkboard



#ChalkAboutLove

Chalk About Love Week is your opportunity to create a dating abuse awareness event with a pop of color. Use chalkboards to start engaging, honest conversations about dating, relationships, and love.

2/9/17

College Campuses

Connect with student orgs or leadership to host a chalking space & spread awareness

2/10/17

Online Party

Chalk up social media. Tell everyone why you #ChalkAboutLove & tag Break the Cycle



Real Week is hosted by Break the Cycle's national youth movement, Let's Be Real. This week uses fun action items that challenge everyone to get real about relationships.

2/20/17

2/23/17

Music Monday

Create a playlist of songs that define you and healthy relationships.

Feel...When" method to

2/21/17

2/24/17

Freaky Friday

Talk It Out Tuesday

Practice using the "I

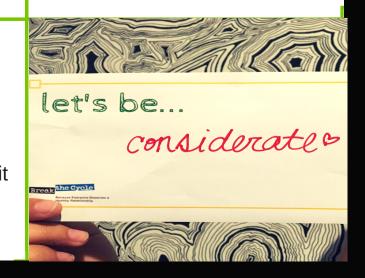
talk about your feelings.

Talk about the realities of sex. consent, and boundaries when it comes to hooking up, hanging out, and dating.

2/22/17

Wishlist Wednesday

Make a wishlist of the qualities you want in a relationship or partner.



Throwback Thursday Write a letter to an ex telling them things you learned and what you wish could have been different in the relationship.