



End abuse and violence.
Advocate. Educate. Collaborate.

**Teen Dating Violence
Awareness and Prevention Month
Resource Kit**

February 2022

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February is **Teen Dating Violence Awareness and Prevention Month**.

Partners for Peace wants you to know the role you can play in preventing teen dating violence and abuse. The following materials are intended to raise awareness and open conversations with teenagers about healthy and unhealthy behaviors in relationships.

What to know:

According to The Center for Prevention of Abuse, 1 in 3 teens experience abusive tactics by an intimate partner the time they are 18.

Of those affected by dating violence, 2 out of 3 teenagers do not tell anyone they are experiencing abuse.

With these statistics in mind, we invite you to please incorporate Teen Dating Violence awareness and prevention in your school and encourage your students and staff to join the movement to end abuse.

In the packet you will find:

- Information regarding Wear Orange Day, a simple way to engage students in TDVAPM and to raise awareness across your school and community.
- Visual resources to be displayed in your schools and across social media platforms.
- A list of resources to be shared with guidance departments, educators, parents, and students.
- Information regarding our services at Partners for Peace, including our 24 hotline, and links to our website and social media accounts.

We hope that you will choose to participate in raising awareness for Teen Dating Violence. Your involvement could be a turning point in the lives of students we care so deeply about. If you have any questions, please don't hesitate to call me at (207) 478 8007 or reach me by email at dperkins@partnersforpeace.org

Sincerely,

Daniel Perkins
Community Educator

Angie Alfonso
Director of Advocacy and Outreach Services

WEAR ORANGE DAY

Tuesday, February 8th



Wear Orange Day is a great way to engage students, teachers and community members to raise awareness for teen dating violence. Partners for Peace will recognize Wear Orange Day on Tuesday, February 8th; however, your school or organization can participate in a Wear Orange event at any time during TDVAPM.

You may find that your school or organization wants to create a challenge to see which groups can have the greatest percentage of participation (possibly between homerooms, grade levels, co-curricular activities, etc.) or you might find success by setting a school wide goal. Encourage others to participate by providing orange ribbons, face paint, buttons, bracelets, bandanas, t-shirts, etc. (Get creative! Think about opportunities to collaborate with various student organizations in your school.)

Over the years, Partner's for Peace has brainstormed with students asking about healthy characteristics that are important to them in their relationships. Here are some of the most common responses:

HONESTY

IS... Feeling free to communicate our thoughts and feelings with others.

IS NOT... Feeling pressured to share things that we would prefer to stay private.

PRIVACY

IS... The right to keep anything you choose to yourself, including conversations with friends, family matters, social media accounts, etc..

IS NOT... Being pressured to maintain secrets that make you feel uncomfortable or unsafe, being threatened to hide or make excuses for abusive tactics in the relationship.

RESPECT

IS... Setting and honoring boundaries, celebrating differences, treating others with kindness.

IS NOT... Having to tolerate abusive tactics, cruel words, etc. from others.

CONSENT

IS... An agreement between people regarding what they are and are not comfortable doing.

Consent must be communicated clearly, while sober, between two partners of legal age.

IS NOT... A one time conversation. Consent is never pressured, assumed, or given under the influence.

EQUALITY

IS... Having equal power when making decisions. Considering and respecting one another's feelings and spending an equal amount of effort on the relationship.

IS NOT... Always having to compromise or go with someone else's ideas, always needing your idea to be right or always needing to get the "last word".

SUPPORT

IS... Encouraging each other to grow, being open minded, listening to each other's feelings and thoughts, and offering to help if you are able.

IS NOT... Having to be available 24/7 or being made to feel that you are the only person someone can lean on.

FRIENDSHIP

IS... Feeling comfortable, laughing with one another, finding things you enjoying doing together,

IS NOT... Having to spend all of our time or energy on one person.



Conversation Hearts

Communication allows us to connect with others and better understand one another.

Swipe through the slides with someone you love and take turns asking one another each question.

Be intentional with your conversation. Listen and support one another as you answer each prompt.



Follow [@partnersforpeace](https://www.instagram.com/partnersforpeace) on Instagram for more Conversation Hearts.

We will be posting a new set of questions every Monday during the month of February!



**The following printed resources have been
made available by loveisrespect.org.**

**This site provides a wealth of resources to educate young adults
regarding healthy and unhealthy behaviors in relationships.**

For additional materials, we encourage you to explore:

The National Domestic Violence Hotline

The National Indigenous Women's Resource Center

Women of Color Network inc.

Asian Pacific Institute on Gender Based Violence

Esperanza United (Latinx)

The Trevor Project (LBGTQ+)

The Initiative (For persons with disabilities)

Thats Not Cool (Interactive site for students)

A Thin Line (Safety with technology)

Healthy Behaviors in Relationships

A healthy relationship requires honest communication, trust, safety, and respect. This applies to all relationships, regardless of each person's sexual orientation. While different people may define relationships in different ways, there are a few key ingredients that must be present in all relationships for the relationship to have a healthy foundation.

LOOK FOR SOMEONE WHO

- Treats you with respect.
- Doesn't make fun of things you like or want to do.
- Never puts you down.
- Doesn't get angry if you spend time with your friends or family.
- Listens to your ideas and is able to compromise with you.
- Isn't excessively negative.
- Shares some of your interests and supports you in pursuing what you love.
- Isn't afraid to share their thoughts and feelings.
- Is comfortable around your friends and family.
- Is proud of your accomplishments and successes.
- Respects your boundaries and does not abuse technology.
- Doesn't require you to "check in" or need to know where you are all the time.
- Is caring and honest.
- Doesn't pressure you to do things that you don't want to do.
- Doesn't constantly accuse you of cheating or being unfaithful.
- Encourages you to do well in school or at work.
- Doesn't threaten you or make you feel scared.
- Understands the importance of healthy relationships.



Consent

WHAT DOES CONSENT MEAN?

People typically talk about consent in the context of some kind of sexual or physical activity with a partner. In a healthy relationship, all partners are able to openly talk about and agree on what kind of activity they want to engage in. Whether it's holding hands, kissing, touching, or anything else, it's really important for everyone in the relationship to feel comfortable with what's happening.

WHAT DOES CONSENT LOOKS LIKE?

- **Communicate every step of the way.** For example, during a date, ask if it's okay to hold your partner's hand. Don't just assume that they are comfortable with it.
- **Respecting that when they don't say "no," it doesn't mean "yes."** Consent is a clear and enthusiastic "yes!" If someone seems unsure, stays silent, doesn't respond, or says "maybe..." then they are not saying "yes". Remember: The absence of a "no" does not equal "yes."
- **It's not okay to assume that once someone consents to an activity, it means they are consenting to it anytime in the future as well.**
- **A person can decide to stop an activity at any time, even if they agreed to it earlier.**
- **Above all, everyone has a right to their own body and to feel comfortable with how they use it.**

HERE ARE SOME RED FLAGS THAT INDICATE YOUR PARTNER DOESN'T RESPECT CONSENT

- They pressure or guilt you into doing things you may not want to do.
- They make you feel like you "owe" them — because you're dating, or they gave you a gift, etc.
- They react negatively (with sadness, anger or resentment) if you say "no" to something, or don't immediately consent.
- They ignore your wishes and don't pay attention to nonverbal cues that could show you're not consenting (ex: pulling/pushing away).



Boundaries

SETTING BOUNDARIES IN A RELATIONSHIP

Whether you're casually dating or have been going out for a while, setting boundaries is an important part of any relationship. To have the healthiest relationship, partners should know each other's wants, goals, fears and limits. Talking about boundaries is a great way to make sure that each person's needs are being met and you feel safe in the relationship. Here are some things to think about when setting boundaries in your relationship:

EMOTIONAL BOUNDARIES

THE L WORD: Saying "I love you" can happen for different people at different times in a relationship. If your partner says it and you don't feel that way yet, don't feel bad — you may not be ready yet. Let your partner know how it made you feel when they said it and tell them your own goals for the relationship.

TIME APART: As great as it is to want to spend a lot of time with your partner, remember that it's important to have some time away from each other, too. Both you and your partner should be free to hang out with friends (of any gender) or family without having to get permission. It's also healthy to spend time by yourself doing things that you enjoy or that help you relax. You should be able to tell your partner when you need to do things on your own instead of feeling trapped into spending all of your time together.

PHYSICAL BOUNDARIES

TAKE YOUR TIME: Getting physical with your partner doesn't have to happen all at once if you're not ready. In a healthy relationship, both partners know how far each other wants to go and they communicate with each other if something changes.

SEX ISN'T CURRENCY: You don't owe your partner favors. Just because your partner takes you out to dinner, buys you a gift or says "I love you" doesn't mean you owe them anything in return. It isn't okay for your partner to claim that you don't care about them because you won't "go all the way." Even if you've done it before, you are never required to do it just because your partner is pressuring you. Remember, no means no, and it's essential that your partner respect this completely.



Staying Safe

THESE ARE THINGS I CAN DO TO HELP KEEP MYSELF SAFE EVERYDAY

- ☐ I will carry my cell phone and important telephone numbers with me at all times.
- ☐ I will keep in touch with someone I trust telling them where I am or what I am doing.
- ☐ I will stay out of isolated places and try to never walk around alone.
- ☐ If possible, I will alert dorm or campus security about what is happening in my relationship so that my abuser is not allowed in my building.
- ☐ I will avoid places where my abuser or their friends and family are likely to be. I will keep the doors and windows locked where I live, especially if I'm alone.
- ☐ I will identify with safe people that I can talk to and know will believe me.
- ☐ I will avoid speaking to my abuser. If it is unavoidable, I will make sure there are people around in case the situation becomes dangerous.
- ☐ I will call 911 if I feel my safety is at risk.

THESE ARE THINGS I CAN DO TO HELP KEEP MYSELF SAFE IN MY SOCIAL LIFE

- ☐ I will ask my friends to keep their cell phones with them while they are with me in case we get separated and I need help.
- ☐ If possible, I will go to different malls, bars, banks, parties, grocery stores, movie theaters, dining halls, etc. than the ones my abusive partner goes to or knows about.
- ☐ I will avoid going out alone, especially at night.
- ☐ If I plan on drinking, I will be sure to have a sober driver who is not my abusive partner.
- ☐ I will spend time with people who make me feel safe, supported and good about myself.

THESE ARE THINGS I CAN DO TO STAY SAFE ONLINE AND WITH MY CELL PHONE

- ☐ I will not say or do anything online that I wouldn't in person.
- ☐ I will set all my online profiles to be as private as they can be.
- ☐ I will save and keep track of any abusive, threatening or harassing comments, posts, or texts. I will never give my password to anyone.
- ☐ If the abuse and harassment does not stop, I will change my usernames, email addresses, and/or cell phone number.
- ☐ I will not answer calls from unknown, blocked or private numbers.
- ☐ I can see if my phone company can block my abuser's phone number from calling my phone.

**This resource was created in partnership with the Love is Advocacy team. The Love is Advocacy team was a technical assistance team of ten young people from rural communities all the across the country. If you would like to find out more about the team or check out the additional resources they created please visit: www.loveisrespect/loveisadvocacy.*

Healthy Behaviors

Learn what's essential in a healthy relationship

While no two relationships look the same and different people may define relationships in different ways, there are a few key things that must be present in all relationships for it to be healthy:



Red Flags

Learn the warning signs of abuse

Relationships exist on a spectrum and it can sometimes be hard to tell when a behavior goes from healthy to unhealthy or even abusive. Typical warnings signs include:

- Checking your phone, email, or social media accounts without your permission.
- Putting you down frequently, especially in front of others.
- Isolating you from friends or family (physically, financially, or emotionally).
- Extreme jealousy or insecurity.
- Explosive outbursts, temper, or mood swings.
- Any form of physical harm.
- Possessiveness or controlling behavior.
- Pressuring you or forcing you to have sex.



Additional Resources

LGBTQ+ specific support

- **LGBT National Help Center:** serving the LGBTQ+ Community by providing free and confidential peer support and local resources. Call 1-800-246-7743 or chat at glbthotline.org.
- **Brown Boi Project:** a community of people working across race and gender to eradicate sexism, homophobia and transphobia and create healthy framework of masculinity and change. brownboiproject.org
- **Scarleteen:** inclusive, comprehensive, supportive reproductive and relationships info for teens. scarleteen.com
- **The Trevor Project:** provides 24/7 confidential crisis intervention and suicide prevention services to LGBTQ young people under 25. Call 1-866-488-7386 or text START to 678678 or chat live at thetrevorproject.org

Black, Indigenous & communities of color specific support

- **Heart:** ensures that Muslims have the resources, language, and choice to nurture sexual health and confront sexual violence. hearttogrow.org
- **StrongHearts:** 24/7 free, confidential, and culturally-relevant support for Native American and Alaska Native teens and young adults experiencing dating abuse and sexual violence. Call 844-7NATIVE (762-8483) or chat live at strongheartshelpline.org.



The relationship spectrum

All relationships exist on a spectrum from healthy to abusive, with unhealthy somewhere in the middle.



Healthy relationships are based on equality & respect

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- respect
- good communication
- trust
- honest
- equality



Unhealthy relationships are based on attempts to control the other person

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- breaks in communication
- pressure
- dishonesty
- struggles for control
- inconsiderate behavior



Abusive relationships are based on an imbalance of power & control

One person is making all the decisions—about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

- accusations
- blame shifting
- isolation pressure
- manipulation



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**love is
respect**

Am I a Good Partner? Quiz

ARE YOU A GOOD PARTNER? ANSWER YES OR NO TO THE FOLLOWING QUESTIONS TO FIND OUT. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU'LL FIND OUT HOW TO SCORE YOUR ANSWERS.

DO I	YES	NO
1. Forget to thank my partner when they do something nice for me?	<input type="radio"/>	<input type="radio"/>
2. Ignore my partner's calls if I don't feel like talking?	<input type="radio"/>	<input type="radio"/>
3. Get jealous when my partner makes a new friend?	<input type="radio"/>	<input type="radio"/>
4. Have trouble making time to listen to my partner when something is bothering them?	<input type="radio"/>	<input type="radio"/>
5. Discourage my partner from trying something new like joining a club?	<input type="radio"/>	<input type="radio"/>
6. Call, text or drive by my partner's house a lot?	<input type="radio"/>	<input type="radio"/>
7. Get upset when my partner wants to hang out with their friends or family?	<input type="radio"/>	<input type="radio"/>
8. Make fun of my partner or call them names?	<input type="radio"/>	<input type="radio"/>
9. Criticize my partner for their taste in music or clothing?	<input type="radio"/>	<input type="radio"/>
10. Make fun of my partner's appearance?	<input type="radio"/>	<input type="radio"/>
11. Accuse my partner of flirting or cheating even if I'm not sure that's what happened?	<input type="radio"/>	<input type="radio"/>
12. Take out my frustrations on my partner, like snapping at them or giving them attitude?	<input type="radio"/>	<input type="radio"/>
13. Throw things if I'm mad at my partner or do things like hit walls or drive dangerously?	<input type="radio"/>	<input type="radio"/>
14. Read my partner's texts or go through their personal things, like their wallet or purse?	<input type="radio"/>	<input type="radio"/>
15. Tell my partner they are the reason for my bad mood even if they aren't?	<input type="radio"/>	<input type="radio"/>
16. Try to make my partner feel guilty about things they have no control over?	<input type="radio"/>	<input type="radio"/>
17. Sometimes say things to my partner knowing that they are hurtful?	<input type="radio"/>	<input type="radio"/>
18. Talk down to or embarrass my partner in front of others?	<input type="radio"/>	<input type="radio"/>
19. Make/encourage my partner to do things sexually that I know they don't want to do?	<input type="radio"/>	<input type="radio"/>

WE ARE HERE TO HELP

CHAT: 24/7/365 · CALL: 1.866.331.9474 · TEXT: LOVEIS TO 22522



Am I a Good Partner? Quiz



SCORING

GIVE YOURSELF ONE POINT FOR EVERY "YES" YOU ANSWERED TO QUESTIONS ONE THROUGH FOUR AND FIVE POINTS FOR ALL "YES" ANSWERS TO NUMBERS 5-20. DON'T GIVE YOURSELF ANY POINTS FOR ANY "NO" ANSWERS.

NOW THAT YOU'RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

0pts

If you got zero points, congratulations! You make a good Partner! It sounds like you're very mindful of your actions and respectful of your partner's feelings -- these are the building blocks of a healthy relationship. Keeping things on a good track takes work, so stay with it! As long as you and your partner continue like this, your relationship should grow in a healthy direction.

1-2pts

If you scored one or two points, there may be a couple of things in your relationship that could use a little attention. Nobody is perfect, but it is important to be mindful of your actions and try to avoid hurting your partner. Remember, communication is key to building a healthy relationship!

3-4pts

If you scored three or four points, it's possible that some of your actions may hurt your partner and relationship. While the behaviours may not be abusive, they can worsen over time if you don't change.

5pts

If you scored five or more points, some of your actions may be abusive. You may not realize it, but these behaviours are damaging. The first step to improving your relationship is becoming aware of your unhealthy actions and admitting they are wrong. It's important to take responsibility for the problem and get help to end it. An unhealthy pattern is hard to change, so chat with a peer advocate at loveisrespect.org for more information on how to get help.



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Healthy Behaviors in Relationships Quiz

EVERYONE DESERVES TO BE IN A SAFE AND HEALTHY RELATIONSHIP. DO YOU KNOW IF YOUR RELATIONSHIP IS HEALTHY? ANSWER YES OR NO TO THE FOLLOWING QUESTIONS TO FIND OUT. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU'LL FIND OUT HOW TO SCORE YOUR ANSWERS.

THE PERSON I'M WITH	YES	NO
1. Is very supportive of things that I do.	<input type="radio"/>	<input type="radio"/>
2. Encourages me to try new things.	<input type="radio"/>	<input type="radio"/>
3. Likes to listen when I have something on my mind.	<input type="radio"/>	<input type="radio"/>
4. Understands that I have my own life too.	<input type="radio"/>	<input type="radio"/>
5. Is not liked very well by my friends.	<input type="radio"/>	<input type="radio"/>
6. Says I'm too involved in different activities.	<input type="radio"/>	<input type="radio"/>
7. Texts me or calls me all the time.	<input type="radio"/>	<input type="radio"/>
8. Thinks I spend too much time trying to look nice.	<input type="radio"/>	<input type="radio"/>
9. Gets extremely jealous or possessive.	<input type="radio"/>	<input type="radio"/>
10. Accuses me of flirting or cheating.	<input type="radio"/>	<input type="radio"/>
11. Constantly checks up on me or makes me check in.	<input type="radio"/>	<input type="radio"/>
12. Controls what I wear or how I look.	<input type="radio"/>	<input type="radio"/>
13. Tries to control what I do and who I see.	<input type="radio"/>	<input type="radio"/>
14. Tries to keep me from seeing or talking to my family and friends.	<input type="radio"/>	<input type="radio"/>
15. Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next.	<input type="radio"/>	<input type="radio"/>
16. Makes me feel nervous or like I'm "walking on eggshells."	<input type="radio"/>	<input type="radio"/>
17. Puts me down, calls me names or criticizes me.	<input type="radio"/>	<input type="radio"/>
18. Makes me feel like I can't do anything right or blames me for problems.	<input type="radio"/>	<input type="radio"/>
19. Makes me feel like no one else would want me.	<input type="radio"/>	<input type="radio"/>
20. Threatens to hurt me, my friends or family.	<input type="radio"/>	<input type="radio"/>
21. Threatens to hurt themselves because of me.	<input type="radio"/>	<input type="radio"/>
22. Threatens to destroy my things (Phone, clothes, laptop, car, etc.).	<input type="radio"/>	<input type="radio"/>
23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.	<input type="radio"/>	<input type="radio"/>
24. Breaks or throws things to intimidate me.	<input type="radio"/>	<input type="radio"/>
25. Yells, screams or humiliates me in front of other people.	<input type="radio"/>	<input type="radio"/>
26. Pressures or forces me into having sex or going farther than I want to.	<input type="radio"/>	<input type="radio"/>

FOR MORE INFORMATION, VISIT WWW.LOVEISRESPECT.ORG

Healthy Behaviors in Relationships Quiz

SCORING

GIVE YOURSELF ONE POINT FOR EVERY NO YOU ANSWERED TO NUMBERS 1-4, ONE POINT FOR EVERY YES RESPONSE TO NUMBERS 5-8 AND FIVE POINTS FOR EVERY YES TO NUMBERS 9 AND ABOVE.

NOW THAT YOU'RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

0pts

You got a score of zero? Don't worry -- it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting loveisrespect.org.

1-2pts

If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing. The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so you can recognize the different types of abuse.

3-4pts

If you scored three or four points, it sounds like you may be seeing some warning signs of an abusive relationship. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect -- it takes work! But in a healthy relationship you won't find abusive behaviors.

5pts

If you scored five or more points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety -- consider making a safety plan. You don't have to deal with this alone. We can help. Chat with a trained peer advocate to learn about your different options at loveisrespect.org.



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End abuse and violence.
Advocate. Educate. Collaborate.

We provide support to **anyone** who has been affected by **abuse** or **violence** in their family or dating relationships.

24-Hour Helpline: 1.800.863.9909

Hearing impaired? Use Maine TTY Relay Services. 1.800.437.1220

partnersforpeaceme.org

DO YOU NEED US?

If you are concerned about your situation, or what's going on in the life of someone you care about, we're here to help.

WE CAN HELP WITH...

- Safety Planning
- Legal advocacy
- Transitional Housing
- Support Groups
- Sheltering
- Help for Children

**“Love in such a way
that the person you love
feels free”**

— Thich Nhat Hanh

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