

# 2026 TEEN DATING VIOLENCE AWARENESS & PREVENTION MONTH

February is *National Teen Dating Violence Awareness and Prevention Month*. This month, educate yourself, learn the stats, and connect with local resources.

## Teen Dating Violence is...

a **pattern of controlling** behavior to gain power over a dating partner. This includes:

- Physical/sexual violence
- Emotional/verbal abuse
- Technology misuse
- Threats, isolation, and stalking

Anyone, regardless of gender identity, sexual orientation, race, ethnicity, religious affiliation or background can be affected. In fact, many minority groups are at higher risk of teen dating violence.

## What can adults do?

- Talk with teens about relationships, boundaries, friendship, and dating.
- Be someone they can trust – listen without judging or making assumptions.
- Believe them.
- Talk with them about plans for safety and respect their opinions.
- Ask how you can help.
- Offer to connect them with Partners for Peace and other resources.
- Consider reaching out for support for yourself too.

## Key Facts:

### National:

- Nearly 1.5 million (1 in 3) high school students nationwide experience dating violence and abuse.
- Up to 65% report psychological abuse; 1 in 3 face cyber abuse.
- LGBTQ+ teens are 2-3x more likely to face dating violence.

### Local (Penquis region):

- About 10% of high school daters were physically hurt by a partner last year.
- About 5% were forced into sexual contact in the past year
- Higher rates among BIPOC and LGBTQ+ students.

**Wear Orange for Teen Dating Violence Awareness!**



[www.partnersforpeaceme.org](http://www.partnersforpeaceme.org)  
[partnersforpeaceme@partnersforpeaceme.org](mailto:partnersforpeaceme@partnersforpeaceme.org)  
24 Hour Helpline 1-800-863-9909

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**February 9-13** is National Respect Week and **February 10<sup>th</sup>** is **Wear Orange Day**. Visit [loveisrespect.org/tdvam](https://loveisrespect.org/tdvam) to learn more.

## Local Resources:

**Partners for Peace:** Free, confidential 24/7 support for survivors of domestic violence or dating abuse at any age.

**24/7 Helpline: 1-800-863-9909**

**Rape Response Services:** Free, confidential 24/7 support for sexual assault survivors at any age.

**24/7 Helpline: 1-800-871-7741**

**Shaw House:** Emergency youth housing services for ages 10-24. **1-866-561-7429**

**CHCS Crisis Service:** 24/7 mental health support. **Call 988 or 1-888-568-1112**



Learn more and request a presentation, materials or consultation today.

## National Support:

**Love Is Respect:** Info, helpline, chat, text for ages 13-26.

**[loveisrespect.org](https://loveisrespect.org)**

**Take It Down:** Assistance removing explicit images online.

**[takeitdown.ncmec.org](https://takeitdown.ncmec.org)**

**TechSafety.org:** Technology abuse resources for youth and supportive adults.

**[techsafety.org](https://techsafety.org)**

## 2026 TDVAM Webinar: 2/18

**Love is Respect's "Main Character Energy: Respect Isn't Clingy."**  
**([Register Now](https://loveisrespect.org)) [loveisrespect.org](https://loveisrespect.org)**

### Sources:

Centers for Disease Control and Prevention. Maine Integrated Youth Health Survey (2025). National Coalition Against Domestic Violence (2015). *Teen, campus & dating violence*. Office of Juvenile Justice and Delinquency Prevention (2019). *Teen dating violence*. U.S. Department of Justice. Wisniewska, M. J. (2025). *Teen dating violence statistics 2024. Break The Cycle*.

**Connect with us to schedule a Partners for Peace presentation.**



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