

# October is Dating Violence Awareness Month



## Elementary school

The two biggest warning signs of an abusive relationship are jealousy and insults. Jealousy in particular can sometimes feel good. It can be masked as love or a lack of trust. Jealousy is used to isolate someone from their friends, family, and other support systems by controlling who the person can see or how they are supposed to behave.

Insults may only come out during arguments, or might be played off as just joking. Over time they may start to pick on vulnerabilities or secrets that were shared, become meaner, and make people start to doubt their worth or feel like they deserve to be treated this way.

### What you can do

- Point out harmful portrayals of love in movies and books. Point out jealousy and put downs as you see them in friend groups or media. Talk about how trying to control someone you care about or saying mean things about them is hurtful.
- Encourage conversations with children about how they want to be treated. Who are people you love? How do they make you feel good about yourself? How do you show other people that you love and care about them?
- Sometimes in response to teasing and bullying between girls and boys, kids are told, “he does that because he likes you.” These types of comments normalize the idea that it is acceptable to be mean and hurt people because we like them. It is also weird to romanticize friendships between children.
- Remind children that they deserve to feel safe, cared for, and loved in all relationships.



**When we understand the dynamics  
of dating violence, we can prevent it.**

end violence  
**wise**  
share hope ♦ change lives

**#DVAM2021**