



## Teen Dating Violence Awareness Month 2025 (TDVAM)

### Social Media Promotion Guidance

Thank you in advance for sharing information about teen dating violence through social media and other channels! It is through collective, unified voices that we can make our messages heard and end dating violence.

Facebook	<a href="#">love is respect</a>
Instagram	<a href="#">@loveisrespectofficial</a>
X (Twitter)	<a href="#">@loveisrespect</a>
TikTok	<a href="#">@loveisrespectofficial</a>

#### Hashtags to use:

- #RespectThat
- TDVAM2025 and TDVAM25
- #loveisrespect

#### Sample social media messages

**Note:** These social media messages can be posted across any social media platform but were created with X's (f.k.a. Twitter) character limit in mind.

We encourage you to adapt this content to fit your organizational or personal voice for authentic engagement! This is meant to get you started with social media content, but the possibilities are endless. We can't wait to see everyone's post!

**General TDVAM promotion** ([Download General TDVAM Promo Social Media Graphics here](#))

- Each February, young people nationwide raise awareness about teen dating violence through Teen Dating Violence Awareness Month (TDVAM). This annual month-long push focuses on advocacy and education to stop dating abuse before it starts. Join us by using the hashtag #RespectThat

- February is Teen Dating Violence Awareness Month. I'm joining love is respect this year and amplifying my voice to raise awareness about teen dating violence because everyone deserves a healthy relationship. #TDVAM
- Dating violence is more common than people think, especially among teens & young adults. I'm joining love is respect's #RespectThat campaign for Teen Dating Violence Awareness Month to educate, empower, and advocate for healthy relationships.
- Everyone deserves a healthy relationship. That's why I'm participating in Teen Dating Violence Awareness Month, to uplift and empower young people everywhere in having healthy and respectful relationships. #TDVAM
- 1 in 10 high school students face dating violence. If you're in a similar relationship, know this: You are not alone. You are deserving of a healthy relationship. February is #TDVAM. Learn more at loveisrespect.org.

***Promoting love is respect's resources ([Download love is respect's resources Social Media Graphics here](#))***

- February is Teen Dating Violence Awareness Month (#TDVAM). Whether you're concerned about your relationship, or if you have questions about dating in general, love is respect is here for you 24/7. Text "LOVEIS" to 22522 to speak to an advocate or visit loveisrespect.org.
- Not all relationships are healthy, you deserve one that is. In order to #RespectThat, it's important to know what "that" looks like for each person, community, and individual relationship. Connect with a love is respect advocate to discuss your situation and what to do next.
- Relationships exist on a spectrum, and it can sometimes be hard to tell when behavior goes from healthy to unhealthy (or even abusive.) We're here to listen without judgment and can help identify possible signs of abuse in your relationship. Text "LOVEIS" to 22522 to speak to an advocate. #TDVAM

***Respect Week promotion ([Download Respect Week Social Media Graphics here](#))***

***Monday February 10<sup>th</sup> – Respect Your Vibe (A Playlist)***

- Ready to set the tone for healthy relationships? Drop your favorite songs or lyric(s) that make you feel empowered, confident, and respected! Let's build the ultimate 'Respect That' playlist together. 🎧 #TDVAM #RespectWeek #RespectThat

- When respect is the foundation, love flourishes! What song or lyric(s) make you feel seen and respected in your relationships or personally? Let's vibe to tunes that lift us up! #RespectYourVibe #RespectWeek #TDVAM
- What song or lyrics make you feel strong and respected? Share it with us, and let's build a playlist for *Respect That* together. Your vibe matters, and so does your playlist! 🎧 🎵 #RespectYourVibe #RespectWeek #TDVAM

### ***Tuesday, February 11th - Wear Orange Day (That Is Orange)***

- Today is #wearorangeday! Every TDVAM, we wear orange to show solidarity and raise awareness about dating violence. Share your selfie in orange with us today using #RespectThat #TDVAM25
- #WearOrangeDay is an annual effort every TDVAM to raise awareness about dating violence. By sharing pictures on your socials, you're helping us spread the message that everyone deserves a healthy relationship! #RespectThat #TDVAM2025
- Did you know that orange is the color of Teen Dating Violence Awareness Month? Today I'm wearing orange to raise awareness and show support that everyone deserves a healthy relationship, and a #RespectThat #TDVAM2025

### ***Wednesday, February 12th – Respect Yourself (Self-Care)***

- Self-care is one of the best ways to show yourself love and respect. ✨ Take on our *Self-Care Challenge*! Share your go-to self-care routine with us in the comments or tag us in your self-care moments. #RespectThat #TDVAM
- 🧘 We're all about respecting yourself, and that starts with taking care of YOU! 🧑🏻 🧑🏻 Today, we challenge you to make time for some self-love. Whether it's a walk, journaling, or a digital detox—let us know how you're practicing self-care today! #RespectThat #TDVAM
- Take a moment to reflect on how you show yourself respect through self-care. Drop an emoji 🤍 of what your self-care looks like or tag us in your favorite self-care activity! Remember: You deserve the time and love you give yourself. #RespectThat #TDVAM

### ***Thursday, February 13th – Respect Your Health***

- It's the second to last day of #RespectWeek! Taking care of your mental health is a vital act of self-respect. Which part of your health are you focusing on today? Drop an emoji that represents how you're respecting your health today! #RespectThat #LovesRespect
- Taking time for your mental health is a powerful way to show yourself respect. What part of your health are you focusing on today?

- A healthy YOU can lead to a healthy relationship! Let's take a moment on the last day of #RespectWeek to cherish ourselves. What part of your health are you focusing on today? Show us below with emojis! 🌿🧘🍷 #RespectThat

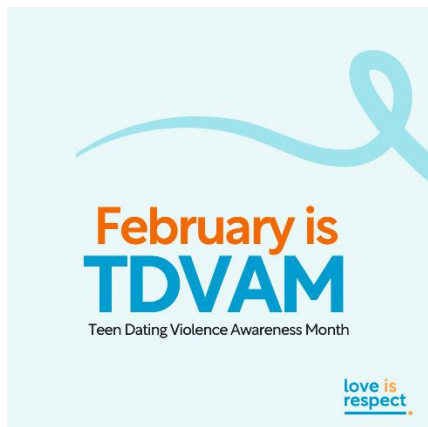
### ***Friday, February 14th –Celebrating Your Healthy Love***

- Words have power 🗨️👉! Today, we celebrate the healthy love that lifts you up and fills your life with respect, kindness, and trust. You deserve a love that makes you feel safe, seen, and valued every day. What word of affirmation do you get? #RespectThat #HealthyLove #TDVAM
- 💜 Pick a color, swipe, and see your daily affirmation for healthy love! Let's celebrate relationships where you feel safe, seen, and respected. Your words—and the love you deserve—have power. #RespectThat #HealthyLove #TDVAM
- Healthy love is built on respect, trust, and care. Let's celebrate the words that reflect the love you deserve. Tag a friend to share this with! #RespectThat #TDVAM

### ***Social Media Graphics***

The graphic displayed in this document is sized for Instagram. Please click the link below to each graphic to download the correct graphic for the platform you are posting on.

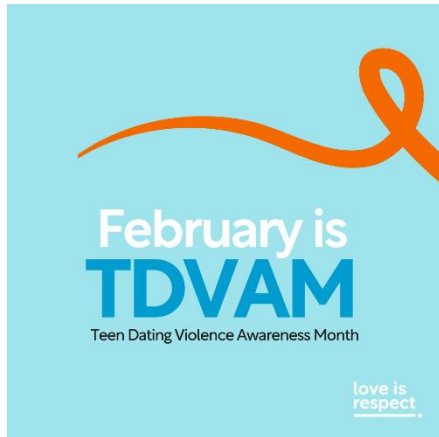
#### ***Option 01***



Facebook: [Download here](#)

Instagram: [Download here](#)

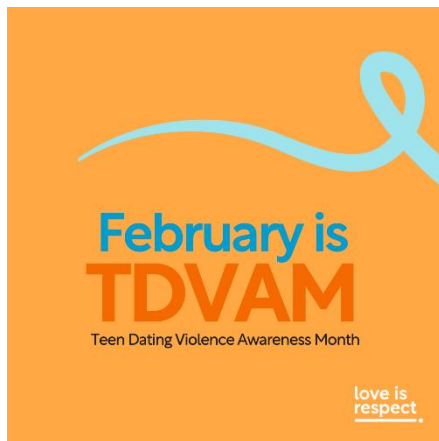
**Option 02**



Facebook: [Download here](#)

Instagram: [Download here](#)

**Option 03**



Facebook: [Download here](#)

Instagram: [Download here](#)