



Connie Beck, Director
Social Services | Public Health | Mental Health

news release

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February is Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month, and the Humboldt County Department of Health & Human Services (DHHS) Family Violence Prevention Program is kicking off its "Check Yourself" campaign to educate the community.

The campaign focuses on teaching young boys and girls about respect and healthy relationships before they begin dating. You can see the campaign inside Humboldt Transit Authority buses, on posters around the community and on cup sleeves in coffee shops throughout the county.

The Centers for Disease Control and Prevention (CDC) reports that one in 10 teens say they have been hit or hurt by a boyfriend or girlfriend one or more times. The CDC states that dating violence can have an effect on a person's health, and that victims of teen dating violence are more likely to experience depression and anxiety.

For more information and a list of resources, visit humboldt.gov/616/Family-Violence-Prevention-Program. The DHHS Family Violence Prevention Program can be reached at 707-268-2132 or email Anna Owings-Heidrick at aowings-heidrick@co.humboldt.ca.us.

Courageous Check yourself



Adapted from the Vermont Network Against Domestic and Sexual Violence

- I face evil super villains without flinching.
- I don't laugh at sexist jokes.
- I call my friend out when he is treating his partner badly.
- If I'm told I throw like a girl, I say "thank you".
- All of the above.

We are all responsible for teaching young boys and girls about respect and healthy relationships.

More importantly, we are all responsible for modeling good behavior.

Check yourself.

Help is available.

Call for information.

National Domestic Violence Hotline:

1-800-799-7233

Humboldt Domestic Violence Services:

707-443-6042

North Coast Rape Crisis Team:

707-445-2881

DHHS Family Violence Prevention Program:

707-268-2132



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