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 humboldtgov.org/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.
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

Follow us on Twitter: @HumCoDHHS.