

Dear Students,

Building and maintaining healthy relationships is key to your success—not just in school, but in life. This February, we're recognizing **Teen Dating Violence Awareness Month (TDVAM)** and giving you important tools that can empower you to create strong, healthy relationships and safer communities in our city.

When we think about healthy relationships, a few key words stand out: **communication, respect, responsibility, consent, independence, boundaries, safety, trust, and equality.**

Unfortunately, not everyone experiences relationships based on these values. Recent data from the NYC Youth Risk Behavior Survey shows that **about 1 in 9 teens in NYC** have experienced **physical violence** in a dating relationship. Some groups, like **LGBTQ+ youth and pregnant or parenting teens**, are at even higher risk of abuse.

If you or someone you know is in an unhealthy or violent relationship, we have resources available:

- **Respect First** – A free program for young people (ages 13-21) that helps them understand their actions and make positive decisions. Participants also receive a **stipend**. Currently available in the Bronx, with plans to expand citywide. **Register at tinyurl.com/RegisterRespectFirst.**
- **Respect For All (RFA)** – An initiative in NYC schools which promotes inclusive, safe environments where all students feel valued and supported. Families can also access helpful resources. **Respect for All Week is February 10th – 14th.**
- **NYC Hope Directory** has resources – including **Day One**, an organization that helps young people (ages 24 and under) prevent and escape dating abuse and domestic violence. **Go to tinyurl.com/NYCHopeDirectory.**

Follow us **@nycendgbv** across **Instagram, Facebook and X!** We'll be sharing important info all month, including what healthy relationships look like and how to spot the warning signs of an unhealthy one.

Upcoming Event:

February 13th – Register for the free Intergenerational Healthy Relationships Summit at tinyurl.com/IHRSummit. Hosted by the Mayor's Office to End Domestic and Gender-Based Violence and the Youth Leadership Council. You'll learn valuable skills for building strong relationships. **Free food provided!** If you're under 18 and coming without a chaperone, be sure to get a **consent form linked on the registration page signed by a parent or guardian.**

You deserve safe, healthy relationships that respect your individuality and help you grow. Let's work together to build the skills that will set you up for success in the future.

Best,



Saloni Sethi

Commissioner

NYC Mayor's Office to End Domestic
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Melissa Aviles-Ramos

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