

Content Calendar February:

~All content can be posted anytime from 12-4pm Monday, Wednesday, Friday

Monday Feb. 1st:

- **Facebook Post OR Story**

-if you want to make a story, just post three separate slides

https://www.canva.com/design/DAEPCtuUndE/6K_gsCvP0ZQvOtIWKEL8OA/view?utm_content=DAEPCtuUndE&utm_campaign=designshare&utm_medium=link&utm_source=homepage_design_menu

Caption: February is Teen Dating Violence awareness month. Many are uninformed of TDV and what it truly means. Please educate yourself and others, in order to help spread awareness and save lives. #TeenDatingViolence #TDVAwareness

- **Instagram Post:**

https://www.canva.com/design/DAEPCNd1v9Q/F7yTgJQxdLfbu49KljoJ2Q/view?utm_content=DAEPCNd1v9Q&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

Caption: February is Teen Dating Violence awareness month. Many are uninformed of TDV and what it truly means. Please educate yourself and others, in order to help spread awareness and save lives. #TeenDatingViolence #CheckOnYourGirls

Wednesday Feb. 3rd:

- **Instagram Post**

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Caption: Consent isn't talked about nearly as much as it should. Are you and your partner practicing consent? Do you have questions regarding consent? Let's talk @loveisrespect.org or @WomenSafe.org. #WomenSafeInc. #TDVAwareness, #TeenDatingViolence

Friday Feb. 5th:

Instagram Post:



● Caption: Your questions are valid, we want to help. It's time we educate ourselves and others on the truth about Teen Dating Violence. #WomenSafeInc. #TDVAwareness, #TeenDatingViolence

Monday Feb. 8th:

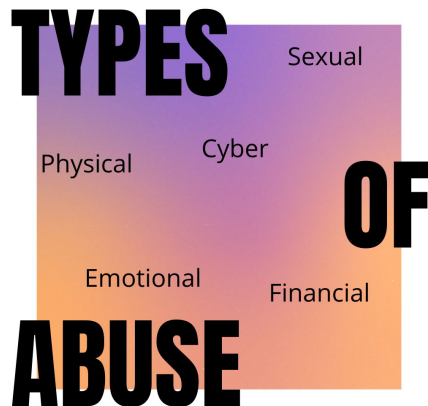
● Facebook Post OR Story

https://www.canva.com/design/DAEPCtS1B7E/8LFhTfoMYNvfavgtVjRAew/view?utm_content=DAEPCtS1B7E&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

● Caption: The truth can be hard to hear. Especially if you're not sure what it entails. If you see a red flag, do not ignore it. Learn about the warning signs, as they're easy to spot once you know what to look for. If you see these signs in other relationships, open up and continue the talk on Teen Dating Violence. #CheckOnYourGirls #TeenDatingViolence #TDVAwareness

Wednesday Feb. 10th:

● Facebook Post AND OR Instagram Post



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Caption: Teen Dating Violence can occur in many different forms. Educate yourself and others about the types of abuse and what each example can look like. Visit Loveisrespect.org for more information. #TeenDatingViolence #TDVAwareness #KnowYourWorth

Friday Feb. 12th:

- Instagram Post

**EMOTIONAL,
PHYSICAL,
AND DIGITAL.**

Boundaries.

They are *yours* to set.

- Caption: Boundaries are essential in any relationship and they are YOURS to set. If you have any questions on boundaries, visit loveisrespect.org or WomenSafe.org for more information. #YouAreInControl, #TDVAwareness

Monday Feb. 15th:

- Facebook Post or Story

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Caption: Sometimes it's hard to know what's healthy or not in a relationship. We've made it simple. If you need clarification, learn about what a healthy relationship is at loveisrespect.org. Not all relationships are healthy. If you or someone you know is in an abusive or unhealthy relationship, reach out and speak up. #TDVAwareness #CheckOnYourGirls #HealthyRelationships

Wednesday Feb. 17th:

- Instagram Post



Caption: All relationships aren't healthy. Research what makes a healthy relationship to ensure you know your worth and how you deserve to be treated. #TeenDatingViolence #TDVAwareness #KnowYourWorth

Friday Feb. 19th:

- Instagram Post and Facebook



Captions: 2021 is the year of putting an end to relationships that don't benefit you. You need to take control of your own life and do what makes you happy. Don't neglect your mental health for your relationship. Learn more about why you need to end your unhealthy relationship, at loveisrespect.org. #TDVAwareness #Don'tNeglectYourMentalHealth #KnowYourWorth

Monday Feb. 22:

- **Instagram and Facebook**



Captions: We never truly know what one's going through, unless we're invited to know. Let's not wait to be invited to hear about someone's domestic violence story. Let's start talking about the issue and let women know; You are never alone and we're always willing to listen. Start checking on your friends and family, don't wait for them to come to you. #CheckonYourGirls #TDVAwareness

Wednesday Feb. 24th:

- **Instagram Post**

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Caption: It's not enough to actively research domestic violence. We need to be educated in order to help those around us. Actions speak louder than words. Let's show our friends how much we support them, as they're dealing with abuse. #TeenDatingViolence #SupportYourFriends #BeActiveNotReactive

Friday Feb. 26th:

https://www.canva.com/design/DAEPA6Zz_kQ/tJaFQb9BhXqzgvscNnctSg/view?utm_content=DAEPA6Zz_kQ&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

Caption: Self-Love is important and can easily be lost when in a toxic relationship. Don't compromise your self-love just to be in a relationship with your partner. You deserve more than that. #SelfLoveIsImportantToo #TeenDatingViolence