



DOMESTIC VIOLENCE

RESOURCE
CENTER

February 2018 | Issue 29

February is TDVAM

Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month and awareness is truly key. Eighty-one percent of parents believe teen dating violence is not an issue or admit they don't know if it's an issue. Studies have shown that 58% of parents could not recognize warning signs of abuse. It is important to increase awareness, not just for parents but for all adults with teens in their lives as the numbers are staggering. **Nearly 1.5 million high school students in the US experience physical abuse in a year and one-in-three girls will experience abuse from a dating partner.** Young women between the ages of 16 and 24 also experience the highest rate of intimate partner violence. The impact of these experiences puts teens at higher risk for a wide range of health issues including suicide, eating disorders, substance abuse, and sexually transmitted infections.



Loveisrespect.org is a wonderful resource for teens and the adults who care for them. More statistics and many tools to increase awareness can be found there. A tool to highlight is the quiz section; including one to see if your relationship is healthy. Through this website youth have access to texting, instant messaging or phone calls with a peer advocate who understands teen dating violence. As an agency we are also working to increase awareness. The counseling program goes into high schools in Washington county and provides teen dating violence presentations. There is also individual and/or group counseling available for teens who have experienced or witnessed domestic violence.

—Evanna Bradley-Tschirgi, MA, LPC, NCC



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Topics Include:

*Healthy relationships
Coping with trauma
Building self-esteem
Teen-Dating violence*

Now accepting referrals!

**Teen Healthy Relationship Group:
Ages 14-18**

**A 10 week group for teens who have
been exposed to domestic violence.**

When: Mondays, start date to be determined

Time: 6:00 PM to 7:30 PM

Where: DVRC Counseling Office, Downtown Hillsboro

Contact: Evanna Bradley-Tschirgi

Email: Evannab@dvrc-or.org

Phone: (503) 521-7997 ext. 11

Website: www.dvrc-or.org

Registration is required and participants will need to complete an intake prior to group start date.

Relationship Rights

Share the relationship rights to do your part for TDVAM

Know Your Relationship Rights

You have rights in your relationship. Everyone does, and those rights can help you set boundaries that should be respected by both partners in a healthy relationship.

- You have the right to privacy, both online and off
- You have the right to feel safe and respected
- You have the right to decide who you want to date or not date
- You have the right to choose when/if you have sex and who you have sex with
- You have the right to say no at any time (to sex, to drugs or alcohol, to a relationship), even if you've said yes before
- You have the right to hang out with your friends and family and do things you enjoy, without your partner getting jealous or controlling
- You have the right to end a relationship that isn't right or healthy for you
- You have the right to live free from violence and abuse



chat at loveisrespect.org | text loveis to 22522 | call 1.866.331.9474

love is respect org

For more resources and materials to share through out TDVAM, visit loveisrespect.org.

Exciting News!

DVRC was awarded a Community Development Block Grant

DVRC has been hard at work on a grant opportunity to acquire funding for a full remodel of the kitchen at our shelter, Monika's House. Following a final presentation in front of the Policy Advisory Board in January, DVRC was awarded **\$112,500.00** to complete this project.

We are now looking to put together a Monika's House Remodel Committee. The committee will oversee the initial remodel of the kitchen and floors at Monika's House and work with DVRC to oversee the future remodel of the rest of the home.

If you are interested in being part of this exciting project, contact Sara Wade at saraw@dvrc-or.org or (503)640-5352

Moving Soon!

Just a reminder that we will be moving at the end of March

WE'RE MOVING!



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SOON TO BE A PART OF THE
FAMILY JUSTICE CENTER OF WASHINGTON COUNTY

**735 SW 158TH AVE
BEAVERTON, OR 97006**

**ANTICIPATED TO BE CLOSED:
MARCH 20-23, 2018**

**ANTICIPATED OPENING:
MARCH 26, 2018**

WWW.DVRC-OR.ORG | MAIN OFFICE 503-640-5352 | COUNSELING OFFICE 503-521-7997

Community Events

February 2018 - March 2018

February 15 - 25: [PDX Jazz Festival](#)

February 17 - 18: [Hagg Lake Mud Runs](#)

February 24: [Polar Plunge](#)

March 3: [McMenamin's Grand Lodge's 96th Birthday](#)



Contact

Domestic Violence Resource Center
180 East Main Street
Hillsboro, OR 97123
(503)640-5352

Stay Connected



We work to educate, support, and empower survivors, and their children, who are affected by intimate partner violence.

