

PREVENTION CORNER

February 2021 | Vol.7

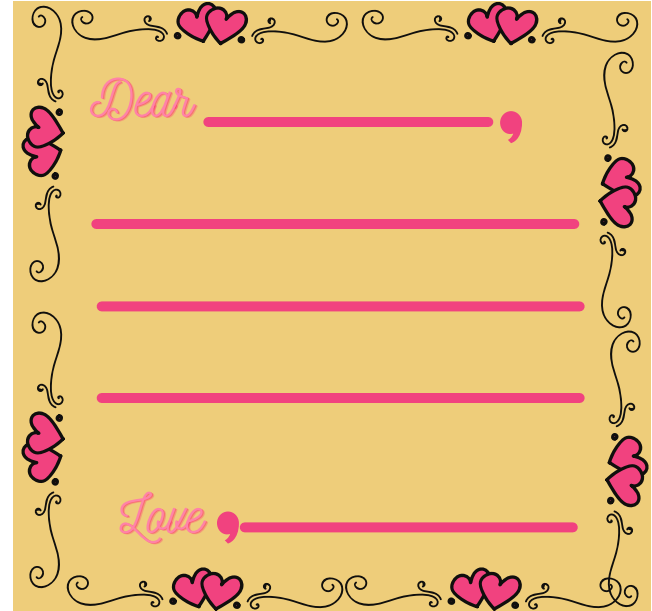
This issue of our Prevention Newsletter supports Teen Dating Violence Awareness Month by exploring healthy relationships. Dating violence is an issue that impacts everyone – not just teens. Dating violence may impact friends, parents, teachers, and communities. Together, we can raise awareness about teen dating violence and promote safe, healthy relationships. As a result, we discuss healthy and unhealthy friendship qualities.

In our Prevention Talks video of the month, a Prevention Specialist explores the types of teen violence and shares safety tips. Every young person deserves a safe and healthy relationship, no matter who they are or who they love.

"Anything is possible when you have the right people to support you."

- Misty Copeland

Our Prevention Team welcomes February by sharing common signs of violence, as well as safety strategies. Visit the Prevention Talks link which can be found in the location and contact info section on page two of the newsletter.



Healthy Relationships

Bonding with others fosters belonging and connectedness, which can lessen the impact of risk factors on behavior. Peer selection skills, including the ability to make and maintain positive friendships is an important protective factor. Youth surrounded with positive influences make better, less risky choices, and are more likely to reach their goals.

Inside this issue:

- **Healthy Relationships**
- **Prevention Talks Series**
- **Upcoming Events**



BE GOOD TO YOUR HEART

In our November issue of the Prevention Corner Newsletter, we talked about communication skills, including assertive speaking and active listening, and how you can use these skills to advocate for your needs, ask for help, and present yourself as a confident individual. Those same skills can help you build healthy relationships. Learning how to socialize is a big part of growing up. During this time in your life, you will meet many new people and make some lifelong friendships. You will also begin to identify qualities that you want in a friend. Unhealthy friendship qualities may include being rude, selfish, jealous, controlling and judgmental. Let's consider healthy friendship qualities. Being a good listener, generous, dependable, trustworthy, and forgiving are all qualities we want in a friend. Forming and maintaining friendships takes a lot of work and requires effective communication. To nurture and maintain healthy friendships, it can be helpful to share with your friends the qualities that you enjoy and appreciate in them.

Identifying qualities that are not acceptable and communicating what is ok and not ok in both new and existing relationships can help you develop healthy, supportive and mutual friendships. Sometimes using assertive communication is all it takes. So saying, "Hey, I need a friend who is trustworthy, not someone who gossips" to let your friend know what you need or want from them. When you have friends who have many of the healthy qualities you identified, you are more likely to keep out of trouble, make healthy decisions, and stay on course to reach your goals!



Upcoming Events

Parenting Classes:

Spanish Parenting Today:
Begins February 25, 2021

*Classes are offered weekly for six consecutive weeks on Zoom.

The Active Parenting programs provide a unique opportunity for you to interact with our Prevention Specialists and other parents who often share similar experiences raising children today. Together, we learn additional skills and strategies to improve communication, build character and responsibility in each child, use positive discipline practices and minimize power struggles. Research based program materials, videos and group discussion offer an interactive and dynamic learning community.

LOCATION & CONTACT INFO



David Lawrence Centers for Behavioral Health | Prevention Services
2806 South Horseshoe Drive, Naples, FL 34104 | 239.263.4013
Parenting Classes: <https://davidlawrencecenter.org/parentingprograms/>
Prevention Thursdays: <https://davidlawrencecenter.org/prevention-talks/>
Stand Up: <https://davidlawrencecenter.org/stand-up/>

