



# Campus Life with LaFASA

Share Your Campus Story with Us!

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## Food for Thought



### Can Title IX Help with Dating Violence?

The short answer is  
**YES.**

Title IX can assist with things that fall under the Violence Against Women Act (VAWA). VAWA includes domestic/dating violence, stalking, and sexual assault.

Contact your Title IX Office to gain more info about how they can support you or someone you know!

## Doing It Doing It Well! &

## Spreading Love and Awareness

Not only is February the time we celebrate **Valentine's Day**, it's also the month we recognize **Teen Dating Violence Awareness**. This is the perfect time to start conversations on your campus about healthy vs. toxic relationships, the importance of communication styles, the prevalence of teen dating violence, and types of abuse. Then of course, **resources!**



### Tips for Teens/Young Adults:

1. **Learn the Signs:** Unhealthy relationship include jealousy, control, isolation, constant criticism, or fear. Healthy relationships involve trust, respect, boundaries, and support.
2. **Know that You Deserve Respect:** You have the right to: set boundaries, say no, and feel safe in your relationship. You never have to stay in a relationship that makes you feel afraid, anxious, or disrespected.
3. **Help a Friend:** If you notice a friend in an unhealthy relationship: listen without judgment, say "I'm here for you" instead of "You should leave", and connect them with resources like LoveIsRespect.org or a school counselor
4. **Speak Up:** Use your voice on social media or in school to raise awareness: share posts during #TDVAM or #RespectWeek, wear orange and explain why, & join or start a peer group to talk about healthy relationships.
5. **Practice Digital Safety:** Abuse can happen online, too. Never feel pressured to share your location, passwords, or photos. Block or report anyone who harasses or controls you digitally.
6. **Take Care of Yourself:** Healing from dating abuse takes time — be gentle with yourself. Journaling, therapy, talking to someone you trust, or joining a support group can help.
7. **Know Where to Get Help:** Trusted adult, School resource officer, Title IX Office, Confidential Advisor, or nurse. Text "LOVEIS" to 22522 or call 1-866-331-9474 (Love Is Respect)

## Recharge



## Speak Your Peace



Use Your Voice. Reclaim Your Strength. A Space for Survivors.