

Join our #HealthySelfie campaign for National Teen Dating Violence Awareness Month

The Academy believes that trust, respect and equality are key components of a healthy relationship. That is why we are excited to unveil our brand new “Trust,” “Respect” and “Equality” buttons! Which of these qualities resonates most strongly with our participants? Is it being able to trust and be trusted by your partner? Is it knowing that your friends and family respect your opinions? Or is it the mutual feeling of equality?

What can you do?

- Schedule a [workshop](#)
- Take a #HealthySelfie and use #teendvmonth on social media posts
- Put up a poster and/or hand out educational materials
- Post a link to www.teendvmonth.org
- Wear orange on Feb 11 & share a photo on social media with #RespectWeek2014



To raise awareness, we are launching a #HealthySelfie Campaign. Throughout the month of February, we invite everyone to snap a selfie with their chosen button to share on Twitter, Facebook and/or Instagram using the hashtag #HealthySelfie. Along with that stunning selfie, we're calling on participants to share why they think that quality is essential for making relationships healthy. Make that selfie your profile pic for the entire month to keep the message going!

It is no coincidence that the #HealthySelfie Campaign will take place throughout the month of February, Teen Dating Violence Awareness and Prevention Month. What better way to raise awareness for dating violence and promote messages of healthy relationships than uniting the power of peer education with the power of the selfie? Visit our Facebook page, follow our

Twitter feed and check out the hashtag #HealthySelfie throughout February to see how teens keep their relationships safe and healthy.

Want to participate but don't have a button? No worries! Snap a selfie with your own “Trust,” “Respect” or “Equality” sign and tell us what you think is the most powerful ingredient to a healthy and happy relationship. Check out our #HealthySelfie campaign [flyer](#) for more information, and to print your own selfie 'button'.



Newly appointed Commissioner Rose Pierre-Louis (center) joins Academy Program Assistant Elizabeth Falcone (left) and Academy Director Kirsten deFur in taking a #HealthySelfie.



NYC Healthy Relationship Training Academy
trust • respect • equality

Our Latest Numbers

As of January 1, 2014, we have held **1,844** workshops, reaching **35,604** youth since the Academy's inception in 2005.

Workshops are offered year-round. Complete a [Workshop Request Form](#) to schedule one today!

Family Justice Centers to open in Manhattan and Staten Island

In February 2014, the **Manhattan Family Justice Center** will open its doors to clients living or experiencing dating or domestic violence in Manhattan. Co-located with the Manhattan District Attorney's Office, this Center is the 4th of its kind in NYC.

In December 2013, OCDV announced the future home of the **Staten Island Family Justice Center**, which will be next door to the District Attorney's Office. Work on the Staten Island Center will start shortly.

Locations:

NYC Family Justice Center **Bronx**
Address: 198 East 161st Street, Bronx
Phone: (718) 508-1222

NYC Family Justice Center **Brooklyn**
Address: 350 Jay Street, Brooklyn
Phone: (718) 250-5111 and select 6

NYC Family Justice Center **Queens**
Address: 126-02 82nd Avenue, Kew Gardens
Phone: (718) 575-4500

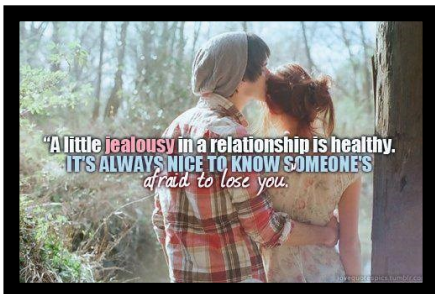
NYC Family Justice Center **Manhattan**
Address: 80 Centre St, Manhattan
Phone: (212) 602-2800

What happens at a Family Justice Center?

These Centers provide many criminal justice, civil legal, and social services in one location. Victims can meet with a prosecutor, speak with a trained counselor, and apply for housing and financial assistance in just one place. Children age 3 and up can play in a children's room while their parents receive services.

Find out more about the Family Justice Center initiative [online](#).

Jealousy: It's what you do about it that matters



One theme that consistently comes up throughout all of the Academy’s workshops is the need to protect what ‘belongs’ to someone, and the fear of losing affection or attention, otherwise known as **jealousy**. Our Senior Peer Educators Bella Tabassum and Jordana Schacht-Levine report that “participants say that if your partner doesn't show signs of being jealous then they don't really care about you” and they “are convinced that their partner acting overly jealous is a romantic way of showing them that they are committed to the relationship.”

Our workshops emphasize that while jealousy is a natural emotion that everyone will experience at some point in their relationship, in its extreme form it can be both a warning sign of abusive behavior and a tactic used to gain power and control. Feelings of jealousy can be a catalyst to engage in monitoring behaviors, such as keeping constant tabs on a partner, or to limit a partner’s interactions with others, such as prohibiting a particular friendship. The ability to be constantly in contact with

each other via technology can exacerbate these controlling behaviors. In addition, controlling behaviors stemming from feelings of jealousy may lead to other tactics of abuse, such as emotional abuse or threats. Although jealousy is not always bad— when feelings of jealousy result in abusive behaviors, that’s when things go wrong.

Jealousy, when dealt with in healthy ways, can in fact strengthen a relationship. Keren Sharon, Senior Peer Educator, suggests that participants “take a step back and reflect about where they think that emotion might be coming from. What else is going on? Does this have to do with something else I’m upset about in my relationship, that I haven’t yet felt comfortable bringing up? Is it something I’m anxious about in my personal life that has little to do with anything my partner has said or done? Is it grounded in the reality of my relationship?” After self-reflection, the next step is to bring concerns to a partner through open and honest communication. Peer Educator Raven Cedeno points out, “making your partner aware of your feelings instead of waiting for them to read your mind gets the conversation going and opens the door to agreeing on a future plan of action.”

In addition, we can all prepare ourselves for what to do when feelings of jealousy arise. As Peer Educator Tamara Johnson shares, “Jealousy is not something to

bottle up and ignore.” Develop an action plan for what to do when jealousy comes up in a relationship, such as determining what behavior(s) feed into jealousy, engaging in self-care activities such as journal-writing and indulging in favorite foods, and having constructive conversations about how to overcome the problem at hand.

Overall, young people need to have an opportunity to learn how to think critically about jealousy and respond in healthy ways, rather than yelling at your partner, speaking with attitude, waiting until something else that bothers you comes up or not saying anything at all.

- Key points about jealousy:**
- * Jealousy is a natural emotion.
 - * Feelings of insecurity and lack of trust can foster jealousy.
 - * The emotion of jealousy can result in unhealthy behaviors, such as keeping constant tabs on a partner or isolating them from friends/family.
 - * The intention behind jealous behaviors can help determine whether it’s a sign of abuse.
 - * Partners can respond to feelings of jealousy in productive ways.
 - * Communication among partners will help diffuse any concerns and improve the stability of a relationship.
 - * Having a jealousy response plan for oneself can help keep reactions in check.

Peer Educator Spotlight: Jorge Cuello Espinosa

Jorge Espinosa has been a well-loved Peer Educator of the Academy since August 2010. Since then, he has facilitated 198 workshops and training sessions. In 2013 alone, Jorge facilitated 84 of the Academy’s 295 workshops with youth. His commitment to the Academy

demonstrates his clear passion for helping others. His mentor Keren Sharon shares, “What makes Jorge such a fantastic facilitator is his ability to establish genuine rapport and mutual respect with participants, right off the bat.” Jorge connects with his peers in an honest and sincere way, thus creating a warm and welcoming learning environment.

Originally from the Dominican Republic, Jorge now lives in the Bronx and attends Berkeley College. In April, he will begin graduate school to become a pastor.



Jorge Espinosa, Peer Educator

What Jorge enjoys most about being a Peer Educator is “talking about the ideal relationship and challenging our people to build them even though we may not see examples of it around us.”

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 ★ One workshop host stated...
 ★ “Excellent job engaging students in
 ★ such a serious topic. Very kind and
 ★ energetic!”
 ★ -Academy for Language and Technology
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