

# #HealthySelfie

**Did you know** that February is Teen Dating Violence Awareness Month? Do something to raise awareness! Join our #HealthySelfie Campaign and educate all your friends and followers on what it takes to make your relationships healthy and happy.



*“Trust is essential to any successful relationship that is positive. You are more willing to grow with someone you trust and can properly communicate with.” - Bella, Senior Peer Educator*

1. Get your phone.
2. Take a selfie of you and your button. (Make sure we can see your button!)
3. Upload your selfie to whatever social media platform you like to use – Facebook, Twitter, Instagram, you name it!
4. Use the hashtag **#HealthySelfie** and explain why you chose this particular button and how its message is important for healthy relationships. Additionally, use the hashtag **#teenDVmonth** to join the national conversation about dating violence.
5. Check the Academy’s Facebook and Twitter pages to see if your selfie and your message are featured as our #HealthySelfie of the day!

 Like the NYC Healthy Relationship Training Academy

 Follow @NYCteenDV

*The most popular button of the #HealthySelfie Campaign will be announced at the beginning of March.*

# #HealthySelfie

## ...Don't have a button?

No problem! Print out one of the following images to use as your "button" and follow the directions on the previous page.

