



February 2022 Newsletter

February is Teen Dating Violence Awareness Month

How Should You Help Prevent Your Teen From Dating Violence?

This year's theme for Teen Dating Violence Awareness Month is **Talk About It**. Which is exactly what parents should be doing with their teens! We encourage parents to talk with their teens about the relationships they are having, even if it is awkward and uncomfortable. Your child might seem annoyed by the conversation, but it can also provide them comfort knowing that you care!

Worried your teen is already in an unhealthy relationship? Use this guide!

If you think your child may be in an unhealthy relationship, ask your teen to take this quiz to help him or her know if his or her relationship is healthy.

Does your boyfriend or girlfriend...

- Communicate openly with you when there are problems?
- Give you space to spend time with your friends and family?
- Support and respect you?

If your son or daughter answered YES to these questions, it is likely that s/he is in a healthy relationship. Encourage your teen to trust their instincts about the relationship to stay safe and comfortable.

If your son or daughter answered NO to these questions, ask your teen the following questions:

Does your boyfriend or girlfriend ever...

- Try to stop you from seeing or talking to family or friends?
- Call you derogatory names, put you down, or criticize you?
- Threaten or scare you?
- Hit, slap, push, or kick you?
- Pressure or force you to do something sexual when you don't want to?
- Humiliate you when you are alone or in front of others?
- Control where you go, what you wear, or what you do?

If your son or daughter answered YES to any of these questions, their health and safety may be at risk. Seek advice or help from a school counselor, pediatrician or family physician, the National Dating Abuse Helpline or local domestic violence prevention organization.

Source: <https://www.futureswithoutviolence.org/respect-challenge-toolkit-2/>

Want to learn more tips? Follow along on our socials all month long!



Common Sense Parenting Class

Remember to register for any of our 2022 Common Sense Parenting Class sessions. Session 2 is starting soon! These classes are for all parents and are completely free! Call us to get registered for one of the upcoming sessions.

These classes help parents:

- Build strong, healthy relationships
- Correct and change problem behavior
- Minimize problems that disrupt family life
- Raise responsible, caring children
- Communicate effectively
- Avoid power struggles
- Control your emotions
- Balance discipline with affection
- Praise a child's good behavior



COMMON SENSE PARENTING
2022 SCHEDULE OF CLASSES

Session 1: January 4- February 8	Session 4: June 21- July 26
Session 2: March 1-April 5	Session 5: August 16- September 20
Session 3: April 26- May 31	Session 6: October 11- November 15

TO REGISTER, PLEASE CALL:
#605.665.1204

- Classes will take place each Tuesday from 6:00-8:00 PM
- Child care is not provided, so please make arrangements.
- Pre-registration is required.
- Classes will take place at Trinity Lutheran Church, 403 Broadway Ave.

BOYS TOWN
Saving Children 100 YEARS Healing Families


RIVER CITY FAMILY CONNECTIONS

"We Believe"
River City Domestic Violence Center

Current Events:

- River City Domestic Violence Center is currently hosting the annual Dancing with the Stars fundraising event.
- April is Child Abuse Awareness Month. Let us know if your agency would like to participate in any awareness activities in April!
- Our donation wish list is pictured to the right. You can always check our website for an updated wish list and/or any upcoming events!

Donations Wish List

- 
- Lysol wipes
 - Lysol spray
 - Garbage bags
 - 13 gallon
 - 4 gallon
 - Paper Towels
 - Air freshener
 - Hand Soap

RIVER CITY FAMILY CONNECTIONS

PHONE: 605.665.1204



Visit our Website



River City Family Connections | PO BOX 626, Yankton, SD 57078

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