

Turning Points Network

Preventing Violence
Promoting Respect
Strengthening Lives

Dear Teenage Me...

Have you ever thought to yourself, "If I knew then what I know now...?"

In honor of [Teen Dating Violence Awareness Month](#), Turning Points Network staff is inspired by See the Triumph's 2016 TDVAM campaign, "[Dear Teenage Me](#)." The campaign encourages folks to reflect upon those things we learned throughout our lives that we wish we knew as teenagers, specifically about healthy relationships, love, and respect.

TPN wants to encourage you to do some self reflection and **write a letter to your teenage self**. We hope that you will consider sharing your letter with us by [email](#) or sending us a private message on [Facebook](#). Letters may be used anonymously on our website or social media sites.

Below are a few examples of letters we wrote to our teenage selves to help inspire you.



Dear Teenage Me...

"If I knew what I know now, I would do a lot differently. What I did learn from my parents as a teenager until now, helped me become a stronger woman."

Love always, Adult Me

Dear Teenage Me...

"You grew up in a household of strong women. You were taught that you do not need a man, despite what anyone tells you. You are strong. You are beautiful. You are smart. You can do anything. Do not let anyone take advantage of you. Do not let any man treat you poorly. I know you are caught in an emotionally abuse and controlling man's web. Despite all that you were taught, you fell for the lies, manipulation and coercion. You think that you are not good enough. You are told that you do not need your family or friends, you have him. You will not amount to much. I know that you are depressed. You are angry. You feel isolated. You are scared. You will get through this, it took me until recent years to "find myself" again. It took me all this time to rebuild those relationships with the family that I shunned. I have found that I do not speak about this time in my life because I feel ashamed, because it brings up too much hurt, because it makes my husband angry that I

could be treated that way, because I hope that not talking about it will allow me to forget. The truth is, I don't forget. I shouldn't be ashamed. Maybe speaking about this time will help me get past it, maybe it will allow other women to know they are not as alone as they felt, as I felt. Maybe my daughter and my nieces will vow to never be like me. Maybe they will not have to go through what I did. Maybe my sons will vow to never treat a woman the way that I was treated."

Love always, Adult Me

Not sure how to start a conversation? Talk about the positive! When you see healthy relationships modeled in TV, music, social media, etc. talk to teens in your life about it. Students often tell TPN educators that they want to know more about healthy relationships and how you KNOW if a relationship is healthy. For more information about Teen Dating Violence, Warning Signs of Abuse and Healthy Teen Relationships, download this [fact sheet](#) or visit our newly renovated [Teen Website](#) and [Teen Resources Page](#).

Visit Our Website

TPN Happenings

Granite State Respect Week February 13th through 17th

Granite State RESPECT Week, similar to a spirit week, is an initiative to engage, educate and empower young people in conversations and activities centered on Healthy Relationships and Respect. Each day has a unique theme, social media contests, and educational components. TPN and NHCADSV have adopted this initiative and tailored it to meet the needs of schools in Sullivan County. For more information about

Respect Week visit, [Granite State Respect Week's website](#).



Claremont Green Dot Downtown Bingo Night Postponed

Take yourself out to dinner and join us for Green Dot Bingo to win fun prizes! This first event was postponed due to weather. The new date is to be announced soon, so stay tuned!



Click to like and share Claremont Green Dot on Facebook.

Volunteer Training at TPN

Are you looking for a unique and easy way to give back to our community? Turning Points Network is seeking volunteers for our ever growing agency. Our next scheduled volunteer training will be in March. Please contact Amanda@turningpointnetwork.org or Yvonne@turningpointnetwork.org for more information.

Annual Steppin' Up to End Violence 5K May 6th

Steppin' Up to End Violence is a unique community event and fundraiser that Turning Points Network has held in Claremont for 10 years and counting. It is the signature fundraising event for TPN. This year it will be held [May 6th](#). Visit the Steppin' Up [webpage](#) or [Facebook Event](#) for more information about donating, starting a team, or joining the event as a virtual walker!

You can get teens involved with Steppin' Up too! Last year, there were several teen and youth teams that participated!

