



Catalyst for Change February 2026

Dear Reader,

Welcome to the February edition of Catalyst for Change! February is Teen Dating Violence Awareness Month, a time to shed light on healthy relationships and to stand with youth as they learn what respect, trust, and love should truly look like. Dating violence can affect anyone, but with awareness, education, and support, we can help teens recognize the signs, speak up, and know they are never alone.

See below for resources related to adolescent health and some ways Futures Without Violence (FUTURES) and other national organizations are raising awareness. This month, we're featuring our upcoming webinars, highlighting resources, and uplifting a cohort opportunity presented by [FUTURES' Workplaces Respond to Domestic & Sexual Violence](#).

Teen Dating Violence Awareness Month

[1 in 12](#) teens have experienced physical dating violence and [1 in 10](#) have experienced sexual dating violence. In the U.S., [1 in 3 teens](#) will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults.

Economic abuse is also a significant aspect of teen dating violence that disrupts critical areas of the teen's life. Nearly [70% of teens](#) that responded to a survey conducted in 2021 by FUTURES in partnership with the University of Pittsburgh Medical Center reported experiencing interference with school, work, or finances within their dating relationships.

The theme for this year's Teen Dating Violence Awareness Month (TDVAM), "Real Love Respects", was chosen by [Love is Respect's](#) national youth council to emphasize how respect in relationships is non-negotiable.

From February 9, 2026 - February 13, 2026, Love is Respect is hosting the following TDVAM awareness days as a part of [Respect Week](#):

- Monday, February 9, 2026 - Real Love Respects (Your Boundaries)
- Tuesday, February 10, 2026 - Wear Orange Day

Featured Resources

[Hanging Out or Hooking Up? \(Safety Card Tool\)](#)

The *Hanging Out or Hooking Up* safety card tool challenges teens and young adults to reflect on their relationships. The card identifies the dynamics of healthy relationships and prompts teens to consider signs that might indicate abuse.

[You Matter -Teen ACES \(Safety Card\)](#)

You Matter is a safety card tool used to support teens with histories of Adverse Childhood Experiences (ACEs). Developed in collaboration with young people, adolescent health providers, and school-based health center staff.

- Wednesday, February 11, 2026 - Real Love Respects (Your Perspective)
- Thursday, February 12, 2026 - Real Love Respects (The Vibe)
- Friday, February 12, 2026 - Real Love Respects

Check out some resources and organizations related to the themes of TDVAM:

Resources from Futures Without Violence:

- [Youth with Disabilities and Human Trafficking \(Educational Brief\) – Health Partners on IPV + Exploitation](#)
 - This six page educational brief highlights the multiple factors that contribute to the elevated prevalence of intimate partner violence (IPV), exploitation (E), and human trafficking (HT) among youth with disabilities as well as how exposure to such violence impacts their health, and offers recommendations for health centers ensuring that people with disabilities have access to and can receive relevant support and services.
- [Hanging Out or Hooking Up? Safety Card \(Hard Copy and PDF\) | National Health Resource Center on Domestic Violence](#)
 - This FUTURES safety card tool offers insightful information and resources on how to support young people with tools and tips that encourage respectful and healthy relationships.
- [Healthy Relationships and Youth: How School-Based Health Providers Can Start the Conversation – Health Partners on IPV + Exploitation](#)
 - A blog authored by staff of [Health Partners on IPV + Exploitation](#) and [School-Based Health Alliance](#) on strengthening skill-building around adolescent relationship abuse and healthy relationships.
- [Is it Love or Love Bombing? - Promising Futures](#)
 - A guide developed by [Promising Futures](#) to identify and define love bombing.
- [The Cost of Control: Exploring the Impacts of Teen Economic Abuse in Dating Relationships - Futures Without Violence](#)
 - A report based on a survey of teens FUTURES conducted with the University of Pittsburgh on teen economic abuse.
- [Campus Action Toolkit to End Teen Economic Abuse - Futures Without Violence](#)
 - This toolkit for educators, administrators, and students includes ideas for social media posts and posters, explains what teen economic abuse looks like and what you can do about it.

Futures Without Violence Programs:

- [Coaching Boys Into Men](#): A program for coaches to train their young male athletes in healthy relationship and leadership skills
 - CBIM is the only evidence-based violence prevention program that trains and motivates high school coaches to teach their young male athletes in healthy relationship skills, mental health practices, and that violence never equals strength through 12 weekly discussions. By leveraging the power of sports, coaches, and community Advocates, CBIM can transform the culture of our teams, schools, and communities.
 - [Get trained to bring CBIM to your community](#) through the free, online training!
- [Team: Changing Minds](#): Mental health learning series for adults who work closely with young people
 - To bridge the gap in response time to youth mental health challenges, the Take 10 micro learning series prepares caring and consistent adults to better Identify, Understand and Respond to the mental health needs of the youth they serve.
 - [Become an Everyday Responder today](#) and take the short 45-minute online training!

Webinars and Events:

- [Student-Led Prevention That Works: Tools, Structure, and Real Youth Engagement - New York State Coalition Against Domestic Violence](#)
 - **Date:** February 13, 2026
 - **Time:** 8:00 AM HST/10:00 AM PST/11:00 AM MST/12:00 PM CST/1:00 PM EST (90-minute workshop)
 - This workshop offers a practical look at how to design student-led programming that youth want to engage with and return to. Facilitators will share a framework that allows students to participate honestly, shape content, and stay involved beyond a single session.
 - To learn more and register, [click here](#).
- ["Main Character Energy" : Respect Isn't Clingy - Love is Respect](#)
 - **Date:** February 18, 2026
 - **Time:** 9:00 AM HST/11:00 AM PST/12:00 PM MST/ 1:00 PM CST/2:00 PM EST
 - Join Love is Respect for a youth-centered webinar featuring members of the Love is Respect National Youth Council as they keep it real about dating, boundaries, and red flags. Love shouldn't feel suffocating, and they want to break down unhealthy relationship behaviors and talk about what respect looks like.
 - [Register here](#)

- [Film Screening: The Last Drop 2026 - New York State Coalition Against Domestic Violence](#)
 - **Date:** February 26, 2026
 - **Time:** 9:00 AM HST/11:00 AM PST/12:00 PM MST/1:00 PM CST/2:00 PM EST (90-minute screening)
 - The screening of the film will be followed by a session facilitated by the film maker, Adam Joel. Join to hear more about this innovative approach to dating violence prevention, how programs are using the film to jump start conversations- with young people, with parents, with counselors and more- and how you can bring this film to your school, campus and broader community to highlight the issue and forward prevention in your community.
 - To learn more and register, [click here](#).

Additional Resources:

- [2026 TDVAM Real Love Respects- Love is Respect Action Guide](#)
 - An 11-page guide from [Love is Respect](#)
- Teen Economic Abuse Series - [AMAZE Org](#)
 - A series of videos on teen economic abuse.
 - [Part 1](#) and [Part 2](#)

Additional Programs:

- [Healthy relationships for young adults | love is respect](#)
 - Established in 2007 as a project of the National Domestic Violence Hotline, Love is Respect specifically targets individuals aged 13 to 26. It provides a confidential and inclusive environment where young people can seek guidance on relationship issues, understand the signs of abuse, and learn how to establish boundaries.
 - Love is Respect offers 24/7 support through various channels:
 - Phone: 1-866-331-9474
 - Text: Text "LOVEIS" to 22522
 - Live Chat: <https://www.loveisrespect.org/get-relationship-help-24-7-365/#>

Upcoming Webinar - Intimate Partner Violence and Elder Abuse in Later Life

[Health Partners on IPV +Exploitation](#) and [NCECE](#) are hosting a national webinar focused on the prevalence and health impact of intimate partner violence (IPV) in later life and elder abuse. The session will offer strategies to facilitate patient conversations, assessments, and response for IPV, and how to improve access to supportive community services.

This webinar will be presented in English with Spanish and ASL interpretation.

Date: Wednesday, March 11, 2026

Time: 8:00 AM HST/10:00 AM PST/11:00 AM MST/12:00 PM CST/1:00 PM EST (60-minute webinar)

To learn more and register, click [here](#).

Upcoming Webinar - Prevention as Safety Planning: Addressing the Intersections of HIV and IPV

[Health Partners on IPV +Exploitation](#) in partnership with [Fenway Health](#) are hosting a webinar that will bring sites together to learn about the intersections of HIV and intimate partner violence. We will discuss prevention as a safety planning tool, address common misconceptions regarding HIV prevention, and work to improve HIV prevention efforts.

This webinar will be presented in English with Spanish and ASL interpretation.

1 CME/CEU credit hour is provided for this webinar through the American Academy of Family Physicians. Please check with your licensing body to determine whether these credits are accepted. To receive credits, register for the webinar and respond to the evaluation survey provided at the end,

Date: Thursday, March 19, 2026

Time: 9:00 AM HST/11:00 AM PST/12:00 PM MST/1:00 PM CST/2:00 PM EST (60-minute webinar)

To learn more and register, click [here](#).

Upcoming Webinar - Strengthening Job Opportunities for Survivors

[Futures Without Violence](#) and [Corporation for a Skilled Workforce and Women Employed](#) is launching The Pathways to Opportunity Initiative to create regional partnerships that enable organizations to collaborate in improving employment outcomes for survivors of domestic violence, sexual assault, stalking, and harassment (DVSASH).

Join the kickoff webinar to learn how DVSASH affects employment, introduce the organizations behind the initiative, and outline ways to participate in regional partnerships that support survivor-centered employment solutions.

Date: Thursday, February 12, 2026

Time: 8:00 AM HST/12:00 PM PST/1:00 PM MST/2:00 PM CST/3:00 PM EST (60-minute webinar)

To learn more and register, [click here](#).

Upcoming Webinar - Work Interrupted: How Violence Undermines Economic Security for Survivors in the Workplace

Join [Futures Without Violence](#) for a powerful webinar that explores the complex intersection between violence and economic security, and illustrates the real challenges survivors face every day in the workplace.

Together, we'll explore how survivors navigate these barriers and what employers and coworkers can do to make a meaningful difference. Whether you're an HR professional, manager, employee, or community advocate, this webinar will equip you with the knowledge and tools to make your workplace a source of support for survivors seeking economic independence and safety.

This webinar will be presented in English with Spanish and ASL interpretation.

Featured speakers include:

- [Anna Nasset](#), Trainer & Author
- [Stephanie Holt](#), Deputy Director at Victim Rights Law Center

Date: Thursday, February 18, 2026

Time: 8:00 AM HST/12:00 PM PST/1:00 PM MST/2:00 PM CST/3:00 PM EST (60-minute webinar)

To learn more and register, [click here](#).

Research Roundtable: IPV & Health

This powerful nine-part roundtable series hosted by [The National Health Initiative on Violence and Abuse at FUTURES](#), the [Johns Hopkins Center for Global Women's Health and Gender Equity](#), and the [Bloomberg American Health Initiative at the Johns Hopkins Bloomberg School of Public Health](#) brings together leading experts to share cutting-edge research and innovative solutions to address the convergence between intimate partner violence and health.

Below, please find a list of the upcoming sessions in the series:

- [Perpetration Prevention: Supporting People Who Cause Violence](#)
 - Date: March 11, 2026
 - Time: 8:00 AM HST/10:00 am PST/11:00 am MST/12:00 pm CST/ 1:00 pm EST
- [Crisis Within Crisis: IPV and Climate- Related Disasters](#)
 - Date: April 15, 2026
 - Time: 8:00 AM HST/10:00 am PST/11:00 am MST/12:00 pm CST/ 1:00 pm EST
- [The Economics of Safety: Economic Abuse, Sexual Harassment and Tech-Facilitated Abuse](#)
 - Date: May 13, 2026
 - Time: 8:00 AM HST/10:00 am PST/11:00 am MST/12:00 pm CST/ 1:00 pm EST

Care In Practice Training Cohort (May 2026)

Care in Practice is a Futures Without Violence virtual training series that will equip **workplace leaders at community health centers** - such as Human Resources (HR) and executives - with the knowledge, tools, and expert support needed to prevent and respond to **domestic violence, sexual assault, stalking, and harassment in the workplace**.

With healthcare workers experiencing high rates of violence — and many incidents going unreported — this program supports workplace leaders in creating healing-centered policies and practices that **protect staff, improve quality of patient care, and cultivate safer work environments**.

Program Includes:

- 3 virtual learning sessions with national subject-matter experts

- Guided policy development and revision with expert and peer feedback
- 1:1 support tailored to your organization
- Networking with a peer cohort of community health center leader

Interested? Fill out [this interest form!](#)

For more information, join [Futures Without Violence](#) and [Workplaces Respond to Domestic & Sexual Violence](#) for an informational session:

Date: Wednesday, April 1, 2026

Time: 11:00 AM PST / 12:00 PM MST / 1:00 PM CST / 2:00 PM EST

To register, [click here](#).

Warmly,

Health Partners on IPV +Exploitation Team

Futures Without Violence

www.healthpartnersipve.org

Health Partners on IPV + Exploitation is funded by the Health Resources and Services Administration's (HRSA) Bureau of Primary Health Care (BPHC). HRSA's BPHC funds about 1,500 [health center](#) organizations that provide affordable, accessible, and high-quality primary health care to underserved communities at over 17,000 sites. Health Partners on IPV +Exploitation provides technical assistance to health centers to develop and implement evidence-based strategies, protocols, and partnerships to prevent, identify, and respond to intimate partner violence (IPV) and human trafficking (HT).



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