



# #RealLoves

Social Media Toolkit



# #RealLevels

## Facebook

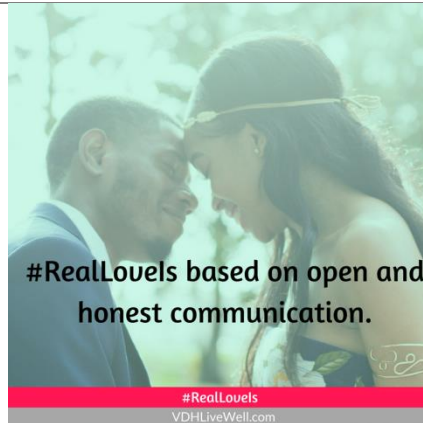


Tell us what you think #RealLevels, Virginia! <http://bit.ly/2iZYhsM>

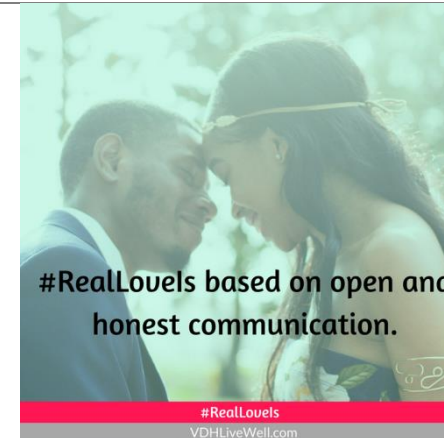
## Twitter



Tell us what you think #RealLevels, #Virginia. #TeenDV  
#EndDatingAbuse #RVA #swva #HRVA <http://bit.ly/2iZYhsM>



Be honest and open with your partner and trust they will do the same. #RealLevels



Be honest & trust your partner will do the same.  
#HealthyRelationships #RealLevels



**#RealLevels knowing and respecting each other's wants, goals, fears, and limits.**

Making sure you respect each other's wants and limits is one of the best ways to maintain a healthy relationship. #RealLevels



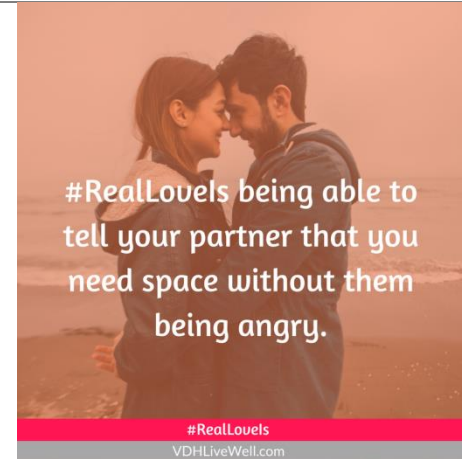
**#RealLevels knowing and respecting each other's wants, goals, fears, and limits.**

Respecting each other's wants and limits is one of the best ways to maintain a #HealthyRelationship. #RealLevels



**#RealLevels being able to tell your partner that you need space without them being angry.**

Being in a healthy relationship means spending time without one another and still knowing you care. #RealLevels

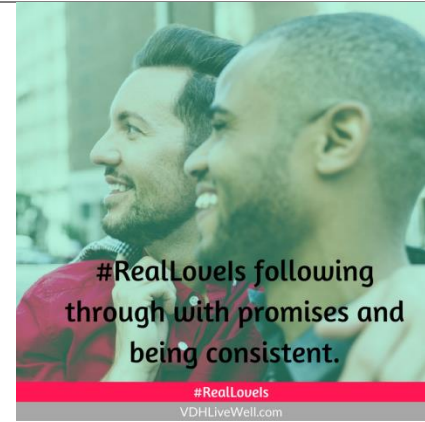


**#RealLevels being able to tell your partner that you need space without them being angry.**

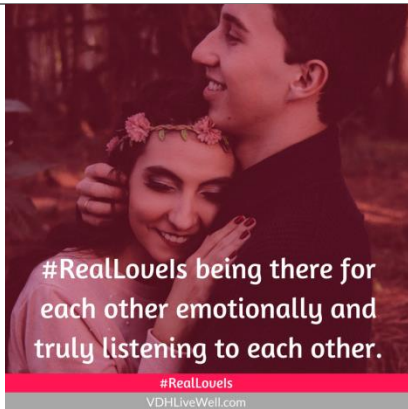
A #HealthyRelationship means being okay with spending time apart & knowing you both still care about each other. #RealLevels



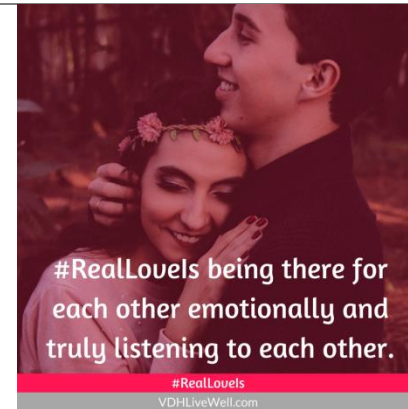
Are you and your partner good at keeping your promises and being consistent with one another? This is necessary for a healthy relationship! #RealLoves



Are you & your partner consistent with each other? #HealthyRelationships #TeenDV #RealLoves



Make sure you listen to your partner and are an emotional comfort for them. #RealLoves



Be there for your partner emotionally & they should do the same. #HealthyRelationships #RealLoves



Make sure your partner respects your privacy. This is a sign of trust and respect. #RealLoves



You partner should respect your privacy. It is a sign of trust & respect. #HealthyRelationships #RealLoves



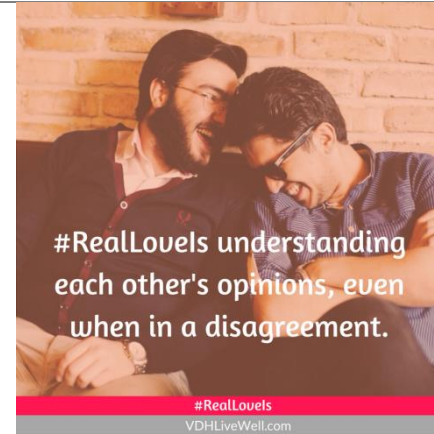
Your partner should be proud of your accomplishments. They should not make you feel bad for succeeding, even if they are jealous. #RealLoves



Your partner should be proud of you. They should not make you feel bad for doing well. #TeenDV #RealLoves



Even when in an argument your partner should respect your opinions. #RealLevels



Your partner should always respect your opinions & make you feel understood. #HealthyRelationships #RealLevels

If you are in an abusive relationship in Virginia you can call the Virginia Hotline for help: 1.800.838.8238

If you are in an #AbusiveRelationship in #Virginia you can call the Virginia Hotline for help: 1.800.838.8238 #RVA #HRVA #swva #RealLevels

In Virginia there is an abusive relationship Hotline for the LGBTQ community. If you or a loved one are in need of help, call 1.866.356.6998

#Virginia has an #AbusiveRelationship Hotline for #LGBTQ teens. If you or a loved one need help, call 1.866.356.6998 #RealLevels

About 1.5 million high school students experience dating violence. We need to work together to end teen dating violence. #RealLevels

#DYK about 1.5 million high school students experience dating violence? Let's work to end #DatingAbuse. #TeenDV #RealLevels

1 in 6 college women have been sexually abused in a dating relationship. Let's remember to spread the message that no means no, Virginia. #RealLevels

1 in 6 college women have been sexually abused in a dating relationship. #NoMeansNo #VCU #ODU #VATech #JMU #GMU #RealLevels

Abusive relationships in teens increase the risk of substance abuse and eating disorders. Parents, make sure you talk to your children about relationships and look for warning signs of abuse. #RealLevels

Abusive relationships in teens increase the risk of substance abuse & eating disorders. Parents should talk to their #teens about #HealthyRelationships. #RealLevels

<p>Did you know that emotional abuse includes threats, humiliation, constant monitoring, &amp; isolation? If this is happening to you or a friend, call 1.866.331.9474 for help. #RealLoves</p>	<p>#DYK that emotional abuse includes threats, humiliation, &amp; isolation? If this is happening to you there is help! 1.866.331.9474 #RealLoves</p>
<p>If a friend tells you they are in an abusive relationship be sure to say that you believe them and ask how you can help. #RealLoves</p>	<p>If a friend tells you they are in an #AbusiveRelationship tell them that you believe them &amp; ask how you can help. #RealLoves</p>