

# Explore the possibilities



February 2018 Newsletter

*Featured Article:*  
**Living your purpose**

*Monthly Awareness:*  
**Teen dating violence**

*Infographic:*  
**Tips to build resilience**

*Let's Talk video:*  
**Communicating with teens**



We can all make a difference. It starts by uncovering where your real interests, strengths and aspirations lie. **Find to tips to help live your purpose.**

Many parents don't realize how common teen dating violence is today. **Learn about the signs of teen dating violence and how parents can help.**

People who are resilient bounce back from mistakes. For many it's the secret to success. **Try these steps to help boost your resilience.**

Talking with teens can be a challenge. **Watch the *Communicating with teens* video for some helpful tips.**

## Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

# Resources *for* Living®

# Living your purpose



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Not everyone can be a Ghandi, Mother Theresa or Martin Luther King. Change-makers like these are few and far between.

But we can all make a difference. It starts by uncovering where your real interests, strengths and aspirations lie.

## Questions to help discover “you”

- **What did you enjoy playing or doing as a child?** For example, did you love to dance, play basketball or set up lemonade stands? What else?
- **What makes time fly?** Can you get completely engrossed in reading, working out or fixing things? What activity makes you lose track of time?
- **If money were no object, what job would you have?** Let your imagination run free. What job sounds most exciting and satisfying?
- **What “makes you tick?”** For example, are you a “people person”, theater-goer, animal lover or outdoors type? What activities give you a sense of pride and accomplishment?

## Put your passion into action

Your answers to these questions can help clarify what’s meaningful to you. And how you might make your mark. The next step is to put your passion into action.

- 1. Give it a shot.** If you really want to try something, find a way to make it happen. For example, take a volunteer position doing the activity or job you think you’d like. Get involved in some way, however small.
- 2. Listen to your feelings.** Trust your gut as you explore your passions and purpose.
- 3. Don’t judge yourself.** As you experiment, it’s okay if you make mistakes or change direction. That’s how you learn and grow.

## Enhance your life

Take a break from your everyday routine to try some of these steps toward self-discovery. They can help you add a greater sense of meaning to your life.

Try some of these steps to find more satisfaction and purpose.

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# Are your kids at risk for dating violence?



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Many parents don't realize how common teen dating violence is today. Or they think, "That can't happen to my child." In fact, one out of every three teens is in a dating relationship where there is physical, emotional or sexual violence.<sup>1</sup>

## What teens need to know

Teens should know it's not normal or okay for their dating partner to harm or scare them. What's more, they should be concerned about going out with someone who:

- Tries to keep them away from friends and family
- Threatens to hurt them
- Gets jealous easily
- Has outbursts that are scary
- Bullies, blames or embarrasses them
- Forces sexual activity they don't want
- Encourages risky behavior like drinking, smoking or drug use

## How parents can help

Here are some tips to help keep your kids safe:

- 1. Spend time with them.** Have device-free dinners. Set aside time to do something together on the weekend. It can be a challenge to connect with teens, but it's critical.

- 2. Keep lines of communication open.** Always be ready to listen and not judge. Respect their privacy as long as safety isn't a question.

- 3. Tell your kids what to do in an emergency.** Create a code word kids can use to alert you if they're in danger and an abuser is listening while they talk to you.

## Get help and more information

Both teens and parents can contact [loveisrespect.org](http://loveisrespect.org) online or at **1-866-331-9474**. This is a 24/7 confidential, hotline with trained counselors. You can call, email or text them to discuss any concerns you may have about a relationship. They'll listen and give you tips and suggestions.

The National Domestic Violence Hotline is also available 24/7:  
**1-800-799-SAFE (1-800-799-7233)**  
**TTY 1-800-787-3224**

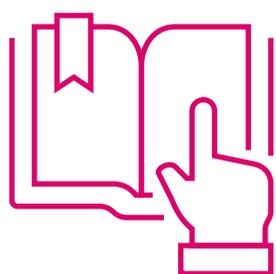
<sup>1</sup>[Dating Abuse Statistics](#). Accessed October 2017

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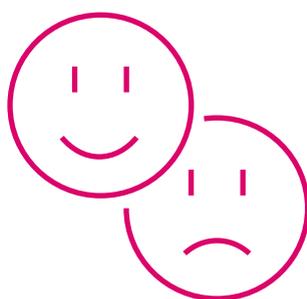
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# Tips to build resilience

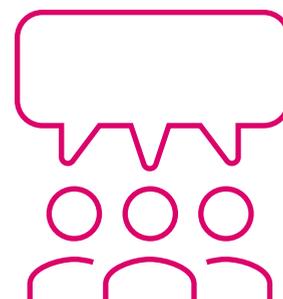
People who are resilient bounce back from mistakes. For many, it's the secret to success. Boost your resilience with these steps:



See mistakes as learning opportunities



Stay positive



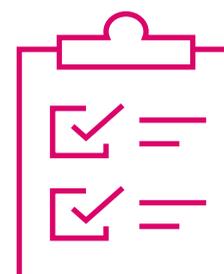
Have a "team" that supports you



Believe in yourself



Exercise and stay healthy



If at first you don't succeed, try, try again!