

FEBRUARY/MARCH 2017
NEWSLETTER

Drivers Education Classes Offered at Burwell High School

Drivers Education Classes will be offered by the Nebraska Safety Center from the University of Nebraska at Kearney for Sargent, Burwell, and Loup County students. The classroom work will be held from July 10th through the 14th. Class time will run from 8:00 a.m.- 12:30 p.m. and will be held at Burwell Jr. Sr. High School Library. The range and simulation will be held in Kearney at the Nebraska Safety Center on July 17th from 10:00 a.m. to 6:30 p.m. Parents will be responsible to get their students to Kearney for the range and simulation. On-street driving will be scheduled at an arranged time between the students and the instructors. The fee of the course is \$315.00 and is to be paid directly to the University of Nebraska at Kearney. Classes are limited to a maximum of 24 students. Registration forms are available at the High School Office.

Burwell JR-SR Prom

The Burwell Jr. Sr Prom will be held on **Saturday, March 25, 2017**. Pictures will start at **5:45** with class pictures of the Juniors and Seniors. The Grand March will begin at **7:00 pm** with dinner and the dance to follow. The Grand March will be opened to the public.

National Honor Society Induction Ceremony

National Honor Society will be holding the 2017 Induction Ceremony on Thursday, March 30th at 2:45 pm. Any Sophomore, Junior or Senior with a 3.5 will be academically eligible to fill out an information sheet which will be submitted to the NHS Council for review. Once the members are determined, letters will be sent out to parents inviting them to the ceremony. Selection is base on scholarship, character, leadership and service. Questions should be directed to Mrs. Konicek:

Melissa.konicek@burwellpublicschools.com or 308-346-4150.

LOVE IS NOT ABUSE



FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

Did You Know?

1 in 3 young people experience some form of dating violence in their relationships - which by any other standard would be called an **epidemic!**

Dating abuse affects people of all ages, backgrounds and identities

1 in 10 high school students have been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend

Only 33% of teens who were in an abusive relationship ever told anyone about the abuse

Violent relationships in adolescence can place the victims at high risk for depression, suicidal ideation, substance abuse, eating disorders, risky sexual behavior and further domestic violence

- Young women between the ages of 18-24 experience the highest rate of intimate partner violence, almost double the national average!

81% of parents believe teen dating violence is not an issue or admit they don't know if it's an issue

10 Warning Signs That You Are in an Unhealthy Relationship:

Constant put-downs

Extreme jealousy or insecurity

Explosive temper

Isolating you from family and friends

Big mood swings

Making false accusations

Telling you what to do

Preventing you from doing what you want to do

Financial control

Possessiveness

Types of ABUSE

Abuse comes in many forms.



Emotional/Verbal abuse
Non-physical behaviors such as threats, insults, screaming, constant monitoring, or isolation.



Financial abuse
Exerting power and control over a partner through their finances, such as taking or withholding money from a partner, or prohibiting a partner from earning



Stalking
Being repeatedly watched, followed, monitored or harassed. Occurs online or in person, & can include giving unwanted gifts.



Physical abuse
Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.



Sexual abuse
Any sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault (rape), & tampering with contraceptives



Digital abuse
Using technology to bully, stalk, threaten or intimidate a partner using texting, social media, apps, tracking, etc. .

www.breakthecycle.org
facebook.com/breakthecycle
Twitter: @breakthecycledv
Instagram: @breakthecycle

Break the Cycle

Because Everyone Deserves a Healthy Relationship

WHAT YOU CAN DO:

If You are a Parent/Guardian:

Keep the lines of communication open with your kids

Be a role model- treat your kids and others with respect

Start talking to your kids about healthy relationships early- before they start dating

If you are worried about your teen, please contact Healing Hearts & Families (information below) or call the National Dating Abuse Helpline at 1-866-331-9474

If You are an Adolescent or Teenager:

Step up and speak out if you see someone yelling at their boyfriend or girlfriend

Speak out against inappropriate jokes

Talk to a responsible adult if you or anyone you know needs help

Educate yourself on the qualities of a healthy relationship

Show support and be a good listener to any person in need

Start conversations! Encourage your family, friends and community to learn more about the issue

Get Involved!

WEAR ORANGE DAY

February 14th is “Wear Orange Day”! This is a national day of awareness where we encourage everyone to wear orange in honor of Teen Dating Violence Awareness Month. You can wear orange shirts, hats, nail polish, ribbons, jewelry, shoes or anything else you can think of! Tell people why you are wearing orange and post pictures and updates on [Instagram](#) and [Twitter](#) using the hashtags [#Orange4Love](#) and [#RespectWeek2017](#)!





You Can Help Keep Your Loved Ones Safe and Healthy!

Healing Hearts & Families

930 South D Street, P.O. Box 96

Broken Bow, NE 68822

Phone: (308) 872-2420

Crisis Line: (308) 872-5988 or (800) 942- 4040

www.healingheartsandfamilies.com

healingheartsandfamilies@gmail.com

For More Resources on Teen Dating Violence, Please Visit:

Step Up and Speak Out: Provides information to Teens, Adults, Teachers and Coaches about Healthy Relationships and Planning

<http://www.stepupsspeakout.org/>

Love is Respect/National Teen Dating Helpline: Information on Teen Dating and Breaking the Cycle of Domestic Violence

www.loveisrespect.org