



Speak Up And Speak Out
February is Teen Dating Violence Awareness Month
 from Danielle Joy Linhart

This month I would like to focus on stopping the abuse even before it starts. I also want to honor Teen Dating Violence Awareness Month, because teens are facing an abusive relationship more and more. If I could just scream and the whole world would hear me, but that isn't going to happen, but through this article it's a step in the right direction.

Speak up & Speak out is something I want everyone to get in their heads because if you or you know someone who is dating someone who becomes jealous, possessive or possibly violent.... BOOM those words will be right there in the back of your head. Talking about being abused, even emotionally is vital and if there is someone you know and trust tell him/her about it. The sooner you speak up & speak out about what you are going through the less emotional and physical pain you will you will feel after the relationship is over. I am so passionate about it because I was able to speak about my abuse, but the kicker is.... I waited way too long. Now I can spread the word and say SPEAK UP & SPEAK OUT about abuse right away.

There is no excuse for abuse and talking about your experience is the best thing you can possibly do. February is Teen Dating Violence Awareness Month and please spread the word. If you know a teen or have a teen daughter or son speak to them about teen dating abuse. It is more common than you think... so common that 1 and 5 teens are in abusive relationships. Awareness and knowledge is one of the best ways to avoid abuse. To you beautiful women and young women always be true to yourself no matter how difficult changes in life can be. Remember to love yourself and remember that you are worth everything in the world.

Danielle Joy Linhart is the author of [From Deep Within](#) A portion of the proceeds from her book will be donated to [LovelsRespect.org](#). Please visit www.daniellejoylinhart.com to get help on Teen Dating Abuse, and, if you would like to send poetry or articles to [Danielle](#).

If you know of a woman who will no longer grace our future because of domestic violence, please [send us her story](#), or your own.

Get information on Domestic violence and violence against women at LadybugBooks.com

We invite any of you to contribute on this subject. We feel it is important to continue the discussion of domestic violence.