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February is Teen Dating Violence Awareness Month: “Real Love Respects”

The Retreat to Host Free Webinar for Parents: “Growing Up Online: Supporting Teens in a Social Media + AI World” on Wednesday, February 11, from 1–2PM EST

East Hampton, NY — January 30, 2026 — February marks Teen Dating Violence Awareness Month (TDVAM), a nationwide effort to raise awareness about teen dating abuse and promote healthy, respectful relationships among young people. This year’s theme, “Real Love Respects,” highlights the power of mutual respect as the foundation of safe and healthy relationships.

Teen Dating Violence Awareness Month is a month-long campaign dedicated to educating young people, families, and communities about the realities of teen dating violence. In 2010, Congress officially declared February as National Teen Dating Violence Awareness and Prevention Month, reinforcing the importance of prevention, education, and support.

As part of TDVAM, The Retreat will host a free webinar, **“Growing Up Online: Supporting Teens in a Social Media + AI World,” on Wednesday, February 11, from 1:00–2:00 PM EST**. Led by Courtney Hyland, Associate Director of Prevention Education, the session is designed for parents, educators, and youth-serving professionals. Participants will learn how to identify new and emerging technologies teens are encountering, recognize digital red flags related to AI, online grooming, and manipulation, set healthy boundaries, and take home practical tools to support youth effectively.

“Our work is guided by ongoing conversations with teens about what online life really looks like for them,” said Ms. Hyland. “Their insights help us understand how relationships, boundaries, and pressure show up in digital spaces. Their perspectives directly inform our workshops and prevention efforts across Long Island.”



Empowering families and communities to support teens is central to The Retreat’s mission. Through education, prevention, and resources, The Retreat equips parents, caregivers, and youth-serving professionals with the tools needed to help teens build healthy and respectful connections.

Open, honest communication plays a vital role in prevention. Creating a safe, judgment-free space allows teens to feel heard and supported as they navigate relationships. The Retreat encourages families to:

- **Recognize the signs** of unhealthy relationships, including controlling behavior, excessive jealousy, or stalking.
- **Talk about digital safety**, emphasizing privacy, online boundaries, and safe behavior both online and offline.
- **Practice supportive listening** by being present, validating feelings, and responding with empathy.
- **Use trusted resources** to guide conversations and learn together, including [The Retreat’s TDVAM resource page](#) and free conversation starter tools.

To register for the free webinar, “Growing Up Online: Supporting Teens in a Social Media + AI World,” visit AllAgainstAbuse.org/Events and click on “Parent Power Hour.”

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About the Retreat: The Retreat is a safe haven for families in crisis across Suffolk County. The not-for-profit agency provides comprehensive domestic violence support services for children and adults, as well as violence prevention programming. If you or someone you know needs help, call The Retreat’s 24-hour hotline at (631) 329-2200. For more information, visit allagainstabuse.org or follow [@allagainstabuse](#) on Instagram and Facebook.